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POPE RECOVERING AFTER LUNG CANCER OPERATION THAT RATTLES CHURCH

ROME, Italy (UPDATED) — Pope Leo XIV began post-surgery recovery Wednesday after a tumour removed from his lung was found to be cancerous, plunging the Catholic Church into a period of uncertainty.

Part of the pope's right lung was removed in the operation and the leader of the world's 1.4 billion Catholics is awaiting the results of tests to determine if the cancer has spread.

"The pope passed a calm night," the Vatican said, without providing details.

The sporty 71-year-old, who was elected as the first American pope only last year, made the surprise announcement that he would be undergoing surgery after Sunday prayers.



This handout photo taken and released on June 6, 2026 by The Vatican Media shows Pope Leo XIV delivering a speech to media onboard the plane heading to Madrid. Elisabetta Trevisan, Vatican Media via AFP/File

WHAT WE KNOW: Pope Leo XIV's lung cancer operation

He underwent the 90-minute operation at Rome's Gemelli hospital on Tuesday, after which the Vatican said he "woke up normally".

"The hospital is doing everything it can to help him get better, so let's hope he recovers soon," student Chiara Ruvolo told AFP outside the hospital north of the Vatican, where a banner read "Long live the pope!"

Experts said much would depend on how advanced the cancer was, and whether it had spread, but the Vatican has said it was detected early and was localised.

"When caught in early stages, then it has a very very good prognosis, which is what we're hoping and praying for with Pope Leo," Juanita Mora, medical spokesperson for the American Lung Association, told AFP.

The Vatican has said it expects the pope's recovery to take around a week. All his audiences have been cancelled until October 20.

Up and about -

Leo is staying in a room on the 10th floor of the building, next to a papal suite with a private chapel that is currently under renovation.

Professor Federico Venuta, head of Thoracic Surgery at the Policlinico Umberto 1 hospital in Rome, told AFP he expected Leo to be up and about immediately.

"Generally, on the first day, patients undergoing this type of procedure are mobilized immediately," he said.

"They have a follow-up X-ray, resume eating with a light breakfast, and then start physical therapy right away -- the sooner they get out of bed, the better," he added.

Chicago-born Leo, a keen tennis player, had entered the hospital smiling and waving on Tuesday.

In the hospital chapel, dozens of faithful prayed for the pope's health during the operation.

New uncertainty

The shock news of his illness has rattled the Catholic Church, according to

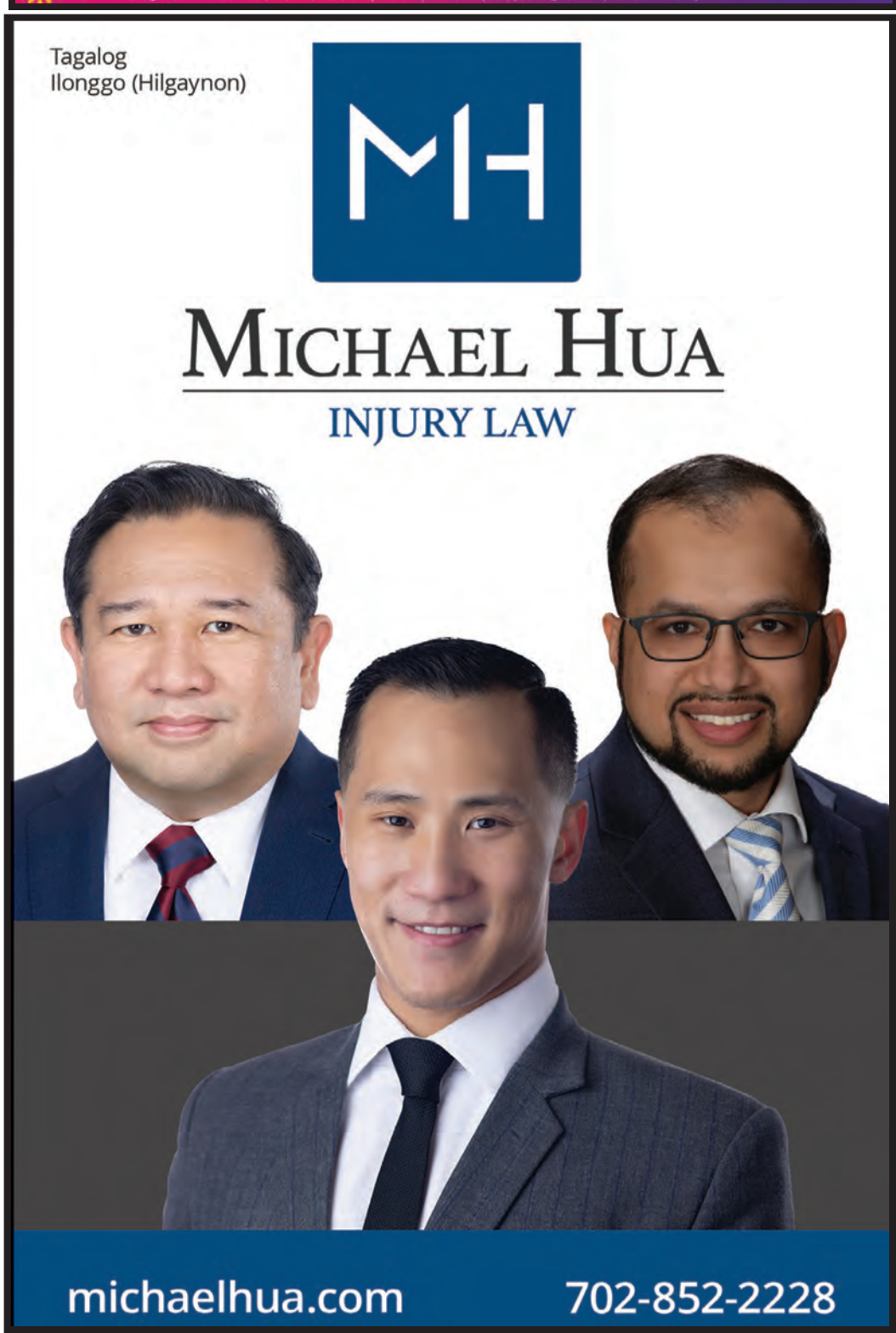
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Withdrawal of charges vs VP Sara could save 20 trial days

MANILA, Oct 15 (Mabuhay) -- The Senate impeachment court could save around 20 hearing days following the withdrawal of three charges against Vice President Sara Duterte.

Impeachment court spokesperson lawyer Reginald Tongol on Wednesday said the shorter proceedings could significantly reduce the time needed by Duterte's lawyers, who had originally requested 30 trial days to present their witnesses.

In a televised interview, Tongol said the court expects to avoid spending additional hearing days on withdrawn charges, allowing senator-judges to concentrate on the remaining Article II involving allegations of unexplained wealth.

However, he clarified that the projected November completion, earlier mentioned by Senate President Sherwin Gatchalian, is not a fixed deadline.

"It's still a moving target," Tongol said, explaining that the court's timetable depends largely on the number of witnesses the defense eventually presents.

He said Duterte's lawyers have around 90 witnesses on their list, but the proceedings could end earlier if they decide to dispense with some testimonies.

Conversely, presenting the entire roster could require additional hearing days beyond November.

"Hindi siya yung parang nakapako sa bato na may time frame o may date of verdict (It is not set in stone with a fixed time frame or verdict date)," he said.

Tongol explained that the earlier projection of a Nov. 16 completion was merely an administrative calculation based on the pretrial order and the prosecution's planned presentation, rather than a deadline imposed on the defense.

To maximize the remaining trial days, the court has scheduled extended hearings beginning Nov. 9, with several whole-day sessions counted as equivalent to two regular hearing days.

Tongol estimated that the November schedule could effectively cover 10 to 12 hearing days despite the limited number of actual session dates.

However, the proceedings will not be continuous because of Senate plenary sessions, budget deliberations and the ASEAN Summit scheduled for Nov. 16 to 18.

The impeachment court is scheduled to resume hearings on Nov. 19 and 20, while its Nov. 23 session will run only from 10 a.m. to 2 p.m.

POPE
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Vatican watchers.

"The Church is now in a state of uncertainty. When Leo was elected everyone foresaw a long papacy," expert Marco Politi, who has spent decades covering the Vatican, told AFP.

Hendro Munsterman, a theologian and expert for Dutch newspaper Nederlands Dagblad, said it was "a new phase".

"We have a pope whom everyone described as young, active and athletic... Now, we have a pope who also has his own vulnerabilities, which will change his image," he told AFP.

"This might prompt him to speed up certain matters," such as personnel appointments.

"If he also has to undergo medical treatments, we don't know if they might affect his pace or his ability to get things done, so there are many questions being raised today," he said.

Politi said Leo had been working on "repairing" rifts between various wings of the Church, and many will want him "to continue with this important mission as soon as possible".

Filipino Cardinal Luis Antonio Tagle, the dean of the College of Cardinals, is due to celebrate an important mass on St Peter's Square on Wednesday that was to have been presided over by the pope.

The surgery has raised questions about whether Leo will go ahead with a lengthy visit next month to Uruguay, Argentina and Peru, where he worked as a missionary for two decades.

The surgery marks Leo's first hospitalisation since he became pope on May 8, 2025.

The Vatican has historically been very secretive about the health of popes, but began to be more transparent during the illness of Leo's predecessor, Francis, an Argentine who freely discussed his ailments.

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Size of VP Sara's alleged undeclared assets led to decision to focus on Article II

MANILA, Oct 15 (Mabuhay) -- House prosecutor Terry Ridon of the Bicol Saro Party-list said on Wednesday the decision to drop three of the four Articles of Impeachment against Vice President Sara Duterte was reached upon seeing the staggering amount of alleged unexplained or undeclared wealth of the second-highest official of the land.

At a press briefing, Ridon explained that what swayed the members of the prosecution team to focus on Article II was the findings of the financial forensic analyst, lawyer Alexander Cabrera, on just how much Duterte was hiding in terms of her actual assets and net worth.

"Ang pinagbatayan nun yung paglalahad ng total unexplained wealth ng pangalawang pangulo nung testimonya ni Attorney Alexander Cabrera kung saan binanggit niya more than PHP800 million, to be exact PHP817 million yung pinag-uusapan na estimated conservative unexplained wealth ng pangalawang pangulo (The basis for that was the disclosure of the Vice President's total unexplained wealth during the testimony of Attorney Alexander Cabrera, where he mentioned that the estimated conservative unexplained wealth of the Vice President being discussed is more than PHP800 million – to be exact, PHP817 million)," he said.

If the most liberal calculation of Cabrera were to be used, Ridon said, the estimated unexplained or undeclared net worth of the Vice President would be about PHP1.5 billion.

"So, nung pinag-usapan ng mga prosecutors itong numero na ito, sabi namin dito na tayo tumutok. Ito ang ebidensya na kailangan para patunayan ang (When the prosecutors discussed this figure, we said this is what we should focus on. This is the evidence needed to prove the) article of impeachment on unexplained wealth," he said.

"At katulad ng binabanggit namin, we will rise or fall on the basis of unexplained wealth, and we are convinced na ito yung talagang magiging batayan doon po sa pagpapasya ng ating mga senator-judges sa pinakadulo (And as we have been mentioning, we will rise or fall on the basis of unexplained wealth, and we are convinced that this will truly be the basis for the decision of our senator-judges in the very end)."

Speedy trial that public will understand

Manila City Rep. Joel Chua, who also serves as a member of the House prosecution, said there should be no question about the sincerity of the prosecution to hold the Vice President accountable for her alleged violations of the Constitution, as contained in the four Articles of Impeachment.

Chua explained that in impeachment cases, the prosecution only has to secure enough votes in one Article of Impeachment to convict the respondent.

"Hindi naman kinakailangan doon sa apat na artikulo ay ma-convict ang Vice President. Ang kinakailangan lamang ay isa (It is not necessary for the Vice President to be convicted on all four articles. Only one is required)," Chua said.

"So, kami kaya kami nag-arrive sa ganyang desisyon, dahil nakita namin na itong huli naming ipinresenta, yung unexplained wealth, ito yung mas mauunawaan, mas madaling mauunawaan ng ating mga kababayan (That is why we arrived at that decision, because we saw that this last one we presented, the unexplained wealth, is what our countrymen will understand better, what they will find easier to understand)," he said.

He said the prosecution was also mindful of the desire of all parties, including the public, to have an early conclusion of the impeachment proceedings.

"Nakita rin namin na kung ito ay hahayaan namin na ipresenta pa lahat, ay mas lalo lamang tatagal (We also realized that if we let everything be presented, it would only take much longer)," Chua added.

He said the prosecution does not expect the Vice President to provide any answers to the allegations raised against her, having refused to do so since 2004, when the initial investigations were conducted by the House of Representatives.

House prosecution adviser and spokesperson Ace Barbers said the efforts to hold the vice president accountable have been going on for two years already, and as seen in the number

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FROM PREVIOS PAGE

of witnesses and evidence presented during the impeachment trial, there has been no let-up in these efforts by the members of the panel.

"About our sincerity to hold her accountable, I believe it is pretty obvious; with all these witnesses that we presented and all this documentary evidence that we have submitted to the court, eh palagay ko hindi na matatawaran yung sincerity ng prosecution team, itong magagaling nating mga prosecutors, dun sa kanilang layunin na panagutin at eventually ay magkaroon ng pagtanggal sa pwesto at yung mga penal provisions or penalties dito sa usaping ito (I believe there is no questioning the sincerity of our excellent prosecutors when it comes to their goal of demanding accountability, pushing for removal from office, and applying the legal penalties in this case)," Barbers said. (MNS)

Lacson disputes P500-M cost claim in VP impeachment trial

MANILA, Oct 15 (Mabuhay) -- Only about PHP2 million of the Senate's PHP27.5-million allocation for impeachment proceedings has been spent, Senator Panfilo Lacson clarified Wednesday, disputing claims that taxpayers lost PHP500 million over the withdrawal of charges against Vice President Sara Duterte.

Lacson said Duterte's spokesperson, Salvador Paolo Panelo Jr., apparently confused the Senate's regular operating expenses with the actual cost of conducting the impeachment trial.

"Where did he get his P25M/day figure?" Lacson asked in a news release, referring to Panelo's estimate that 20 hearing days devoted to two subsequently withdrawn impeachment articles cost taxpayers PHP500 million.

Lacson, who also chairs the Senate Committee on Accounts, said the PHP25-million daily figure covers the chamber's regular legislative operations, including personnel services and maintenance and other operating expenses.

He said the amount originated from his earlier computation of the Senate's operating costs during the leadership standoff involving former Senate president Alan Peter Cayetano in June.

"The PHP25 million per day clearly refers to the legislative functions of the Senate, not to the impeachment trial as misinterpreted," Lacson said.

He said the 2025 General Appropriations Act (GAA) provided PHP27.5 million specifically for impeachment proceedings, with most of the allocation still available under the continuing appropriations provision.

Lacson said roughly PHP2 million has been disbursed for senator-judges' robes and other trial-related items.

"I urge the VP's spokesman to rectify an obviously misleading figure of PHP500 million, as I assume it was an honest mistake on his part," he said.

Panelo earlier questioned the public funds spent on Articles I and IV, covering allegations of confidential fund misuse and grave threats, respectively.

He claimed that the 20 hearing days devoted to those charges amounted to PHP500 million, based on the Senate's estimated daily operating cost of PHP25 million, and questioned the absence of public outrage over the expenditure.

The PHP25-million operating cost estimate had surfaced during the Senate leadership impasse in June, when Lacson criticized the 28-day standoff under Cayetano as costing taxpayers around PHP700 million despite limited legislative output.

Senate President Sherwin Gatchalian had also clarified in July that the impeachment trial generally did not require additional spending because the proceedings were conducted similarly to regular plenary sessions, while the prosecution and defense shouldered expenses for food, internet and printing materials.

The controversy followed the House prosecution's withdrawal of Articles I, III and IV on Tuesday, leaving Article II, involving allegations of unexplained wealth and undeclared business interests, as the remaining charge against Duterte.

The Senate impeachment court subsequently accepted the withdrawal, a move criticized by the defense as unfair. (MNS)





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By: Doris Lacson Bauer



Good Oral Health = Good Overall Health

October is recognized as National Dental Hygiene Month, a time dedicated to promoting awareness about the importance of oral health and encouraging better dental care practices. This observance has been celebrated since the mid-1980s.

What Is Oral Hygiene?

Oral hygiene is the practice of keeping your mouth clean and free from disease. It includes daily habits such as brushing and flossing your teeth, as well as regular dental visits for X-rays, examinations, and professional cleanings.

Good oral hygiene is a form of preventive care. By maintaining healthy teeth and gums, you can help prevent common oral health problems before they develop, including cavities, gum disease, bad breath (halitosis), and other dental concerns.

Oral health is closely connected to overall health. When oral infections are left untreated, bacteria can enter the bloodstream and spread to other parts of the body, potentially contributing to serious health conditions such as heart disease and stroke. Maintaining healthy teeth and gums is an important part of supporting long-term wellness.

Health Conditions Linked to Poor Oral Health

Research suggests that gum diseases, including gingivitis and periodontitis, may be associated with several health conditions, including:

- Cardiovascular disease
- Stroke
- Endocarditis (infection of the inner lining of the heart)
- Pneumonia
- Pregnancy complications, including premature birth and low birth weight

Health Conditions That Can Affect Oral Health

- Certain medical conditions can also increase the risk of oral health problems, including:
- Diabetes
- Osteoporosis
- HIV/AIDS
- Alzheimer's disease
- Maintaining good oral hygiene and scheduling regular dental checkups can help protect both your oral health and your overall well-being.
- Signs of Poor oral hygiene

Here are some of the warning signs that could indicate oral health problems:

- ·Bleeding gums
- ·Chronic bad breath
- ·Tooth decay
- ·Gum recession
- ·Loose teeth
- ·Mouth sores that won't go away
- ·Toothache
- ·Swelling of the jaw





Tips for Maintaining Good Oral Health

Keeping your mouth healthy requires a combination of healthy lifestyle choices, daily oral care, and regular dental visits.

Healthy Lifestyle Habits

- Avoid tobacco products. Smoking and other forms of tobacco use significantly increase the risk of oral cancer, gum disease, and tooth loss. If you use tobacco, consider seeking support to help you quit.
- Limit alcohol consumption. Excessive alcohol use can increase the risk of oral, head, and neck cancers. If you drink alcohol, do so in moderation.
- Consider HPV vaccination. Human papillomavirus (HPV) can affect the mouth and throat and is linked to certain cancers. Talk with your healthcare provider about whether HPV vaccination is right for you.
- Manage chronic health conditions. Conditions such as diabetes can increase the risk of gum disease and other oral health problems. Keeping these conditions well controlled can help protect your oral health.
- Prevent dry mouth. If a medication causes dry mouth, speak with your healthcare provider about possible alternatives. Staying hydrated, chewing sugar-free gum, and avoiding tobacco and alcohol may also help relieve symptoms.
- Pay attention to changes. Contact your dentist or healthcare provider if you notice persistent changes in your taste, smell, or overall oral health.

Daily Oral Care

- Limit foods and beverages high in added sugar. Sugar contributes to tooth decay and can negatively affect overall health.
- Use fluoride daily. Drink fluoridated water when available and brush with fluoride toothpaste to help strengthen enamel and prevent cavities.
- Practice good oral hygiene. Brush your teeth twice a day and floss daily to remove plaque and reduce the risk of cavities and gum disease.
- Wear a mouthguard when needed. Use a properly fitted mouthguard during contact sports or other activities that pose a risk of dental injury.

Regular Dental Care

- Visit your dentist at least once a year. Regular dental checkups help detect cavities, gum disease, oral cancer, and other oral health concerns early. Even if you wear dentures or have lost some or all of your teeth, routine dental visits remain important.

Tips for Pregnant Women

Maintaining good oral health during pregnancy is important for both you and your baby. Gum disease and untreated cavities have been associated with pregnancy complications, making preventive dental care especially important.

- Brush twice a day and floss daily to reduce plaque buildup and keep your teeth and gums healthy.
- Schedule a dental visit during pregnancy, especially if you experience tooth pain, sensitivity, bleeding gums, or other oral health concerns.
- Manage morning sickness carefully. If nausea and vomiting are frequent, rinse your mouth with a mixture of 1 teaspoon of baking soda dissolved in a glass of water. Swish gently and spit it out. This helps neutralize stomach acids and protects your tooth enamel from erosion.

Tips for Older Adults

In addition to following general oral health recommendations, older adults, particularly those who are homebound or living in long-term care facilities, should consider the following:

- Talk to your dentist about additional preventive options. Your dentist may recommend specialized products, prescription treatments, or adaptive tools to make brushing and flossing easier and more effective.
- Clean dentures every day. Proper denture care helps maintain oral health and may reduce the risk of fungal infections. If possible, remove your dentures overnight and clean them thoroughly each day.
- Seek caregiver assistance when needed. If brushing and flossing become difficult, a caregiver can help ensure your teeth, gums, and dentures are cleaned properly and consistently.

The Nurse's Role in Promoting Oral Health

Nurses play a vital role in supporting and improving patients' oral health. By educating patients on proper oral hygiene practices, encouraging regular dental care, and incorporating oral health into routine patient care, nurses can help prevent oral diseases and contribute to overall health and well-being.

Strategies for Improving Patient Oral Hygiene

Nurses can promote effective oral hygiene through the following evidence-based strategies:

- Provide patient education. Teach patients proper brushing and flossing techniques, the importance of fluoride use, and the role of oral hygiene in preventing dental disease and supporting overall health.
- Incorporate oral care into daily routines. Integrating oral hygiene activities into routine patient care helps establish consistency and reinforces healthy habits.
- Perform regular oral health assessments. Routine assessments allow nurses to identify signs of oral health issues early, such as cavities, gum disease, dry mouth, infections, or oral lesions, and facilitate timely intervention.
- Encourage patient engagement and self-care. Empower patients to take an active role in maintaining their oral health by setting achievable goals and reinforcing positive behaviors.
- Collaborate with dental professionals. Coordinating care with dentists, dental hygienists, and other healthcare providers helps ensure comprehensive management of oral health concerns and improves patient outcomes.

Good oral health is an essential part of overall health and well-being. Healthy teeth and gums not only support eating, speaking, and smiling with confidence, but they also help reduce the risk of oral diseases and their potential impact on the rest of the body. By practicing good daily oral hygiene, maintaining healthy lifestyle habits, and seeking regular dental care, individuals can protect their oral health and contribute to better long-term health outcomes. As healthcare professionals, nurses play a key role in educating, assessing, and empowering patients to make oral health a priority. Remember: a healthy mouth is more than a beautiful smile. It is a foundation for a healthier life.



The Nayon Whisperer

The Connection Between Blood Sugar, Gum Disease and Tooth Loss

By: Dr. Phillip Paleracio

When we hear the word Diabetes, we usually think about blood sugar, medications, diet, and complications involving the heart, kidneys, eyes, or nerves. But there is another important part of the body that deserves attention—the **mouth**.

For many Filipino and Filipino-American families, diabetes is a familiar health concern. What is discussed less often is its connection to **periodontal** disease, commonly called gum disease, and the increased risk of losing teeth.

Periodontal disease is an infection and inflammation of the gums and tissues that support the teeth. It can begin with gums that are red, swollen, tender, or bleed when brushing or flossing. As the disease progresses, the gums may pull away from the teeth, forming deeper pockets where bacteria can accumulate. Eventually, the inflammation can damage the bone supporting the teeth, causing them to loosen, shift, or even be lost.

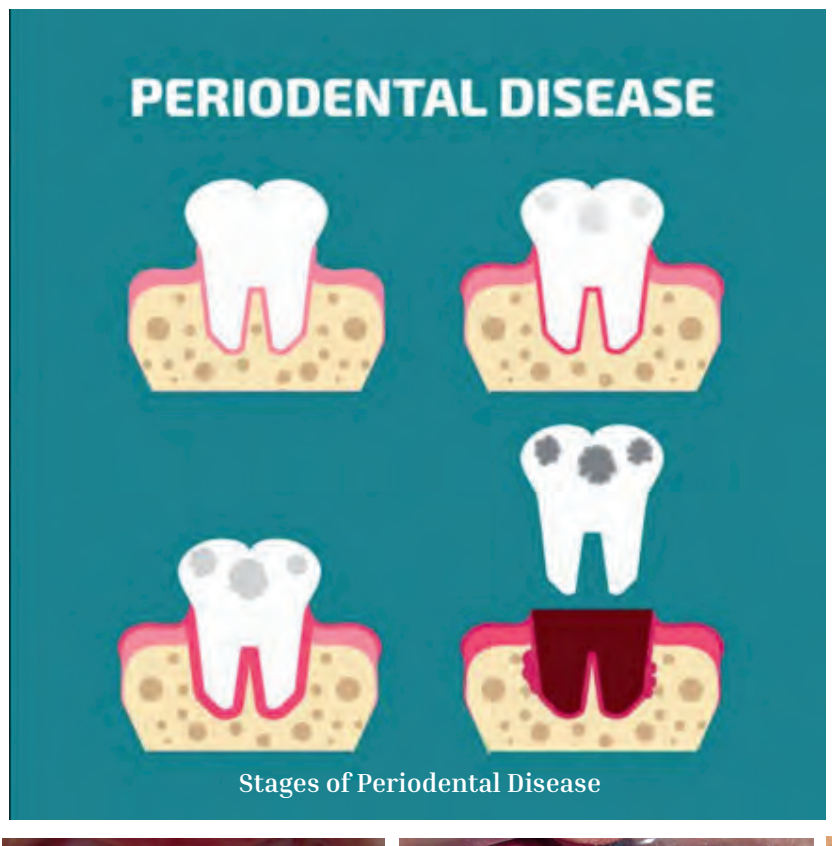
Diabetes can make this problem more serious. When blood sugar is poorly controlled, the body may have greater difficulty fighting infection and healing damaged tissue. This can make periodontal disease more severe and harder to manage.

The connection also works in the other direction. Significant inflammation and infection associated with periodontal disease may make blood sugar more difficult to control. In other words, managing diabetes and maintaining good oral health can go hand in hand.

One challenge is that gum disease does not always cause significant pain, particularly in its early stages. Some people may not recognize the problem until substantial damage has occurred. Warning signs can include bleeding or swollen gums, persistent bad breath, receding gums, loose or shifting teeth, and changes in how the teeth fit together.

Fortunately, much can be done to reduce the risk.

People living with diabetes should work with their healthcare providers to manage their blood sugar and make sure their dentist knows about their diabetes. Brush thoroughly twice a day with fluoride toothpaste, clean between the teeth daily, and have regular dental examinations and professional cleanings. Avoiding tobacco is also important because smoking further increases the risk of periodontal disease and tooth loss.



Stages of Periodental Disease

We should also change the way we think about dental visits. Do not wait until a tooth hurts before seeing a dentist. Prevention and early detection are especially important for people with diabetes.

In our Filipino community, we often remind our loved ones to watch their diet, exercise, take their medications, and monitor their blood sugar. Perhaps we should add another simple reminder: take care of your gums and teeth.

Diabetes care is more than controlling a number on a glucose meter. It means caring for the whole person—including the mouth.

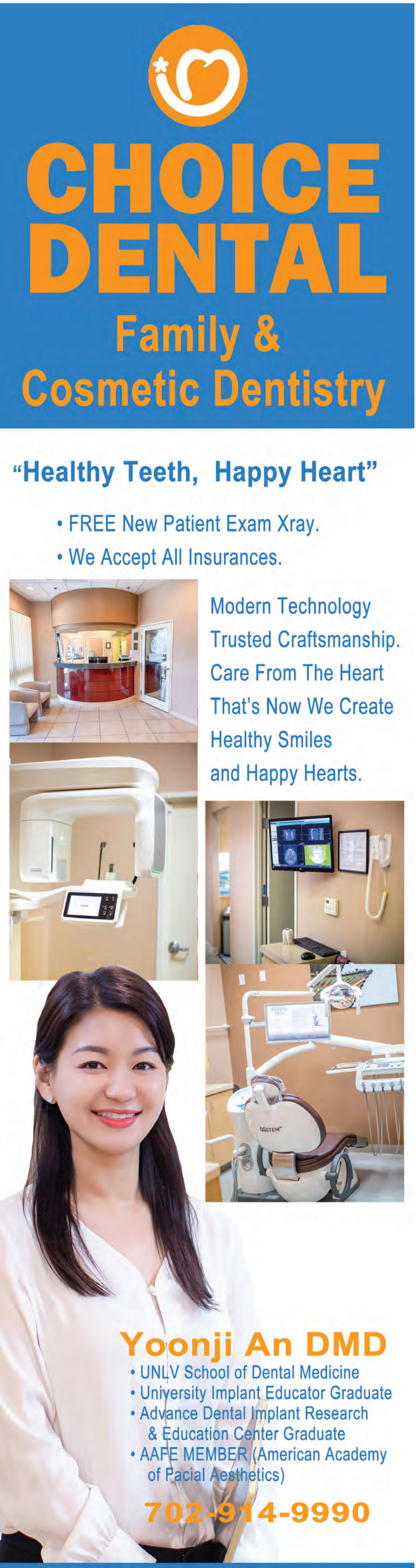
A healthy mouth contributes to a healthier life. With good diabetes management, proper oral hygiene, and regular professional care, we can help protect our gums, preserve our natural teeth, and keep sharing our smiles for many years to come.


Result of Diabetes, poor oral hygiene, neglect, medications


Result of chronic smoking and excessive consumption of drinking soda


Diabetic mouth from poor oral hygiene and neglect

The Nayon Whisperer is brought to you by the Healthy Fil-Am Nayon 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.healthyfilamnayon.org.



The Still Point

By Jasminemarie Soller, LMT, NVMT#11598



Clinical Bodywork • Recovery • Holistic Wellness

From Summer Heat to Fall Breezes: Staying Healthy Through Nevada's Seasonal Shift

As Southern Nevada moves from scorching summer days to crisp fall mornings, residents welcome cooler air, softer sunlight, and golden desert sunsets. Yet this seasonal shift can affect the body in a subtle way. Lower humidity, changing temperatures, shorter days, and more time indoors can influence hydration, skin, breathing, energy, and daily routines. With a few simple adjustments, fall can become a season of renewal rather than discomfort.

How the Change Affects Your Body

After months of desert heat, the body becomes accustomed to high temperatures and dry air. When cooler weather arrives quickly, some people notice sinus irritation, dry skin, scratchy throats, headaches, mild fatigue, or changes in mood. These signs are often reminders that the body needs a seasonal reset.

Try this: Keep lip balm, hand lotion, saline spray, and a refillable water bottle in your work bag or car.

Watch for: Persistent congestion, cracked skin, or mouth breathing at night, which may mean indoor air is too dry.

Hydration Still Matters

Even when the heat fades, dehydration can still happen. Cooler air may reduce thirst, but the body continues to lose moisture through breathing, movement, and dry indoor spaces. Instead of waiting until you feel thirsty, pair water with habits you already have: drink a glass when you wake up, one with each meal, and one after outdoor activity.

Morning tip: Drink water before coffee.

Easy example: Add lemon, cucumber, mint, or frozen berries to make water more appealing.

Hydrating foods: Try oranges, cucumbers, melon, herbal tea, or broth-based soups.

Eat for Warmth and Immunity

Fall is a good time to nourish the body with warm, colorful foods that support steady energy and immune health. Roasted vegetables, soups, apples, pears, beans, leafy greens, and whole grains can make meals feel comforting without becoming heavy. Preparing simple ingredients ahead of time also makes it easier to choose nourishing meals on busy evenings.

Meal idea: Make vegetable soup with carrots, beans, greens, and low-sodium broth for quick lunches.

Build a bowl: Combine roasted squash, brown rice, greens, beans, and citrus dressing.

Snack idea: Pair apple slices with peanut butter or Greek yogurt with cinnamon for steady energy.

Move and Breathe Mindfully

Cooler mornings and evenings make outdoor movement more inviting. Walking, hiking, stretching, or yoga can improve circulation, support mood, and help the body transition into the new season. Because temperatures can vary widely, choose the most comfortable part of the day and start small.

Start small: Take a 10-minute walk after dinner three times a week.

Mindful reset: Pause for five slow breaths before checking your phone in the morning or before bed.

Dress for the Season

Southern Nevada's fall weather can move from warm afternoons to brisk evenings. Dressing in layers helps the body adjust and reduces temperature-related strain. A breathable base layer, removable sweater or cardigan, closed-toe shoes, sunglasses, and a light jacket are often enough for errands, appointments, or evening plans.

Bag checklist: Carry sunscreen, lip balm, a hat, and a light layer.

Outfit example: Cotton shirt, lightweight cardigan, jeans, closed-toe shoes, sunglasses, and a jacket.

Protect Against the Chill

Evenings can cool quickly, and indoor heat may worsen dryness. Aim for steady comfort rather than overheating the home. Warm fluids, cozy layers, clean heating vents, and balanced humidity can help protect the throat, skin, and sinuses. If gusty winds pick up dust, closing windows may reduce irritation.

Home tip: Run a humidifier in the bedroom at night and clean it regularly.

Comfort example: Keep a throw blanket nearby instead of turning the heat up too high.

Prepare for Cold and Flu Season

As school routines, indoor gatherings, and cooler evenings return, respiratory illnesses can spread more easily. Wash hands often, stay home when symptoms appear, and consider scheduling seasonal vaccines or wellness visits before the busiest weeks of fall. If allergies, asthma, or sinus symptoms worsen, early care can help prevent small issues from lingering.

Readiness kit: Keep tissues, thermometer, hand sanitizer, disinfecting wipes, tea, soup, and electrolyte packets in one place.

Weekly habit: Wipe down phones, remotes, keyboards, and door handles during high-traffic weeks.

Support Sleep and Energy

Shorter days can shift sleep patterns and make afternoons feel sluggish. Morning sunlight, consistent bedtimes, lighter evening meals, and less screen time before bed can help the body settle into a healthy rhythm. Plan to tackle the demand tasks for the time of day when you feel most alert and use daylight breaks when possible.

Evening routine: Set out tomorrow's clothes, refill your water bottle, and dim lights 30 minutes before bed.

Energy tip: Step outside for five minutes of daylight during a morning or lunch break.

These changes do not need to be complicated. Choosing one habit from each area: hydration, food, movement, clothing, home comfort, illness prevention, and sleep. Once you choose the area to concentrate on, you can create a steady foundation for the season. Simple consistency often matters more than a complete routine overhaul.

The transition from summer to fall is more than a weather change; it is a wellness opportunity. By adjusting hydration, nutrition, clothing, movement, and daily routines, Southern Nevadans can enjoy the cooler season feeling energized, balanced, and prepared for the months ahead.

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 as an AMTA Nevada Chapter board member. 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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Senate faces tight deadline to review P206-B budget changes

MANILA, Oct 15 (Mabuhay) -- The Senate is racing to scrutinize nearly PHP206 billion in adjustments to the House-approved 2027 national budget, including reductions in major infrastructure, healthcare and disaster preparedness programs, while targeting passage of the spending measure before Christmas.

Senate Committee on Finance chair JV Ejercito on Wednesday said the substantial changes from the National Expenditure Program (NEP), coupled with delays caused by the impeachment trial of Vice President Sara Duterte, have left senators with limited time to examine government spending priorities.

"Talagang kapos na kapos kami sa oras dahil sa nangyaring impeachment (We are really running out of time because of what happened with the impeachment)," Ejercito said in a press briefing.

The Senate received 34 copies of the House-approved General Appropriations Bill (GAB) at 5:30 p.m. Tuesday, which were distributed to senators and concerned offices Wednesday morning.

Ejercito said his initial review identified approximately PHP206 billion in combined increases and reductions, raising questions about the allocation of public funds for essential services and long-term development.

Among the major changes were reductions of PHP130 billion in foreign-assisted projects, PHP40.4 billion in the Department of Transportation's proposed budget and PHP9.5 billion in calamity fund.

The transportation adjustments include PHP19.7 billion less for the Metro Manila Subway and PHP15 billion for the North-South Commuter Railway.

Ejercito warned that delays in foreign-assisted infrastructure projects could increase government costs through inflation, commitment fees and other financial obligations.

"We need to lay down the infrastructure that will create jobs and opportunities in the future," he said.

Healthcare, disaster funding

The senator also questioned reductions of PHP4.45 billion in the Health Facilities Enhancement Program, PHP4 billion for immunization and PHP2 billion for health promotion.

These contrasted with a PHP23.9-billion increase in the Medical Assistance to Indigent and Financially Incapacitated Patients program.

"Bakit humina yung prevention side? (Why was the prevention side weakened?)" Ejercito asked, emphasizing that disease prevention is a central component of Universal Health Care.

He said the Senate would examine whether the adjustments could weaken preventive healthcare and hospital improvement programs while increasing allocations for direct medical assistance.

The PHP9.5-billion reduction in the calamity fund also raised concerns over the country's preparedness for a possible severe El Niño toward the end of 2026 and early 2027.

Meanwhile, a new PHP10-billion allocation for presidential assistance to farmers and fisherfolk will undergo scrutiny to determine its purpose and intended beneficiaries.

In the Department of Public Works and Highways budget, Ejercito questioned an PHP8.04-billion increase for flood mitigation structures despite a PHP4.6-billion reduction for similar projects within major river basins.

He said the Senate would require detailed project information, particularly for proposed lump-sum appropriations, and prioritize completing unfinished flood-control structures to prevent a recurrence of past irregularities.

Compressed budget calendar

Despite the extensive adjustments, Ejercito said the Senate intends to complete its review without compromising scrutiny of questionable allocations.

Finance subcommittee vice chairpersons have until Oct. 23 to submit their reports, while the committee will consolidate its findings during the congressional recess.

Plenary budget deliberations are targeted to begin Nov. 23, with approximately two weeks allotted to examine the proposed appropriations of government departments and agencies.

"Hopefully in two weeks, matapos natin lahat ng departments and agencies (Hopefully, in two weeks, we can finish all departments and agencies)," Ejercito said.

He acknowledged that the impeachment proceedings had reduced the time available for budget hearings, particularly after the House prosecution withdrew three articles against Duterte.

To strengthen oversight, the finance committee will consult civil society organizations, academic institutions and budget watchdogs before finalizing its report.

Ejercito said the Senate also intends to continue livestreaming bicameral conference committee deliberations, which could take approximately five days to reconcile differences between the two chambers.

He stressed that the PHP206-billion adjustments would not automatically be adopted, especially if they undermine government priorities or benefit narrow interests.

"Balancing act naman talaga ang budget process (The budget process is really a balancing act)," he said.

The Senate aims to complete the legislative process by the second week of December, allowing President Ferdinand R. Marcos Jr. to sign the 2027 national budget before the Christmas recess.

"Hopefully, mapirmahan ng Presidente bago mag-Christmas break (Hopefully, the President can sign it before the Christmas break)," Ejercito said. (MNS)

Palace says 1 impeachment article may suffice to remove VP Sara

MANILA, Oct 15 (Mabuhay) -- Malacañang on Wednesday said a single article of impeachment may be sufficient to seek the removal of Vice President Sara Duterte from office.

"Isa lang naman po ang kakailanganin, kung kinakailangang maipakita na dapat ma-impeach ang Bise Presidente (Only one article would be needed, if necessary, to establish that the Vice President should be impeached)," Palace Press Officer Claire Castro said in a press briefing.

Castro was responding to a question on whether the Senate impeachment court's decision to allow the withdrawal of three of the four impeachment articles against Duterte could weaken the prosecution's efforts to establish the truth behind the allegations.

On Tuesday, the Senate impeachment court allowed the House prosecution panel to withdraw Articles I, III and IV, leaving Article II as the sole remaining charge. The withdrawn articles cover allegations of misuse of confidential funds, bribery, and grave threats, while the remaining article concerns alleged unexplained wealth.

Castro said the administration supports transparency and accountability but would not interfere with the prosecution's legal strategy or the senator-judges' decisions in the impeachment trial.

She said the prosecution is best positioned to determine which evidence would be most effective in pursuing the case.

"We are all for the truth. We are all for transparency and accountability. Pero kung ito po ang legal na istratehiya ng prosekusyon, hindi po natin maku-kuwestiyon kung anuman ang kanilang desisyon (However, if this is the prosecution's legal strategy, we cannot question whatever decision they make)," she said.

"Kung 'yun po ang nakikita nila, sila naman po ang mga prosecutor. So, mas kabisado po nila kung ano 'yung mas malakas nilang mga ebidensya (If that is what the prosecution believes is appropriate, they are the prosecutors. They know which of their evidence is stronger)."

Castro also stressed that Duterte has several avenues to respond to the allegations against her.

"Ang respondent na si Bise Presidente ay maaari namang tugunan ito sa marami namang pamamaraan (The respondent – the Vice President – has several ways to respond to the allegations)," she said. (MNS)

Marian Rivera on reinventing herself as a busy mom: 'Love yourself muna'



MANILA, Oct 14 (Mabuhay) -- Marian Rivera has changed a lot in her more than 20 years in show business.

She started as a teleserye lead, then became a dance show host, an award-winning actress and a businesswoman, all while raising two kids. Through all of it, she says one rule has stayed the same: a mother has to love herself first.

The 42-year-old actress shared this at the launch of Glow For 200: Season 2, a year-long training program for Filipino content creators, held at the Enderun Tent in Taguig City.

For Marian, taking care of herself is not selfish. It is what makes it possible for her to take care of her family.

"Hindi kasi puwedeng hindi mo mahalin ang sarili mo, eh. Kasi palagi nating naririnig 'to, eh. Paano mo mabibigay sa anak mo, sa asawa mo 'yung pagmamahal na gusto nila kung nakikita nilang hindi mo love ang sarili mo? So doon nagsisimula ang lahat. Love yourself muna. And then lahat 'yan, mag-fu-flow para sa pamilya mo. So mahalagang-mahalaga 'yun," she said.

Her career shows how often she has started over in new roles. Marian first appeared on television in 2005. Two years later, she became a household name when she played the title role in GMA's remake of the Mexican telenovela Marimar. She went on to headline many primetime series for the network and later hosted her own weekly dance show, Marian.

In 2023, the longtime Kapuso star crossed over to the big screen with ABS-CBN's Star Cinema for Rewind, her first movie with husband Dingdong Dantes in 13 years. The film was co-produced by APT Entertainment and Dingdong's AgostoDos Pictures and directed by Mae Cruz-Alviar. It was the top earner at the 2023 Metro Manila Film Festival and is now one of the highest-grossing Filipino films of all time.

A year later, she proved herself as a dramatic actress when she won Best Actress at the Cinemalaya Independent Film Festival for Balota, where she played a public school teacher. The film reached even more viewers when it began streaming on Netflix in January 2025.

Marian and Dingdong are now set to reunite for another Star Cinema movie, the family drama Remember. The couple flew to Quebec, Canada, in June to shoot the film, which brings back Direk Mae and much of the team behind Rewind. Star Cinema produced it with APT Entertainment, AgostoDos Pictures and Regal Entertainment, and it is set to open in cinemas worldwide this year.

Off-camera, Marian has been married to Dingdong since 2014. She is a hands-on mom to their children, Zia and Sixto.

At the launch, Marian appeared as the longtime endorser of glutathione brand NuWhite, which is running the creator program together with Martha Sta. Barbara-Villarama's MSB Marketing Consultancy.

The program picked 200 participants from more than 1,200 people who signed up from Luzon, Visayas and Mindanao. For one year, they will learn the business side of content creation, including personal branding, livestreaming, affiliate selling and handling their money. They will also be mentored by industry figures such as financial coach Chinkee Tan and actress Maxene Magalona, along with representatives from TikTok Philippines and established creators.

For Marian, that kind of growth is something she knows well. In an industry where trends come and go fast, she believes the key is to keep changing without losing who you are, and that starts with loving yourself. (MNS)



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Few human desires are as universal as the wish to remain young. Across civilizations and throughout history, people have searched for ways to preserve strength, beauty, vitality, and life itself. One of the most enduring legends associated with this quest is the story of Juan Ponce de León and his supposed search for the Fountain of Youth. The tale has become so deeply embedded in American history that Ponce de León is often remembered less for his actual accomplishments than for his mythical pursuit of a magical spring that could restore youth. Yet the historical record is more complicated—and perhaps more fascinating—than the legend.

Juan Ponce de León was a Spanish explorer and colonial administrator who lived during the extraordinary period of European exploration of the Americas. He participated in Spain's expansion into the Caribbean and became the first governor of Puerto Rico. In 1513, he led an expedition northward from Puerto Rico and reached a land that he named La Florida. His voyage was an important event in the early European exploration of what is now the southeastern United States.

According to the popular story, Ponce de León undertook this expedition because he had heard of a miraculous Fountain of Youth whose waters could restore youth to those who drank from them. The legend has been repeated for centuries in books, classrooms, museums, and popular culture. Florida itself has embraced the story, particularly the city of St. Augustine, where a historic attraction identifies a spring with the legendary fountain.

The difficulty is that there is little contemporary evidence that Ponce de León actually went to Florida in search of a fountain that could reverse aging. The connection between Ponce de León and the Fountain of Youth became prominent in later accounts, particularly in the writings of Spanish historian Gonzalo Fernández de Oviedo. Modern historians generally regard the fountain story with considerable skepticism. Ponce de León's expedition had practical and political purposes as well, including exploration, territorial claims, and the search for opportunities for Spanish expansion.

Nevertheless, the legend itself is historically significant. It tells us something about the world in which Ponce de León lived. Such stories were not necessarily viewed in the same way that modern people distinguish sharply between myth, folklore, geography, and medical/historical fact.

Ponce de León's actual voyage was remarkable enough without the fountain. In 1513, his expedition sailed northward and reached the coast of Florida. He explored portions of the coastline and claimed the territory for Spain. His voyage became an important part of the early European mapping and exploration of the region.

Ponce de León returned to Florida in 1521 with a larger expedition. This second voyage was not a romantic search for eternal youth. It was connected to Spanish colonization and settlement. The expedition encountered resistance from Indigenous people, and Ponce de León was wounded during the conflict. He later died in Cuba from his wounds.

The contrast between the historical Ponce de León and the legendary Ponce de León is striking. The historical figure was an explorer, soldier, governor, and colonial administrator participating in a complicated and often violent period of European expansion. The legendary figure is a man wandering through an exotic landscape in search of a magical spring capable of defeating the natural process of aging.

Yet perhaps the legend survived precisely because it transformed a sixteenth-century explorer into a symbol of something much larger. The Fountain of Youth represents one of humanity's oldest dreams: that aging might not be inevitable, that decline might be reversible, and that death itself might somehow be postponed.

In this respect, Ponce de León's story remains remarkably relevant. Modern medicine has not "discovered a magical fountain," but humanity continues to pursue the same fundamental objective through very different means. Researchers study the biology of aging, cardiovascular disease, cancer, neurodegeneration, cellular senescence, metabolism, genetics, and regenerative medicine.

The difference is that modern longevity research seeks evidence rather than relying on legend. There is no known spring whose water can restore youth. But there are interventions that can substantially reduce the risk of premature disease and preserve physical and cognitive function as people grow older. The modern quest for longevity therefore represents a fascinating continuation of the ancient dream—but pursued through science rather than mythology.

Five centuries later, humanity is still searching. The fountain is no longer imagined simply as a spring hidden in a distant land. It is increasingly sought in laboratories, hospitals, and scientific understanding—in the hope that one day we may not merely live longer, but remain healthier and more vigorous for more of the years we are given.

Ponce de León never found the Fountain of Youth, but, as I wrote in my previous columns, the "fountain of youth" has always been with us, medically speaking, right under our noses. It is called "living a healthy lifestyle."

If your goal is maximum healthy longevity—not merely adding years, but preserving cardiovascular health, cognitive function, mobility, and independence—I would prioritize these eight "fountain of youth" strategies for a lasting happy health span, and not merely longevity (lifespan of illnesses and suffering):

1. Regular cardiovascular/metabolic risk monitoring and control
2. Exercise, even simple walking daily; balance (standing on one foot alternately) training
3. Healthy body composition and nutrition; beware of supplements and herbs not approved by the FDA
4. No tobacco / no alcohol/ no illicit drugs, even marijuana/avoidance of major health risks (driving, climbing, sports, etc., especially for seniors)
5. Sleep, a restful one, about 8 hours a day; CPAP for those with Sleep Apnea, with monitoring by a Pulmonologist
6. Preventive medical care, regular visits with your physician/dentist/eye
7. Cognitive/social engagement with friends/relatives, with purpose
8. Stress management and psychological well-being; positive frame of mind; de-stressing with trips and cruises, etc., and enjoying life daily.

The key principle is attaining healthspan, not only lifespan. The objective is not simply to reach 100, but to maximize the number of years you remain physically capable, comfortable, cognitively sharp, independent, and happily enjoying life with family and friends.

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, Astronaut Gus Grissom (Wikipedia). Websites: FUN8888.com, Today.SPSAtoday.com, and philipSchua.com Email: scalpelpen@gmail.com

TAX TIPS



Benito J. Aquino, CFEA
Former IRS Agent Richmond, VA
and Las Vegas, NV Districts
Adjunct professor, UNLV Accounting
Dept. and Old Dominion University

Treasury and IRS Move to Protect Health Care Benefits for Eligible Americans

Proposed Rules Implement Working Families Tax Cuts Reforms to Prevent Fraud and Abuse of the Premium Tax Credit

WASHINGTON — The U.S. Department of the Treasury and the Internal Revenue Service issued proposed regulations to implement President Trump's Working Families Tax Cuts reforms to the Premium Tax Credit (PTC), a refundable tax credit that helps eligible American taxpayers afford health insurance purchased through the Health Insurance Exchanges.

"Hardworking American taxpayers should not be forced to subsidize health care for people who are ineligible under federal law," said Treasury Secretary Scott Bessent. "Today's proposed rules implement the common-sense reforms enacted by the Working Families Tax Cuts to close eligibility loopholes and ensure taxpayer-funded Premium Tax Credits are reserved for eligible Americans. Under President Trump, this Administration is cracking down on fraud and corruption; holding bad actors accountable; lowering health care costs for Americans; and restoring integrity to our tax code and health care system."

"The proposed rules protect eligible taxpayers while strengthening the integrity of the Premium Tax Credit," said IRS Chief Executive Officer Frank J. Bisignano. "The enhanced verification measures are designed to curb improper claims, ensuring these vital tax benefits go strictly to the hardworking Americans who qualify for them."

"The Trump Administration's whole-of-government approach to fighting fraud, waste, and abuse is built on the idea that an ounce of prevention is worth a pound of cure," said CMS Administrator Dr. Mehmet Oz. "Ensuring health programs serve only those who are eligible is one of the most effective ways to protect these programs and the taxpayers who support them. With today's proposed rules, the Treasury Department is taking another step forward in our collaborative effort to protect taxpayer dollars by shutting down waste and fraud before a single dollar leaves the building."

Protecting taxpayer-funded benefits for eligible Americans

The proposed rules put the Working Families Tax Cuts' Premium Tax Credit reforms into effect which strengthen eligibility checks, close gaps in the verification process, and help ensure taxpayer-funded subsidies go only to eligible American taxpayers.

The Trump Administration's Task Force to Eliminate Fraud exposed the need for stronger safeguards to protect the integrity of the Federal Marketplace. As part of that work, Centers for Medicare & Medicaid Services (CMS) announced the removal of more than 760,000 unverified "phantom" enrollees from the rolls of the Affordable Care Act (ACA), resulting in $2.2 billion in savings and sending nearly 1 million Americans $500 each who had been overcharged for their Obamacare coverage by the Biden Administration.

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Austin Beaumont:

CANDIDATE FOR DISTRICT COURT JUDGE DEPT 8

Austin Beaumont is a nonpartisan candidate for District Court Judge in Department 8 of Nevada's Eighth Judicial District Court. His professional background includes criminal prosecution, civil litigation, appellate work, judicial research and private-sector management. Clark County's official candidate list identifies Beaumont and incumbent Judge Jessica K. Peterson as the two candidates appearing in the 2026 general-election contest. Judicial elections are nonpartisan, leaving voters to assess qualifications, experience, temperament and conduct for themselves.

Beaumont grew up in several Western states, including Washington, California, Colorado, Idaho, Oregon and Alaska. He says that moving frequently taught him to listen, adapt and connect with people from different backgrounds. He describes service, problem-solving and team building as recurring themes throughout his career.

He currently serves as a Chief Deputy District Attorney in Clark County's Major Fraud Unit, where he handles complex cases involving fraud, financial crimes and major investigations. His earlier legal experience includes working in the District Attorney's Appeals Unit and serving for four years as a judicial law clerk for two Eighth Judicial District Court judges. He also completed externships with the Nevada Division of Insurance and the U.S. Attorney's Office Organized Crime Strike Force.

According to his campaign biography, Beaumont's work as a judicial law clerk included reviewing motions, researching legal questions, evaluating evidence, analyzing competing arguments and helping prepare judicial orders. He says this experience gave him direct exposure to how judges manage serious civil and criminal matters. It also required consideration of public safety, constitutional rights, fairness and accountability.

Before beginning his legal career, Beaumont worked in hotel management and supervised operations in Washington and Oregon. During the Great Recession, he helped manage hotel properties facing difficult economic conditions. According to Beaumont, this experience strengthened his ability to assess organizational problems, make decisions under pressure and remain accountable for results. He has described patience, practical problem-solving and respect for colleagues as lessons carried from hospitality into public service.

Beaumont earned an Associate of Arts in Business Administration from North Idaho College and bachelor's degrees in General Management and Human Resource Management from Eastern Washington University. He later received his Juris Doctor from the University of Idaho College of Law.

While attending law school, he served as chief managing editor of the Idaho Law Review and received its Outstanding Editor Award. He was also recognized for pro bono service, volunteered with a Youth Accountability Board and earned Dean's List honors.

His listed endorsements include District Attorney Steve Wolfson, retired Judge Donald Mosley, the Clark County Prosecutors Association, law-enforcement and veterans organizations, and labor groups including the Southern Nevada Building Trades Union and LiUNA Local 872. Endorsements reflect the views of the endorsing individuals and organizations and are one part of the information voters may consider.

Beaumont says he would bring his experience in law, management and public service to the District Court bench. His candidacy gives voters an opportunity to compare his background, stated judicial philosophy and professional record with those of the incumbent when considering the responsibilities of Department 8.--

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NEWS IN PHOTOS with Kuya Sol



Sol Felipe D. Llasos - *PRO of: FAMAN - Filipino Americans Media Association of Nevada • Historian of the NaFFAA State - National Federation of Filipino American As-sociations and the US-Filipino Veterans Group of Las Vegas • PRO- Balayan Las Vegas Asso. • Adviser/Founder of SILVAK Society of Ilonggos in Las Vegas Abyan kag Kasimanwa • BOD of PACF Philippine American Charity Foundation. To be featured please email solying@yahoo.com or call 702•336•0753, Message Facebook/ Messenger - Sol Felipe Llasos. For more community news and photos, visit his Facebook Page: Philippine Times of Southern Nevada News in Photos. and Las Vegas Filipino Community News in Photos,*

FILIPINO AMERICAN HISTORY MONTH CELEBRATION LIT UP LAS VEGAS WELCOME SIGN COMMISSIONER BECKER CITED NAFFAA-NV

LAS VEGAS — The "Welcome to Fabulous Las Vegas" sign was illuminated in red, blue and yellow on Thursday, October 15, as National Federation of Filipino American Associations -Nevada (NaFFAA NV) continued its Filipino American History Month celebration. The gathering took place at the sign on Las Vegas Boulevard South. The colors represented the Philippine flag, while the occasion highlighted the history, heritage and contributions of Filipino Americans. Filipino American History Month provided an opportunity to recognize the generations whose work, service, culture and civic involvement helped shape communities across the United States. The observance also encouraged Filipino Americans to preserve their stories and share them with younger generations and the wider public. Clark County Commissioner April Becker presented NaFFAA-NV with a proclamation certificate recognizing Filipino American History Month. Dr. Michael StaJuana, president of NaFFAA-NV, said the celebration honored Filipino American heritage and brought the community together. In their short messages, Philippine Honorary Consul of Las Vegas Amie Belmonte and Filipino American Community leader Gloria Caoile mentioned the great contributions of the Filipino-Americans in Clark County in most workplaces such as in Education, Medical professions and Hospitals staff, Department stores, Government, etc. Community members attended the event, where traditional Filipino attire was encouraged..





For more photos:

For PHLV Video







PHILIPPINE CONSUL GENERAL'S MESSAGE HIGHLIGHTS FIESTA FILIPINO 2026 CELEBRATION AT M HOTEL EVENTS GROUND

LAS VEGAS — The 2026 Fiesta Filipino celebration brought the community together on October 3 in Las Vegas, with a message from Philippine Consul General Adelio Angelito S. Cruz recognizing Filipino American heritage and NaFFAA-NV's work. Speaking on behalf of the Philippine Consulate General in Los Angeles, Cruz extended warm greetings to the National Federation of Filipino American Associations of Nevada (NaFFAA-NV). He noted that the celebration took place during Filipino American History Month and honored the contributions of Filipino Americans while sharing Filipino culture with the wider community. The event's theme, "Many Voices, One Community, One Celebration," reflected a community with diverse experiences and a shared sense of identity and belonging. Cruz also commended NaFFAA-NV officers, volunteers, and supporters for helping bring the celebration to life and keep Filipino traditions alive. According to NaFFAA-NV President Dr. Michael StaJuana, the Consul General's message was closely connected to the success of Fiesta Filipino. Its emphasis on community, cultural pride, and bayanihan reflected the spirit of the event and the efforts of the people who helped make it possible. Cruz closed with a wish that Fiesta Filipino would continue bringing Filipino Americans in Nevada closer together. Among the highlights of the one-day event was the presnce of Nevada Governor Joe Lombardo and other political figures. Also various activities and events such as car show, Santacruzan, fashion show, food demonstration, cultural dances, choral renditions, children's Filipino style games, food trucks, booths, etc. made the Fiesta Filipino another memorable and successful event, bringing together as one the Filipino Americans in Las Vegas.







For more photos scan this



































NEWS IN PHOTOS with Kuya JoHann & Kuya Sol

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



FIL-AM HERITAGE FOUNDATION HONORS COMMUNITY LEADERS AT 2026 GOLDEN PEARL AWARD GALA

By LAS VEGAS, PHLV News Desk





The Filipino American Heritage Foundation (FAHF) recognized outstanding leaders in public service, education, cultural preservation, veterans advocacy and community engagement during its 2026 Gala and Golden Pearl Awards on Oct. 10 at the Nevada Ballroom of the Gold Coast Hotel & Casino. Held under the theme "Heritage: Our Strength. Progress: Our Future," the annual event celebrated Filipino Americans whose contributions have strengthened communities in Nevada and beyond.

For more photos scan this

This year's Golden Pearl Awards honored Bella Aurora "Amie" P. Belmonte and Leo L. Belmonte, Alex D. Peña, Dr. Miguel Antonio Fudolig, Sonny Vinuya and Jacqueline de Joya. Among the honorees, Amie and Leo Belmonte were recognized for decades of leadership, philanthropy and public service. Amie Belmonte, the first Philippine Honorary Consul of Southern Nevada, has long been active in public health, civic leadership and community advocacy, while Leo Belmonte has dedicated years of service to veteran, faith-based and Filipino American organizations throughout the region. Retired U.S. Air Force veteran Alex D. Peña was honored for his tireless efforts on behalf of Filipino veterans and community organizations. Through leadership roles with veterans groups and charitable initiatives, Peña has helped preserve the legacy of Filipino military service while promoting educational and scholarship opportunities. Dr. Miguel Antonio Fudolig, assistant professor at the UNLV School of Public Health, was recognized for his achievements in research, academia and community service. A biostatistician whose work includes advancing health research affecting Filipino and Filipino American communities, Fudolig spoke about the importance of engaging younger generations. He emphasized building meaningful connections with young Filipino Americans, noting that they will carry forward the community's values, heritage and leadership into the future. Sonny Vinuya, Southern Nevada outreach director for Gov. Joe Lombardo, received recognition for his longstanding commitment to public service, economic development and civic engagement. Throughout his career, Vinuya has worked to strengthen relationships between government, businesses and diverse communities across Southern Nevada. Community leader and cultural advocate Jacqueline de Joya was honored for decades of service advancing Filipino American visibility and heritage preservation. Through leadership roles with organizations including NaFFAA Nevada, the Filipiniana Dance Company of Las Vegas and the Filipino American Professional Association, she has helped expand cultural awareness and civic participation throughout the state. The evening also featured the presentation of the 2026 FAHF Presidential Award to Josie Harrison, recognizing her exemplary leadership and enduring impact on the Filipino American community. The distinction is among the foundation's highest honors and is presented to individuals whose service and commitment reflect the values championed by FAHF.



In his address, Dr. Romualdo Aragon Jr., FAHF president, emphasized the evening's theme, reminding attendees that Filipino heritage remains a source of collective strength and that continued progress depends on future generations embracing both identity and leadership. Founded to preserve, promote and celebrate Filipino American history and culture, the Filipino American Heritage Foundation has become one of Nevada's leading organizations dedicated to cultural awareness, education and community development. Beyond recognizing distinguished individuals, the foundation has invested in initiatives that support student achievement, youth leadership, cultural preservation and public understanding of Filipino American contributions. Through educational programming, scholarship support and heritage-centered activities, FAHF continues to build bridges between generations while fostering pride in Filipino American identity.

A memorable highlight of the program was a special video presentation by multi-awarded Filipino American journalist Bev Llorente, showcasing notable Filipino Americans and their journeys. The presentation chronicled stories of perseverance, sacrifice and achievement, illustrating how generations of Filipino Americans have contributed to their communities while maintaining strong ties to their heritage. Guests were also treated to a moving performance by Kalahi 2.0, whose presentation offered a heartfelt "Balik Puso" experience. Through music and cultural expression, the performance reflected on the migration journey shared by many Filipino Americans and underscored how deeply connected members of the diaspora remain to their roots despite years, and often generations, away from the Philippines.

The evening was masterfully hosted by Filipino American pioneer Gloria Caoile and FilAm media advocate Johann Sayson, whose blend of experience, insight and community connection guided the celebration. More than a celebration of individual accomplishments, the gala reinforced a message that resonated throughout the program: that the Filipino American story is one of resilience, sacrifice, service and progress. From the pioneers who helped build communities, to today's civic, academic and cultural leaders, and ultimately to the younger generation poised to carry the legacy forward, attendees were reminded that heritage is not simply something to preserve but something to build upon. The program's recurring theme underscored a shared responsibility to honor the past, invest in education, strengthen community connections and create opportunities that will ensure a vibrant future for Filipino Americans in Nevada and beyond.

GWEN GOTANGCO KORNBLAU'S GARDEN BIRTHDAY BASH "FOREVER IN BLOOM" HELD AT THE JW MARRIOTT LAS VEGAS - THE RESORT AT SUMMERLIN HOTEL & SPA

Gwen Gotangco Kornblau Birthday celebration was held at the uniquely decorated garden of The Resort at Summerlin last September 20, 2026. At the. It was one of a kind very elegant event attended by family, close circle of friends and specially invited guests in pastel colored attire with background music by Spanish/Flamenco and Latin Guitarist and Vocalist Ricardo Griego, and a Filipino violinist Jammy Sales. In her speech, Gwen especially thanked her loving and very supportive family, her close friends, her guests and some personalities who in one way or another made her celebration a success and very memorable, For photos taken by Kuya Sol of Philippine Times of Southern Nevada please scan the QR code.

















NAFFAA-NV OFFICERS CELEBRATED DR. MICHAEL STAJUANA'S 68TH BIRTHDAY

Dr. Michael StaJuana celebrated his 66th birthday on October 13 at Cafe de Manila in Las Vegas, surrounded by officers and members of the National Federation of Filipino American Associations of Nevada (NaFFAA-NV). The gathering brought colleagues together to mark the occasion, share a birthday cake, and celebrate Dr. StaJuana's life and service to the Filipino American community. As NaFFAA-NV president, he has helped lead the organization's work to strengthen community connections and celebrate Filipino American culture and heritage. The group joined in wishing Dr. StaJuana a happy 66th birthday and many more years of health, happiness, and continued service.



LAS VEGAS FIL-AM COMMUNITY NEWS

MAYA TWEETS

BY MAE P. BARROS-WAYNE





Filipino-American History Month (FAHM) is celebrated every October in the United States to recognize the history, achievements, contributions and experiences of Filipino Americans. The celebration honors the Filipino community's important role in shaping American society, from the earliest Filipino settlers to present day leaders in education, healthcare, business, politics, entertainment and the arts.

Filipino-American history dates back in October 1587, when Filipino sailors, known as Luzones Indios, arrived in what is now Morro Bay, California, aboard a Spanish galleon.

Later in 1763, Filipino settlers established a community in Saint Malo. During the early 20th century, many Filipinos immigrated to the United States in search of better educational and employment opportunities, particularly after the Philippines became a U.S. territory in 1888. Many worked as agricultural laborers in California and Hawaii (the so-called "manongs") while others served in the U.S. military or pursued professional careers as doctor, engineers, teachers and nurses.

No doubt, Filipino Americans also experienced discrimination, racism and unequal treatment. For example, my granduncle Henry Ramos, uncle of my father and who served in the U.S. military as chef during the second world war, once told me that Filipinos and those of other nationalities were not allowed to eat in restaurants that catered only to Americans. Farm workers faced difficult working conditions, and restrictive immigration policies limited opportunities for Filipino families then. Despite these challenges, Filipino Americans organized labor movements, built communities, and fought for civil rights.

October was officially recognized as Filipino-American History Month by the U.S. Congress in 2009, following years of advocacy by Filipino-American organizations and community leaders. Filipino-American History month is important because it celebrates Filipino identity, heritage and resilience. It provides an opportunity for us Filipino-Americans to learn about our ancestors, recognize their struggles, and appreciate the accomplishments of our local and international communities. It also helps educate the wider American public about the diverse cultures and experiences that contribute to the nation's identity.

True to this year's theme "Beyond Margins: Centering Intersectional Filipino American Histories," Filipino culture is reflected through the blend of indigenous traditions and influences from Spain, the United States, China and other Asian cultures. Respeto, Pakikitungo, Pananampalataya, Kumonidad. Family respect for our elders, hospitality, faith and community are important values. These values are often expressed through our traditions like "pagmamano," a gesture of respect towards our parents, lolos and lolas. Another value is "bayanihan," the spirit of cooperation and helping one another.

Food, music, dance, language and storytelling also help preserve Filipino heritage across generations. Filipino-American History month encourages younger Filipino-Americans to appreciate their roots while embracing their identities. It also promotes diversity, inclusion and understanding among people from different cultural backgrounds. Cultural festivals and parades, recognition. awards and educational programs, exhibits, community gatherings and picnics, and artistic performances aid in centering Filipino-American histories and narratives. These are celebrations to connect, strengthen and preserve traditions, pass cultural knowledge or awareness to younger generations.

It is not uncommon for older generations to describe their experiences through stories of sacrifice, hard work, perseverance and the pursuit of better opportunities. These stories help provide emotional support as younger Filipino-Americans navigate life in a new country or balance Filipino traditions with American customs and lifestyle. Ultimately, Filipino-American History Month recognizes that Filipino-Americans are an essential part of the American story. It promotes cultural pride and mutual respect, and and serves as a reminder that everyone's heritage and contributions are valued.

Galing ng Pilipino, Ipagmalaki sa Mundo! Salamat at Mabuhay!

graphics are from FANHS national website and Instagram



Ah, Mary Can Dream!



By Marylaine Louise L. Viernes

Award-winning Author / Journalist
Carlos Palanca Awardee & Professional Host/Emcee

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Sis Olive Manalo Karagdag

Worship GOD Not By Feeling But in Spirit and In Truth

The Gospel John 21: 21-24 (NKJV) 21 Jesus said to her, "Woman, believe Me, the hour is coming when you will neither on this mountain, nor in Jerusalem, worship the Father. 22 You worship what you do not know; we know what we worship, for salvation is of the Jews. 23 But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. 24 God is Spirit, and those who worship Him must worship in spirit and truth."

Worshiping with our feelings or with our emotions is not wrong. GOD can also be felt even when we cannot see Him. But relying on our feelings or emotions is not enough and most of the times can lead us in the wrong direction in worshiping GOD.

Jeremiah 17:9 says, "The heart is deceitful above all things, And desperately wicked; Who can know it?"

We will notice that every believer starts his/her relationship with GOD through his/her feelings, because he/she does not yet know GOD by the Truth. They do not know yet fully who Jesus Christ is, The Truth. So they rely on their feelings. Actually, in a strict sense, it is their conscience that awakened them.

Here are the examples of Worship By Feelings And/Or Emotions

1."I worship because I feel that GOD is there in that gathering or in that place"

And most often, those who worship with their feelings try to assimilate and relate it with the presence of wind, or the light, or by some natural forces like earthquakes that took place during their worship.

2.Or on the opposite side, one would say, "I was not able to worship GOD because I cannot feel Him. The place is not solemn, so I cannot feel Him."

And again, if they witness chaos, or disturbance, they would likely judge that the Holy Spirit is not in that place.

What is The Truth in those 2 sentences? "I can feel Him" and "I cannot feel Him" are both true. Yes, we can feel or cannot feel GOD.

The Lies are these; 1. GOD is there because he/she can feel Him or witness some natural forces. 2. GOD is not there because he/she cannot feel Him. The place is chaotic or disturbed.

To better understand this, is to know The Absolute Truth, that even that person does not feel Him, the Holy Spirit is always there, because GOD is Omnipresent. We as human beings are not and cannot be omnipresent that even when we are present in there, we cannot enter into His presence because of our ignorance of the Truth, Jesus Christ.

Psalms 139:7-8 says, 7" Where can I go from Your Spirit? Or where can I flee from Your presence? 8 If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there."

Another thing is, we should not depend only on what our eyes can see. In 1 Kings 19, GOD is trying to open the spiritual eyes of Elijah. Elijah should not be running from his enemies because He is present in all places where he went and where he is going. The people's problem during Ahab and Jezebel time, is that they only believed GOD because they saw the fire of the Lord fell and consumed the burnt sacrifice, and the wood and the stones and the dust, and how it licked up the water that was in the trench when Elijah challenged them who is the true GOD. (1 King 19:38-39)

So GOD showed Elijah great wind, earthquake, and fire on the mountain to prove that we should not base the presence of GOD only on natural forces.

1 King 19: 11-12 says, "11 Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; 12 and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice."

Even though we do not feel GOD, the truth is He is there. So, to properly worship GOD, we must worship Him in Spirit and in Truth. That is His requirement to make us True Worshippers. John 4:24 says, " God is Spirit, and those who worship Him MUST worship in spirit and truth." To offer GOD a true worship, we must first know Him. To know GOD and to enter into His presence, we must know and believe Jesus Christ First.

John 14:6-7 says' "6 Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me. 7 "If you had known Me, you would have known My Father also; and from now on you know Him and have seen Him."

We do not need to come to Jerusalem, to the top of the mountains or big churches to worship GOD. We can worship GOD alone with peace or troubled hearts, not only with believers in peaceful gatherings like Church, but also in a chaotic environment together with the sinners. As long as we know that we are clothed with the Holy blood of Jesus Christ, we can surely enter into the Holiest place, His presence. The first thing to do is to surrender our sinful self to the LORD, trusting His Love and Mercy, and He will take care and will have fellowship with us. The proof that we entered His Presence is when we hear His small voice like Elijah.(1 Kings 19:12) When we receive message/s from Him, confirmed by His words in the Scripture, we know that we offered GOD the true worship. This is the basis that we had worshiped Him in Spirit and in Truth.

Hebrews 10:19:25 says;

19 Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, 20 by a new and living way which He consecrated for us, through the veil, that is, His flesh, 21 and having a High Priest over the house of God, 22 let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. 23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful. 24 And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching." AMEN

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

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Diocese of Las Vegas



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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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3050 Alta Dr, LV NV 89107
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SAT: 4:00pm
SUN: 7:30am, 9:30am,11:30am, 1pm (Polish), 5:30pm (Tagalog)
12:00pm, 5:00pm
DAILY MASS TIMES
8:00am
RECONCILLATION
3-4pm Saturday (you may also call the Parish Office to make an appointment with a priest)
FIRST FRIDAY: 8:00am Mass with Holy Hour to follow
FIRST SATURDAY: 8:00am Mass

ST. ELIZABETH ANN SETON
1811 Publo Vista Dr, lV NV 89128
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
5485 E. Charleston Blvd, LV NV 89142
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

HOLY SPIRIT CATHOLIC CHURCH
5830 Mesa Park Dr., LV NV 89135
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12:00pm, 5:00pm

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Congressman Adam Smith and Congresswoman Pramila Jayapal Join over 150 elders at NAPCA and IDIC Annual Medicare Open Enrollment and Vaccine Event



Left to Right: Clayton Fong (NAPCA CEO), Congresswoman Pramila Jayapal, Congressman Adam Smith, Sam Stones (WA State Office of the Insurance Commissioner), Lanvin Andres (IDIC Executive Director)

SEATTLE — On Friday, Oct. 9, more than 150 elders and community members attended the annual Medicare Open Enrollment and Vaccination Clinic Event hosted by the National Asian Pacific Center on Aging (NAPCA) in partnership with IDIC Filipino Senior & Family Services and Kroger Health. U.S. Representatives Adam Smith (WA-09) and Pramila Jayapal (WA-07) urged elders to get Flu and COVID vaccinations.

Representative Adam Smith cited that many people are confused about vaccines because of mixed messages. He stressed that vaccines remain essential to protecting the health of all adults, especially elders. He then led by example, receiving his flu and COVID-19 vaccines right after his remarks.

Representative Pramila Jayapal stated that had she not been vaccinated as a child in India, she might not be here as the first South Asian American woman elected to Congress.



Congressman Smith joins elders in receiving COVID and flu shots at the vaccine clinic.



Congresswoman Jayapal thanks NAPCA, IDIC, and the vaccinators.

The Kroger Health pharmacy team administered 137 on-site vaccinations throughout the event. Since 2022, these annual events have provided more than 4,600 vaccinations to community members.

The event also highlighted Medicare Open Enrollment, which runs from Oct. 15 to Dec. 7. Sam Stones, representing Washington State Insurance Commissioner Patty Kuderer's Office, encouraged attendees to review their Medicare health plans to make sure their coverage meets their needs for the year ahead.

"We are incredibly honored to have two Members of Congress who have been unwavering in their support of NAPCA here with us during such an important season for the health and well-being for older adults," said Clayton Fong, President and CEO of NAPCA. "This is a particularly important and confusing year for our elders. The past year has brought more changes to the benefits and programs that support them than perhaps in the last decade. Our message to every older adult is simple: you do not have to navigate these changes alone. Call NAPCA's Helpline. We are here to help."

For elders who could not attend, or who have loved ones in other states, NAPCA's Multilingual Helpline offers free assistance nationwide with health coverage, Open Enrollment, and benefits questions. Callers can leave a message, and helpline staff will call back promptly.

Contact NAPCA Multilingual Helpline:
(English) 1-800-336-2722
(Mandarin) 1-800-683-7427
(Cantonese) 1-800-582-4218
(Korean) 1-800-582-4259
(Vietnamese) 1-800-582-4336

The National Asian Pacific Center on Aging (NAPCA) is a national non-profit established in 1979, dedicated to empowering older adults through advocacy and access to resources essential to their well-being and independence, regardless of language or culture.

The 8th All Ateneans Convention was held in Gold Coast Hotel & Casino Las Vegas

October 1st - 3rd, 2026. Fr. Xave Olin, Provincial Superior for the Phil. Jesuit Province, Fr. Ernald Andal of Ateneo de Zamboanga, Fr. Ari Dy of Ateneo de Naga, and Fr. Mike Pineda of Ateneo de Cebu attended the gathering. School attendees from California, New York and the Philippines enjoyed the Gala night. Fashion designer Alexis Somers showed her

Filpiniana exotic clothes while Filipino Front Page Band provided the music.









David Licauco begins martial arts training for PH adaptation of 'Fight For My Way'



MANILA, Oct 13 (Mabuhay) -- David Licauco has started training in mixed martial arts (MMA) and taekwondo for his upcoming project, the Philippine adaptation of the 2017 K-drama "Fight For My Way."

The Kapuso star shared that the training brought him back to his old self.

"This was my dream before. It was really my dream to become like Jackie Chan, Jet Li. I loved watching action films growing up," he shared in a mix of Filipino and English.

The original series starred Park Seo Jun and Kim Ji Won, together with Ahn Jae Hong and Song Ha Yoon.

David will star in the Philippine adaptation opposite Ashtine Olviga. Joining them are Aubrey Caraan and McCoy De Leon. The series will be directed by Crisanto B. Aguino and will stream on Viva One.

Park Seo Jun is one of David's idols, so he made sure to watch the K-drama series.

Beyond showbiz, David has been juggling his business ventures; he is currently building a gym aside from expanding his food business.

"I'm happy with what I have and what I am currently doing, showbiz, business, but you never know what's gonna happen in the future. I didn't dream of becoming an actor, I didn't dream of becoming a businessman, right, so you never know. We don't know. Maybe next time my dream will be different," he said.

David is also fresh from the Bida sa Arena: The Rematch exhibition basketball game, which was held in Cebu on September 26. Team Sparkle, led by David, lost anew to Team Third Floor, led by Gerald Anderson.

While he admitted he felt bad about their loss, David accepted their defeat with grace, saying "It is what it is."

"It's over, let's move forward. We're just grateful that we became part of it. I feel like if there would be a third game, we will win," he said.

David recently starred in the GMA Prime series "Never Say Die" with Jillian Ward. Meanwhile, Ashtine recently won Best Actress at the Manila International Film Festival for her performance in "Manila's Finest." (MNS)

Bianca Umali talks about working with Joshua Garcia and Julia Barretto



MANILA, Oct 9 (Mabuhay) -- Bianca Umali shared how she landed her role in the upcoming movie Always Yours, Never Mine.

In an interview with Boy Abunda, Bianca said she was immediately excited when the project was offered to her, especially since it marks her first movie with Star Cinema.

"Sila po ay nag-reach out to the management and also they presented the project to me offering the role of Gaea. And I was super excited to hear about what the project was about, and to be able to work in a new environment, with new people. And to be directed by Cathy Garcia-Sampana alone is really something very huge for me and also it's my first Star Cinema film," she said.

Reflecting on the experience of working with the film outfit for the first time, as well as with Joshua Garcia and Julia Barretto, Bianca said she has learned to embrace the uncertainty that comes with taking on new opportunities.

"I realized how the journey of not knowing what is going to happen to you is something that is very exciting to me. When you come to that level where both being scared and being excited is at the same level, then I think God is pushing you to being something better of who you were yesterday," she stated.

The actress went on to emphasize the importance of the journey and the growth that comes with it.

"And it's always the journey that counts. More than the destination, it's the journey that you look forward to because that's where you grow, that's where you change, and that's where you become a better person," she remarked.

As an actor, Bianca said she was immediately thrilled when she learned that she would be working with Joshua and Julia, noting how collaborations between artists from different networks and management groups have become more possible in recent years.

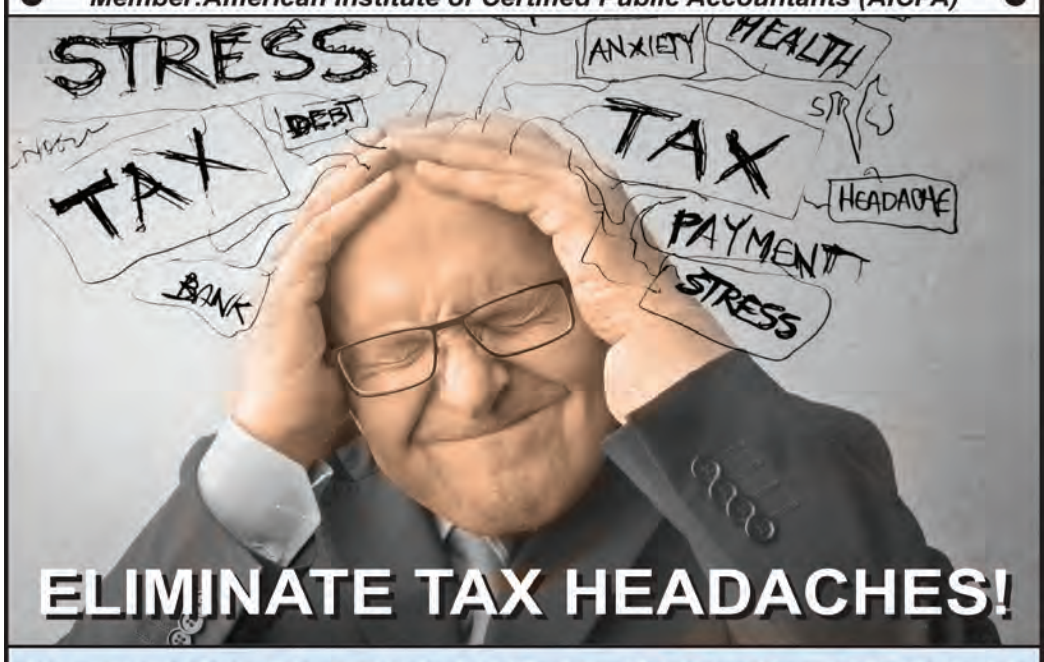
"The first thing that I thought of when I knew it was them, hindi ako magda-dalawang isip to really dive deep into the character and to build connection with the both of them because they are both good people and I love my experience working with the two of them," she said.

Behind the camera, Bianca said she also appreciated the relaxed atmosphere among the cast while maintaining a high level of professionalism once filming began.

According to its official synopsis, Always Yours, Never Mine follows two people "across thirty years and different versions of themselves [who] keep finding each other at the edges of their lives. Yet every reunion arrives with a choice, and every choice leads them toward one life while taking them farther from another." (MNS)

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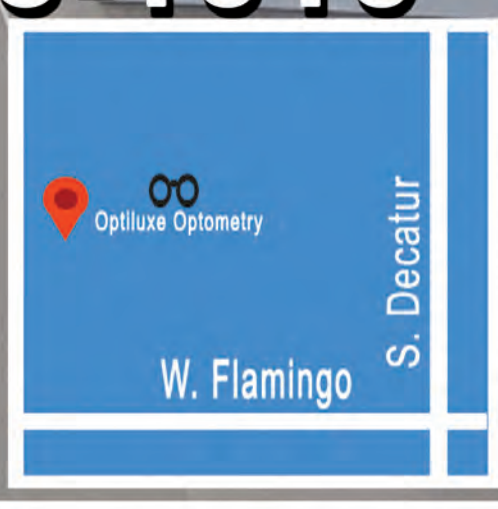
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According to Ah Xin of Shin Kwong Seafood Restaurant, Shin Kwong has been committed to offering freshly made Cantonese dim sum every day for many years, in addition to being suitable for gatherings and entertainment. Welcome to make a reservation.

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

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IN MY CORNER

BY JULIE ANN TORREMORO
LAS VEGAS COMMUNITY NEWS PHOTOGRAPHER



Mabuhay, Nightingales '93! Until we meet again!

By: Oscar Estaris
Nitaflor Francisco

A Night to Remember: University of Pangasinan Nursing Class '93 Celebrates Historic First Reunion

Thirty-three years after walking the halls of our beloved Alma Mater, the University of Pangasinan Nursing Class of 1993 gathered from September 25-27, 2026, for our first-ever class reunion.

This three-day event was a celebration of the journey we have shared since our early summer classes, navigating the anxieties of college life and learning from the professors who shaped our futures.

The ambitious and long-awaited reunion was a massive success, bringing together lifelong friends and long-lost classmates. Attendees traveled from thousands of miles away, including guests from the United Kingdom, the Philippines, and Canada. Despite being more than three decades apart, the passage of time dissolved instantly, and the atmosphere throughout the weekend was electric, warm, and deeply welcoming.

The organizers planned a vibrant itinerary that perfectly balanced nostalgia, adventure, and elegance. The festivities kicked off with an intimate meet-and-greet party, followed by a relaxed brunch picnic, and included a breathtaking day tour to the iconic West Grand Canyon Skywalk. Our weekend culminated in a spectacular gala night hosted in the beautifully decorated ballroom of the Horseshoe Hotel on the Las Vegas Strip.

For years, we longed to be gathered in one room-laughing and reminiscing about our demanding college days. We remembered those sleepless nights conquering Microbiology, Anatomy, and Physiology; our very first Acquaintance Party; the pride during our Capping and Candle Lighting Ceremony; and the challenges of our affiliation days, hospital rotations, and research presentations. All of these shared struggles resonated among us, reminding us that we faced the storms and finished strong as one unique, forever-bonded batch.

This historic gathering was made possible through the tireless efforts of our dedicated team led and co-chaired by Oscar Estaris, Maryann Preza, and Roviena Ycu, with exemplary contributions to achieve perfection and excellence from Catherine Mangapot, MayAnn Henderson, Josephine Casbang, Maribel Santos, our extraordinary organizers including Evelyn Maquiling, Marie Resalie Rivera, Pearl Villarta and Leonora Pangilinan, generous donors, and supportive loving families.

As the weekend closed, a renewed sense of connection took hold. It proved that while decades have passed and our careers have taken us to different corners of the world, our bond remains unbreakable. This unprecedented event exceeded all expectations, leaving everyone ecstatic, nostalgic, and hopeful that this is not the final chapter, but the beginning of a wonderful new adventure.

One of the alumnus is President of Pangasinan Association of Southern Nevada May Ann Henderson.









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Balimbing! Starfruit!

THE STARFRUIT WITH FIVE SIDES AND NO BACKBONE.

Of all the fruits in the Philippine archipelago, the balimbing has suffered the greatest character assassination. It grows innocently on trees, minds its own business, and produces beautiful star-shaped slices. Yet Filipinos have turned it into a symbol of political acrobatics, social opportunism, and friendships with flexible terms and conditions. They collect relationships like loyalty points, redeemable whenever an opportunity presents itself. That's why the term "balimbing".

Poor fruit. Five sides, and not a single scandal of its own making.

Scientifically known as *Averrhoa carambola*, balimbing is a tropical fruit with five prominent ridges, crisp flesh, and a refreshing sweet-tart flavor. Slice it crosswise and you get a perfect star. Depending on ripeness, it can be sweet, sour, or somewhere conveniently in between.

Sound familiar?

In Filipino vocabulary, *balimbing* describes someone whose loyalty has the consistency of a weather forecast. Yesterday, your most devoted supporter. Today, your fiercest critic. Tomorrow, seated at your rival's dinner table, laughing at jokes that weren't even funny.

Walang personalan. Diskarte lang!

But *balimbing* is hardly exclusive to politics. It flourishes in corporate offices, social clubs, neighborhood associations, and community organizations, particularly where titles, influence, and free dinners are involved.

You know the type. They enthusiastically applaud your ideas, privately question your competence, then congratulate themselves when someone else takes credit for your work. Their loyalty is breathtaking, provided you're still useful.

They don't burn bridges. They install revolving doors. Preferably with VIP access.

Some have perfected the art of being everyone's best friend. They collect relationships like loyalty points, redeemable whenever an opportunity presents itself. They know precisely whom to flatter, whom to avoid, and whose photograph to appear in. Their convictions are remarkably flexible, but their appetite for recognition is impressively consistent. And when circumstances change? *Aba, bagong prinsipyo!*

Of course, Filipinos value pakikisama. Harmony, diplomacy, and maintaining good relationships



are deeply ingrained in our social fabric. There is wisdom in choosing our battles. Not every disagreement deserves a declaration of war, especially when there's pancit on the table. And to play safe, neutral, or shall we say, "user-friendly," there is always the convenient option of agreeing with everyone while committing to absolutely nothing. Why risk offending anyone when you can smile, nod, and privately rehearse a completely different opinion?

But diplomacy is not duplicity. Changing your mind because you've learned something is growth. Changing your principles because somebody else is paying for lunch is opportunism with complimentary dessert.

Then there are those who proudly announce, "I don't take sides." Admirable, until you discover they've quietly taken every side, depending on who's offering the better seat.

Neutrality can be honorable. Opportunism merely borrows its wardrobe.

Perhaps the most remarkable characteristic of the human *balimbing* is its ability to remain charming while being spectacularly unreliable. Compliments are plentiful, promises are enthusiastic, and declarations of loyalty arrive beautifully packaged. Unfortunately, the warranty expires the moment a more influential acquaintance walks through the door.

Still, an uncomfortable question deserves asking. Are these people genuinely two-faced, or have they simply learned to survive in a society where taking a stand can cost friendships, opportunities, and invitations? There is a difference between adapting to circumstances and selling one's convictions. Survival requires flexibility. Integrity requires knowing when to stop bending.

The real *balimbing*, meanwhile, is refreshingly uncomplicated. Its tartness brightens soups, its crisp flesh enlivens salads, and its distinctive shape makes even the simplest snack attractive.

Unlike its human namesake, it actually contributes something useful to the company it keeps.

Perhaps we've been unfair to the fruit. It never pretended to be anything other than what it is. Five ridges, one honest identity.

Humans, however, have perfected the art of displaying multiple faces while insisting they possess impeccable character.

So the next time someone calls you a balimbing, defend the fruit.

At least the real balimbing has the decency to show all its sides exhausting?

›.-OLE



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FROM THE KITCHEN

Balimbing in Three Delicious Ways

SWEET, SOUR, AND REFRESHINGLY HONEST.

Sinigang na Isda sa Balimbing

THE SOUP THAT DOESN'T TAKE SIDES

A traditional-style sour fish soup using green balimbing as a natural souring ingredient.



INGREDIENTS

- 500 g bangus or maya-maya, cleaned and portioned
- 5–6 green balimbing, sliced
- 1 medium tomato, quartered
- 1 small onion, quartered
- 1 thumb-sized ginger, sliced
- 1 small labanos, sliced
- 1 bunch kangkong
- 1–2 green chilies
- 5 cups water
- Fish sauce to taste

PROCEDURE

1. Bring water, onion, ginger, tomatoes, and balimbing to a boil. Simmer for 10–15 minutes, gently crushing some of the fruit to release its tartness.
2. Add labanos and cook until nearly tender.
3. Add fish and simmer gently until cooked, about 7–10 minutes depending on thickness.
4. Season with fish sauce. Add chilies and kangkong, cooking briefly until wilted.

Kitchen wisdom: *A little sourness keeps things interesting. Too much can ruin the relationship.*

Ensaladang Balimbing at Pipino

THE SALAD WITH NOTHING TO HIDE

A crisp, refreshing salad pairing ripe balimbing with cucumber, tomatoes, and red onions.



INGREDIENTS

- 3 ripe but firm balimbing, thinly sliced
- 1 uccumber, sliced
- 2 tomatoes, cut into wedges
- 1 small red onion, thinly sliced
- 2 tbsp calamansi juice
- 1 tbsp cane vinegar
- 1 tsp honey or sugar
- Salt and freshly ground pepper
- Fresh cilantro, optional

PROCEDURE

1. Combine balimbing, cucumber, tomatoes, and onion.
2. Whisk calamansi juice, vinegar, honey, salt, and pepper.
3. Toss gently with the vegetables.
4. Chill briefly and garnish with cilantro before serving.

Kitchen wisdom: *Unlike some people, this salad is best when everything is out in the open.*

Balimbing Preserves

THE SWEET-SOUR KEEPSAKE

Tender starfruit slices slowly cooked into a glossy preserve—perfect with cheese, pandesal, or as a topping for desserts.



INGREDIENTS

- 6 ripe but firm balimbing, sliced
- 1 cup sugar (adjust to taste)
- 1/4 cup water
- 1 tbsp calamansi juice or lemon juice
- 1 small piece of cinnamon (optional)
- 1–2 cloves (optional)

PROCEDURE

1. Slice balimbing crosswise into 5–6 mm thick slices. Remove seeds
2. In a pan, combine sugar, water, calamansi juice, cinnamon and clov (if using). Bring to a simmer.
3. Add balimbing slices and cook ove low heat, stirring gently, until the fr becomes translucent and the syrup thickens, about 20–30 minutes.
4. Cool completely and store in a clear sterilized jar. Refrigerate after openi

Kitchen wisdom: *Some things get better with time. A little sweetness can balance life's sour moments.*

Food safety note: Starfruit (balimbing) contains compounds that can be dangerous for people with kidney disease. Those with impaired kidney function should avoid balimbing.

LIVE IN CONCERT JAZZ AND POP SINGER TANYA VARONA

WRITTEN BY FRANCISCO VELASQUEZ JR.

8TW08 ENTERTAINMENT & RGF ENTERTAINMENT PRESENTS TANYA VARONA LIVE CONCERT T in REAL LIFE CHURCH: 23841 Newhall Ranch Road, Valencia, CA. 91355. Starring Tanya Varona, Featuring Christian Ylagan, Special Appearance Twin sisters-Bryn & Shelby and Musical Director Steve Rawlins. Tanya Varona is a Filipino jazz and pop singer with over two decades of performance experience, known for her elegant vocals, Filipino heritage, and international touring. Tanya Varona is the daughter of Dante Varona, a well-known Filipino action star, stuntman, and director, famous for his "King of Stunts" title after jumping the San Juanico Bridge in Hari ng Stunt. Tanya spent part of her early childhood in California and grew up in the Philippines, where she developed an interest in music from a young age. She is the only child of Dante Varona and his wife, and her family has deep roots in the entertainment industry — her brother Rannie is also a singer and producer. Varona's singing career began in the early 1990s, with her first major exposure at the Metro-pop Songfest competition, where she competed but did not win. Despite this setback, she continued to perform locally, becoming a regular at popular venues such as the Calesa Bar at the Hyatt Regency and the Stonehouse in Rodriguez, Manila. She also appeared in a film by Vic Sotto and Michael V. Panauhin alongside other young singers. Over the years, Tanya has built a reputation as a jazz and pop vocalist with a versatile style, performing both in the Philippines and abroad. She has toured in Asia and the Philippines, and has also appeared in the United States, including in Los Angeles, where she has performed with "Tanya Varona & Friends" Her performances often feature classic jazz and pop standards, such as "Nearness of You" (Ella Fitzgerald) and "Crazy" (Patsy Cline). Varona is known for combining her striking Filipino heritage with a refined, angelic voice, making her a sought-after performer for weddings, private events, and public concerts. She has over 20 years of singing experience and is recognized for adding charm and class to any occasion. Some of Tanya Varona place of performance: Tanya Varona & Friends — Live at the EN Vision Center in Van Nuys, CA, featuring Ella Fitzgerald and Patsy Cline standards. Back-to-back concerts — Performed alongside fellow artist Geneva Cruz at the EN Vision Center, featuring jazz and pop arrangements. Local venues — Regular appearances at intimate spots like Calesa Bar and Stonehouse in the Philippines.



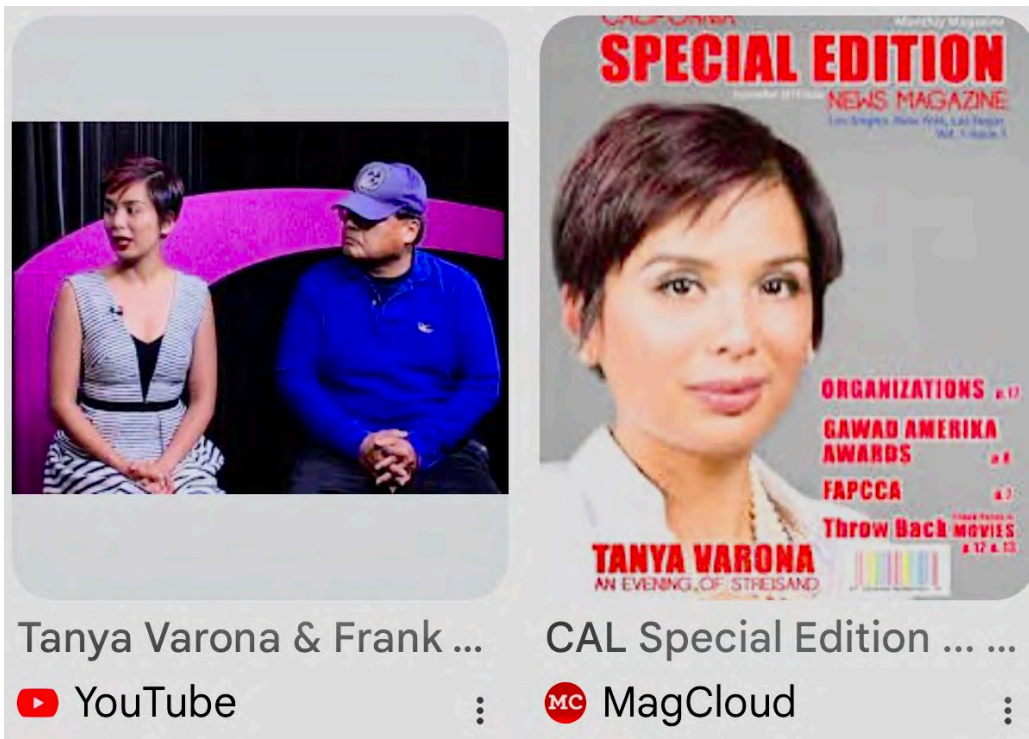
Niece and Uncle together holding Philippine Times of Southern Nevada International Newspaper TANYA VARONA & Media-Publicist-Actor Frank Paras Jr.



Choir Singer Jeremy Perkins, Vocalist-Singer Todd Miller, RAMA NEWS MAGAZINE Reporter Frank Paras Jr. Movie and Concert Producer-Director-Actor King of Stunts Dante Varona and his wife Veteran Movie and Concert Producer Naty Varona.



Vocalist-Singer Todd Miller, Veteran Concert Producer-Veteran-Insurance Agent Claire Flores, Stuntman-Actor Dante Varona, Concert Producer-Jazz and Pop Singer TANYA VARONA, Singer CHRISTIAN YLAGAN, Philippine Times of Southern Nevada Columnist Frank Paras Jr. and Martial Arts brown belt Jeremy Perkins.



TANYA VARONA & Frank Paras Jr. guest TV SHOW HALO HALO Hosted by KAT INBA. TANYA VARONA was featured in CALIFORNIA SPECIAL EDITION NEWS MAGAZINE Front page.

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Angelu De Leon looks back on her first pregnancy



MANILA, Oct 10 (Mabuhay) --After celebrating her 16th wedding anniversary with her non-showbiz husband Lorenzo "Wowie" Rivera earlier this month, Angelu de Leon looks back on one of the most pivotal moments in her showbiz career, which happened during her peak as one of the stars of the teen-oriented series Growing Up.

In her Facebook post, Angelu shared what she learned in hindsight after finding out she was pregnant with her first child Maria Louise Nicole with former boyfriend Joko Diaz.

"If you've committed a mistake, it's to humble yourself first. Then you become strong. Up to now, hindi ko pa rin kayang panoorin iyong last episode ng Growing Up. Definitely, magbe-breakdown talaga ako. Iyong desisyon ko na i-keep ang baby ko, I know it's for my soul at iyon ang tama para sa akin. Pero sana, I handled everything differently."

She then detailed what happened back then. "Umalis ako nang walang sorry sa cast, kay Direk Mark (Reyes), sa mga fans na nasaktan din, at sa mga crew na naapektuhan at nawalan ng trabaho dahil sa naging desisyon ko. Noon, ang nasa isip ko, paninindigan ko ito. Gusto kong ipakita na strong ako. Pero na-realize ko kung gaano ako ka-full of pride.

"Hindi pala pagiging strong ang hindi pag-amin na nagkamali ka. Ang tunay na strength pala ay iyong kaya mong sabihin, 'Nagkamali ako.' Kaya mong magpakumbaba. Kaya mong humingi ng tawad. At kaya mong tanggapin na may mga bagay na sana ginawa mo nang mas maayos," she wrote.

The 47-year-old actress, who is currently serving as a 2nd District councilor in Pasig City, admitted she could have done better than to leave the show abruptly during that time due to her unexpected condition. During that time, Angelu reprised her role as Ma. Patrice "Peachy" Real from the series T.G.I.S and was paired with her most popular love team partner Bobby Andrews, who played the role of Joaquin "Wacks" Torres III.

"Mahirap aminin, pero alam kong malaki siguro ang maaaring nabago sa situation kung iba ang naging approach ko noon. Sabi nga sa Bible, 'When pride comes, then comes disgrace, but with humility comes wisdom.' — Proverbs 11:2

"Hindi ko na mababago ang nakaraan. Pero pwede kong harapin ang pagkakamali ko, matuto mula rito, at maging mas mabuting tao moving forward.

"Kaya kung kayo man ay may pagkakamaling hanggang ngayon ay mabigat pa rin sa puso ninyo, huwag kayong matakot umamin. Magpakumbaba. Humingi ng tawad kung kinakailangan. At matutong patawarin din ang sarili. Sometimes, humility is not weakness. It is the beginning of becoming strong."

Apart from her daughter Nicole with Joko Diaz, Angelu is also a mom to Loise, her daughter with businessman Jojo Manlongat, and to her only son Rafa, with her husband Wowie.(MNS)

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Mikee Quintos says hate over 'thesis issue' helped her realize the importance of school



MANILA, Oct 14 (Mabuhay) -- Mikee Quintos set the record straight about the "thesis issue" that hounded her several years ago.

On the latest episode of "Your Honor," the Sparkle star said that it was group work for their landscaping class and not their thesis, which is done individually.

"My groupmate in school said I don't help out in group work, and then it blew up because the public thought it was a thesis," the actress said in Filipino.

Mikee said it was a "pivotal moment" where she asked herself, "why am I still doing this?"

The actress said that during her 10-year college journey, she went back and forth thinking whether she still wanted to go to school or not.

Mikee said that she wanted to quit school several times before and fought with her parents about it for months. She eventually got the break that she wanted and stopped school for two semesters.

"That was when it hit me," she said. "I felt ashamed of myself in front of my parents. Because I was already working, I know how hard it is to make money."

She said she realized she wanted to finish the degree for herself, and not just for them.

"I think the hate needed to happen to me for me to realize that," she said. "If they didn't receive hate, if it didn't blow up, I feel like I wouldn't finish [college]."

Mikee also shared that she would study in between takes on "Encantadia" in 2016.

"Sometimes, from the set, I'd go to class. If there's a long waiting time, I would insert class," she said.

She said she had to attend a class in her character's makeup once because she didn't want to fail due to absences.

"It was OK at first, but when my character became a goat, I went to school in my goat makeup!" she said.

"It was my first show, and there's no showbiz person in my family, I didn't know if I'd get a career after, so it doesn't make sense to shift or quit school," she added.

Mikee was previously rumored to have skipped school group work to go to a spa. She said she confronted "Saving Cherry" co-star Sassa Gurl for making content about it before.

In June 2025, Mikee graduated from college after 10 years with a degree in architecture from the University of Santo Tomas.

Prior to that, Mikee conducted a survey in GMA Network Center for her thesis. She placed boards around the compound with a QR code for GMA employees and visitors to scan. The QR code led to a short survey about issues and improvements in the area, such as lighting, sidewalks, and traffic. (MNS)

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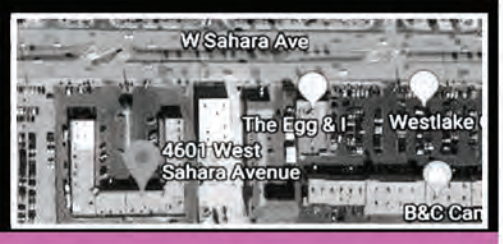
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Asian Lantern Festival Set to Light Up Las Vegas on October 24

New name, new location and even bigger celebration of AANHPI culture, food and community

LAS VEGAS, NV (September 24, 2026) — The countdown is officially on! The Asian Lantern Festival is just one month away, bringing an unforgettable evening of culture, food, entertainment and community to Las Vegas on Saturday, October 24, 2026.

Formerly known as the ACDC Night Market, the newly reimagined Asian Lantern Festival will take place at its new home, Desert Breeze Event Center, 8455 Kids Zone Parkway, Las Vegas, NV 89147, from 5 to 11 p.m.

Presented by the Asian Community Development Council (ACDC), the Asian Lantern Festival invites Southern Nevada to mark the calendar and experience the rich and diverse cultures of the Asian American, Native Hawaiian and Pacific Islander (AANHPI) community—all in one vibrant evening.

From glowing lanterns and authentic flavors to live performances, local vendors and family-friendly activities, the festival will showcase the traditions, talents and entrepreneurial spirit that make the AANHPI community an important part of Southern Nevada.

"We are officially one month away, and the excitement is building," said Vida Lin, Founder and President of the Asian Community Development Council. "The Asian Lantern Festival is about bringing people together. Whether you come for the food, the entertainment, the cultural experiences or simply to spend time with family and friends, we want everyone to feel welcome and connected. We can't wait to open the doors at our new home at Desert Breeze and celebrate with the community."

Featured Food & Beverage Vendors Include: ● Pipeline Malasadas ● Killah Kine Shrimp ● Buldogis Unleashed ● Kinzuu Izakaya ● Kuzikero Pinoy BBQ

● Stick with Chicken ● Ichiza ● Vanilla Creamery ● Onigiri ● Urban Matcha ● ShareTea ● Brewtea Bar ● Cosmic Fluff ● Coconery

Additional vendors, performers and festival experiences will be announced in the weeks leading up to the event

SUPPORTING LOCAL ENTREPRENEURS AND THE COMMUNITY

The Asian Lantern Festival is more than a celebration—it is also an opportunity to support local entrepreneurs and give back to the Southern Nevada community.

Participating vendors will keep 100% of their sales, allowing small businesses to benefit directly from the festival while introducing their products, services and cuisine to thousands of potential customers. All net proceeds from the festival will support ACDC's programs and services, including community resources, health initiatives, education, workforce development and outreach programs serving families throughout Southern Nevada.

For the latest updates, visit www.asianlanternfestivallv.com and follow the Asian Lantern Festival on social media.

ABOUT THE ASIAN COMMUNITY DEVELOPMENT COUNCIL

The Asian Community Development Council (ACDC) is a nonprofit, non-partisan organization dedicated to building, connecting, and educating the AANHPI community in Nevada. ACDC was officially chartered in 2015 in Las Vegas and opened the Healthy Asians & Pacific Islanders (HAPI) Medical Center in August 2022. Among the services ACDC offers are voter education, health insurance enrollment assistance, citizenship application assistance, vaccination clinics, culturally sensitive food distribution, College Readiness Bootcamp, and the Asian Lantern Festival.

For more information about the Asian Community Development Council, visit www.acdcnv.org.



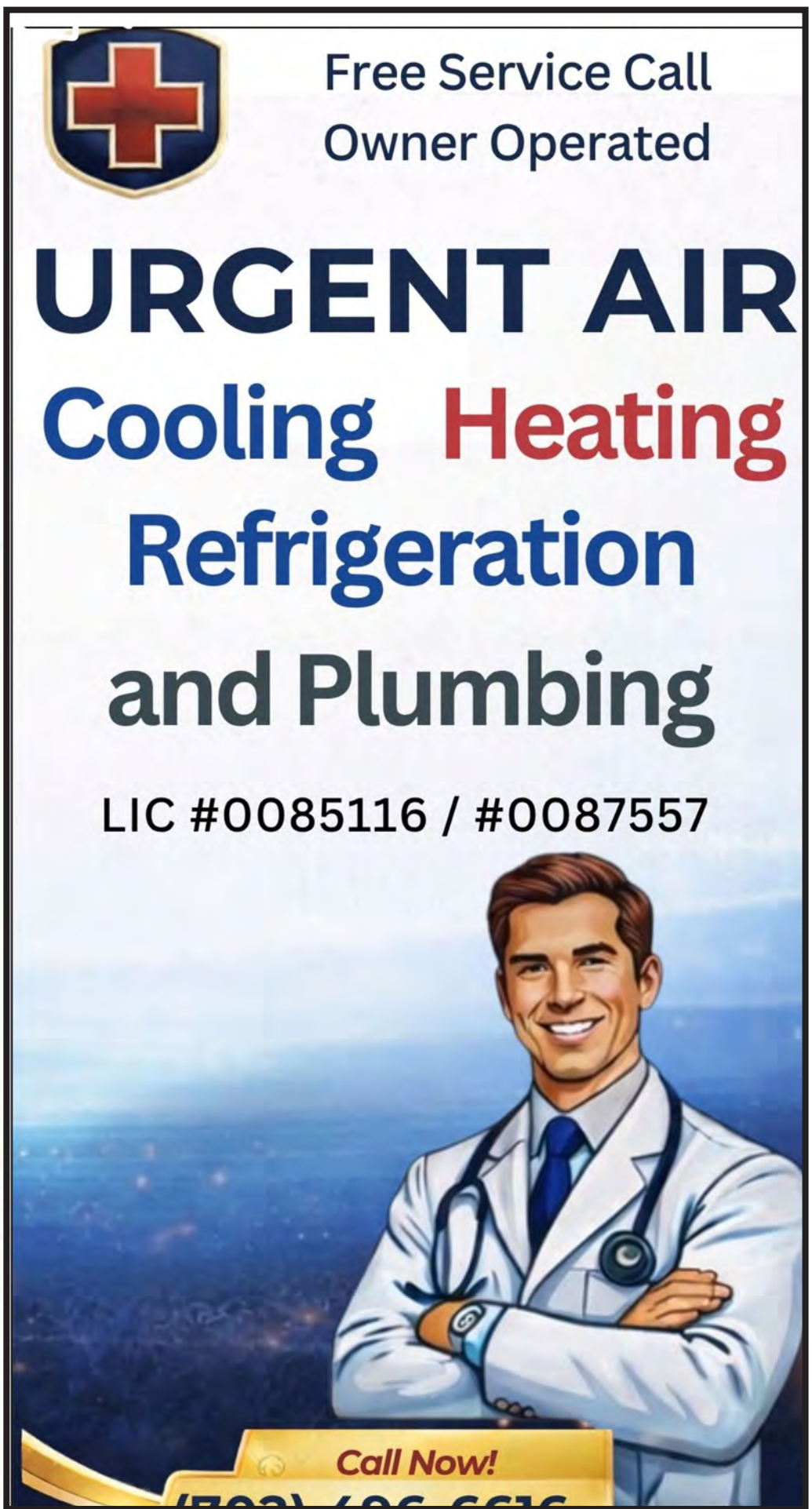








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An update on business news, developments and events from The Filipino American Chamber of Commerce of Greater Nevada (FACCGN).

by: **JOEL ENRIQUEZ**, President

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THE POSTER BOY FOR THE LAS VEGAS FILIPINO SHORT FILM FESTIVAL has literally grown each year that he makes his presence. He is now a young man, walking into the horizon with his loyal Askal, ready to explore and find his storytelling self.

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ture And Entrepreneurship

CHAMPIONS OF FILIPINO CINEMA: NEVADA OFFICIALS SUPPORTING THE LAS VEGAS FILIPINO SHORT FILM FESTIVAL

For five years, the Las Vegas Filipino Short Film Festival has celebrated Filipino storytelling, creativity, and cultural identity through the powerful medium of cinema. Among its steadfast supporters are - Clark County Commissioner Tick Segerblom and two Asian American members of the Nevada Legislature, Assemblymember Duy Nguyen and Assemblywoman Erica Mosca, whose commitment to community representation and cultural inclusion has helped champion the festival's mission.

Clark County Commissioner Tick Segerblom practically gave the imprimatur for the Las Vegas Filipino Short Film Festival in 2022. Since then, he has continually supported the annual festival and has always shown up in events.





CLARK COUNTY COMMISSIONER TICK SEGERBLOM have been a supporter since the inception of the festival in 2022.



Assembly member Duy Nguyen, a Vietnamese American Democrat representing Assembly District 8 in Las Vegas, brings a background in nonprofit leadership, community development, and public service. Before entering the Legislature in 2022, he worked with organizations serving Asian American and Pacific Islander communities, including One APIA Nevada and the Asian Community Development Council. His experience reflects an understanding of the importance of creating opportunities for diverse communities to share their stories and preserve their cultural heritage.

Nguyen is also sponsoring an exclusive screening of **Agapito,** a Philippine film submitted to the Cannes Film Festival. The special presentation underscores the festival's growing ambition to bring Filipino cinema to wider audiences and showcase the talent, artistry, and stories emerging from the Philippines.

Assemblywoman Erica Mosca, representing Assembly District 14, made history as the first Filipina elected to the Nevada Legislature when she took office in 2022. A former fifth-grade teacher and founder of Leaders-in-Training, a nonprofit supporting students from under represented backgrounds, Mosca has built her career around education, opportunity, and community empowerment. Her support for the festival reflects the importance of cultural visibility and representation, particularly for Filipino Americans and younger generations seeking connections to their heritage.

NV ASSEMBLY MEMBER DU NGUYEN is sponsoring the exlusive showing of the film **AGAPITO** featuring a makeshift family of duck pin manual setters in a bygone bowling alley in the Philippines.



FIRST FILIPINA NEVADA ASSEMBLYWOMAN ERICA MOSCA champions younger generations of Filipino Americans seeking connections to their heritage.

Together, Segerblom, Nguyen and Mosca demonstrate how public service can extend beyond legislative chambers and the county commission to embrace arts, culture, and community-building. Their continued support reinforces the Las Vegas Filipino Short Film Festival's role as a platform for filmmakers, a celebration of Filipino identity, and a bridge between cultures.

As the festival enters another exciting chapter, their involvement helps affirm a shared vision: that Filipino stories deserve to be seen,

The **4th Las Vegas Filipino Short Film Festival**, happening October 3-Nov. 1, 2026, is more than a celebration of Filipino cinema—it is an investment in cultural representation, creative talent, and the growing diversity of Las Vegas. To sustain this annual tradition and consistently deliver a professionally produced, world-class film festival worthy of our city, the film fesival has aligned itself with individuals, businesses, and corporate partners who believe in the power of storytelling and the arts. Their sponsorship helps elevate the festival, provide a platform for filmmakers, expand audience reach, and ensure that Filipino stories continue to find their place on the big screen for years to come, turning a growing cultural celebration into a lasting Las Vegas tradition.

heard, and celebrated on the big screen.

Speaking of involvement, media practitioner Bev Llorente **(Immersive Mediaworks)** writes her editorial as to why the law firm of Richard Harris sponsors the Filipino film **58th:**

58TH: WHEN CINEMA BECOMES A TESTAMENT TO TRUTH, JUSTICE, AND HISTORY

What does it take for a nation's history to emerge from the shadows and command the world's attention?

In the darkness of a theater, the screen illuminates more than moving images. It becomes a window into the Filipino experience, where history, identity, and collective memory converge.

At this year's Filipino Film Festival in Las Vegas, celebrating Filipino American History Month, **58th (2026)**, the award-winning documentary by Carl Joseph E. Papa—recognized among Rolling Stone Philippines' Best Films of 2026 So Far—confronts one of the Philippines' darkest chapters: the 2009 Maguindanao massacre.



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HARRIS LAW FIRM PARTNERS RICHARD AND JOSHUA HARRIS has always believed in the pursuit of truth, as what the film **58TH** is all about.



RICHARD HARRIS LAW FIRM

Fifty-eight lives lost. Among them, journalists whose pursuit of truth ended in unimaginable tragedy. Behind the statistics are families whose grief transcends generations and whose quest for justice endures.

This is cinema at its most consequential—not simply documenting history, but challenging our collective conscience.

Stories like **58th** remind us that the Filipino spirit is rooted not only in resilience, but in bayanihan—our enduring belief that we rise, remember, and move forward together.

That same spirit resonates with **Richard Harris Law Firm,** whose generous support of the festival reflects its genuine commitment to the Filipino American community in Las Vegas.

For the firm, caring extends beyond the courtroom. It means showing up, honoring cultural heritage, strengthening relationships, and supporting the people who make this community extraordinary.

In a city many Filipinos proudly call home, such solidarity carries profound significance. True advocacy is measured not only by the cases we champion, but by the communities we uplift.

As the credits roll, **58th** leaves us confronting an uncomfortable truth: history forgotten risks becoming history repeated.

Because remembrance preserves the past, but justice determines the future. And in the spirit of bayanihan, no one should ever be forgotten.

ADDENDUM

AS we go to press, we have learned that Scott Black, a Nevada candidate running for the mayoralty position in North Las Vegas has joined the list of sponsors for the 4th Las Vegas Filipino Short film Festival. - JRE

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