

# International NEWS MEDIA

OCTOBER 2023

## ISRAELI ARMY SAYS IT KILLED HAMAS COMMANDER IN GAZA

JERUSALEM – The Israeli army announced on Sunday (October 22) that it had killed a senior Hamas military official in an artillery strike on the Gaza Strip.

Mohammed Katamish, deputy commander of the Palestinian resistance group's rocket and artillery system, who is also responsible for directing rocket fire in the central region, was killed, said a joint statement by Israel's security service Shin-Bet and the army.

Katamish is "an important element in the planning and implementation of Hamas' rocket launch into Israel at every stage of the war with Gaza," the statement said.

No statement has yet come from Hamas on the matter.

Israel continues its intensive bombardment of Gaza on the 16th day.

The conflict in Gaza, under Israeli bombardment and blockade since Oct. 7, began when Hamas initiated Operation Al-Aqsa Flood, a multi-pronged surprise attack that included a barrage of rocket launches and infiltrations into Israel by land, sea, and air. It said the incursion was in retaliation for the storming of the Al-Aqsa



**HAMAS LEADER KILLED.** Israeli forces transport military equipment, armored vehicles and artillery to the Gaza border in Israel as Israeli airstrikes continue on Oct. 10, 2023. The Israeli army announced on Sunday (Oct. 22, 2023) that it had killed a senior Hamas military official in an artillery strike on the Gaza Strip. (Saeed Qaq/Anadolu Agency)

Mosque and growing violence by Israeli settlers. The Israeli military then launched Operation Swords of Iron against Hamas targets in the Gaza Strip.

At least 4,651 Palestinians, including 1,873 children and 1,023 women have been killed in Israeli attacks on Gaza. (Anadolu)

### ISRAEL-HAMAS WAR

#### Latest developments

- Hamas releases more hostages Monday (October 23) — two elderly Israeli women; Israel ramps up airstrikes.
- US boosts military presence on Middle East as deterrent measure.
- U.S. reported to be advising Israel to hold off on ground invasion in hopes of negotiating the release of more hostages held by Hamas militants in Gaza.
- U.S. officials express increasing concern about the Israel-Hamas war escalating into a broader Middle East conflict.
- As of October 24, four Filipinos—all caregivers working in Israel – are among the dead in the Oct. 7 attack by Hamas, the Philippine Daily Inquirer reported. Government reports said 2 Filipinos remain unaccounted for in Israel, where some 30,000 OFWs are working.
- Third round of humanitarian aid passes through Rafah border crossing into Gaza. On Saturday, October 21, the United States welcomes the delivery of a 20-truck convoy carrying much needed humanitarian assistance to the people in Gaza, the first since Hamas's horrific October 7 terrorist attack on Israel. The US Department of State thank partners in Egypt and Israel, and the United Nations, for facilitating the safe passage of these shipments through the Rafah border crossing. With this convoy, the international community is beginning to address the humanitarian crisis in Gaza that has left residents of Gaza without access to sufficient food, water, medical care, and safe shelter.
- The Israel-Hamas war has become the deadliest of five Gaza wars. According a report by NBC more than 1,400 people in Israel have been killed and 3,500 have been wounded, mostly in the initial Hamas attack on October 7. More than 3,700 people have been killed and more than 13,000 have been injured in Gaza.
- The Palestinian Health Ministry said the death toll in Gaza had reached at least 5,087 people, with another 15,273 people injured. Meanwhile, the UN Palestinian Refugee Agency says 29 staff has been killed in Gaza war.
- Voice of America reports rally outside UN Geneva headquarters calls for Hamas to release hostages; meanwhile, pro-Palestinian demonstrators flood streets all over the world.

## Pope saddened by attacks on Greek Orthodox Church, Anglican hospital

ATHENS – Pope Francis on Sunday said he is saddened by the attacks on Greek Orthodox Porphyrius Church and an Anglican hospital in Gaza earlier this week.

"I follow what is happening in Israel and Palestine. I express my particular pain and concern, pray, and stand by the hostages, the victims, and their families. I am thinking of the serious humanitarian situation in Gaza. It hurts me that the Anglican hospital and the Greek Orthodox parish have been hit in recent days," Pope Francis said.

"I reiterate my appeal for spaces to be opened, for humanitarian aid to continue to arrive, and for hostages to be freed," the pope added. Calling for a swift end to the ongoing wars, Francis said: "War, every war in the world, I am also thinking of tormented Ukraine, is a defeat. War is always a defeat, it is a destruction of the human fraternity."

At least 471 Palestinians were killed in an Israeli airstrike on the hospital Tuesday evening, according to Gaza's Health Ministry. Multiple reports late Thursday said an Israeli bomb destroyed the Greek Orthodox Porphyrius Church in Gaza City, and killed more than a dozen people and wounded many others. - Anadolu



## UN chief: "Humanitarian ceasefire" essential safe delivery of aid to Gaza

ISTANBUL – A "humanitarian ceasefire" is essential to guarantee the "safe" delivery of humanitarian aid to Gaza, UN Secretary-General Antonio Guterres said as he addressed a press conference with Egyptian Foreign Minister Sameh Shoukry on October 19.

"In the face of this humanitarian catastrophe, I'm calling for two immediate actions. To Hamas, for the immediate and unconditional release of the hostages,

to Israel for immediate and unrestricted access humanitarian aid to respond to the most basic needs of the people in Gaza," Guterres said.

He urged both parties to respect international humanitarian law, saying "any attack on hospital, school or UN premises is forbidden."

The UN chief expressed the need for "sustained effort" for delivering humanitarian aid to civilians in Gaza.



## Longest serving U.S. female senator in history Diane Feinstein has died at 90

Dianne Goldman Berman Feinstein (born Dianne Emiel Goldman; June 22, 1933 – September 29, 2023) was an American politician who served as a United States senator from California from 1992 until her death in 2023. A member of the Democratic Party, she served as mayor of San Francisco from 1978 to 1988. - Wikipedia

### BREAKING NEWS

## US House elected conservative Republican Johnson as Speaker

WASHINGTON — Republican Mike Johnson was elected speaker of the House of Representatives on Wednesday, ending lawmakers' 22-day struggle to pick one of the top leadership positions in the U.S. government.

Johnson, 51, a three-term congressman and lower-level member of Republican leadership, won 220-209. He is now second in the presidential line of succession.

In his first speech as speaker, Johnson emphasized his Christian faith, saying, "I believe that each one of us has a huge responsibility today, to use the gifts that God has given us to serve the extraordinary people of this great country, and they deserve it. And to ensure that our republic remains standing as the great beacon of light and hope and freedom in a world that desperately needs it." - VOA



## Repatriation of Filipinos in Israel is Marcos' immediate concern

The administration of President Ferdinand R. Marcos Jr. is now exhausting all remedies available to start the repatriation of overseas Filipino workers (OFWs) and the Filipino community amid the ongoing conflict between the Israeli forces and the Palestinian militant group, Hamas.

In a Malacañang briefing on Friday, Department of Foreign Affairs (DFA) Undersecretary Eduardo De Vega said that the President's immediate concern now is to repatriate the Filipinos affected in the ongoing Israel-Hamas conflict.

"President Marcos said that the immediate concern is repatriation, but nobody right now can get in or out of Gaza ... so, repatriation, of course, is not yet possible at this time," De Vega told reporters as he emphasized that they updated the chief executive on Wednesday about the situation in Israel.

De Vega noted the Philippine government cannot do anything yet about the situation unless the "humanitarian corridors" are opened.

But he said the administration of President Marcos is already exhausting all diplomatic initiatives to ensure the safety of the Filipino people and to begin the immediate repatriation of the affected Filipinos in Israel. - PNA

### Newsbriefs

#### Justice Department awards \$75 million for active shooter training to combat drug trafficking

The Justice Department Office of Community Oriented Policing Services (COPS Office) has announced that it has awarded nearly \$75 million in critical grant funding to law enforcement agencies and stakeholders across the country. This funding is designed to not only assist with the Department's crime reduction efforts, but also to provide much needed assistance to agencies looking to expand their law enforcement mental health and wellness services, combat the distribution and trafficking of illicit drugs, and receive active shooter training.

#### American sentenced to life imprisonment + 70 years for providing material support to ISIS

On October 17, in federal court in Brooklyn, Ruslan Maratovich Asainov, a U.S. citizen and former resident of Bay Ridge, Brooklyn, was sentenced by United States District Judge Nicholas G. Garaufis to life imprisonment plus seventy years for providing material support to ISIS, a foreign terrorist organization, that resulted in death. Asainov, who was a sniper and weapons instructor for the foreign terrorist organization, was also sentenced to concurrent terms of 20 years' imprisonment on related convictions of conspiracy to provide material support to ISIS and obstruction of justice, and 10 years' imprisonment for receipt of military-type training from ISIS.

#### Reuters journalist Issam Abdallah killed by Israeli shelling in Lebanon

WASHINGTON -- On October 13, Eileen O'Reilly, president of the National Press Club, and Gil Klein, president of the National Press Club Journalism Institute announced the death of a Reuters videographer and the wounding of six other journalists from an artillery shell fired by Israeli forces into Southern Lebanon.

"Our hearts go out to the family and colleagues of Reuters journalist Issam Abdallah who was killed today while covering the war between Israel and Hamas."

Reuters also said two of their other journalists: Thayer Al-Sudani and Maher Nazez were among the injured. Also injured were Al-Jazeera journalists Elie Brakhya and Carmen Joukhadar, as well two journalists from AFP: photographer Christina Assi and videographer Dylan Collins. The wounded were rushed to hospital in Tyre.

Abdallah was the ninth journalist killed since the Hamas attack on Israel on Oct. 7.

## Dozens of student teams worldwide to compete in NASA Rover Challenge

NASA has selected 72 student teams to begin an engineering design challenge to build human-powered rovers that will compete next April at the U.S. Space & Rocket Center in Huntsville, Alabama, near the agency's Marshall Space Flight Center.

Celebrating its 30th anniversary in 2024, the Human Exploration Rover Challenge tasks high school, college, and university students to design, build, and test lightweight, human-powered rovers on an obstacle course simulating lunar and Martian terrain, all while completing mission-focused science tasks.

Participating teams represent 42 colleges and universities and 30 high schools from 24 states, the District of Columbia, Puerto Rico, and 13 other nations from around the world. NASA's handbook has complete proposal guidelines and task challenges.

"Throughout this authentic learning challenge, NASA encourages students to improve their understanding of collaboration, inquiry, and problem-solving strategies," said Vemitra Alexander, rover challenge activity lead, Office of STEM Engagement at NASA Marshall. "Improving these critical real-world skills will benefit our students throughout their academic



Students from Alabama A&M University near Huntsville, Alabama, pilot their vehicle through the obstacle course at the U.S. Space & Rocket Center during NASA's Human Exploration Rover Challenge event on April 22, 2023. (NASA photo) and professional careers."

Throughout the nine-month challenge, students will complete design and safety reviews to mirror the process used by NASA engineers and scientists.

## 2 killed among 6 Filipinos missing in Israel; Philippines raises alert level 2

MANILA – The Philippine Embassy in Israel confirmed that the two Filipinos killed following the Hamas attack on October 7 are among the six nationals earlier reported missing.

One of the fatalities was a newly married 33-year-old Filipino worker from Pangasinan while the second one was a 42-year-old male from Pampanga.

"Yes, they were part of the six.

They were found probably two days after the attack," Embassy Consul General Anthony Mandap said in a text message.

Another Filipino was reported dead but this will still be subject to confirmation by DNA evidence, the embassy said. At present, there are still four Filipinos unaccounted for in Israel. - PNA

## FREQUENTLY ASKED QUESTIONS ABOUT ISRAEL AND PALESTINE

### 1. How did the war between Israel and Palestine start 2023?

An ongoing armed conflict between Israel and Palestinian militant groups led by Hamas began on 7 October 2023, with a coordinated surprise offensive on Israel. The attack began with a rocket barrage of at least 3,000 rockets launched from the Hamas-controlled Gaza Strip against Israel.

### 2. What started the conflict between Israel and Palestine?

Creation of the state of Israel and 1948 war: In 1947 - two years after the end of the Second World War and the horror of the Holocaust - the UN General Assembly voted to partition Palestine into an Arab state and a Jewish state, against significant opposition

### 3. Do Israelis live in Gaza?

A Palestinian uprising in 2000 unleashed a new wave of violence between Israelis and Palestinians, and Israel decided to leave Gaza in 2005, withdrawing its forces and removing some 9,000 Jewish settlers living there.

### 4. Why won't Egypt help Gaza?

The government is concerned about security in the Sinai region and wants to avoid being seen as complicit in a campaign that could force Palestinians out of Gaza for good.

### 5. Who were the original Palestine people?

Archaeologic and genetic data support that both Jews and Palestinians came from the ancient Canaanites, who extensively mixed with Egyptians, Mesopotamian, and Anatolian peoples in ancient times.

### 6. Who currently controls the West Bank and Gaza Strip?

The military has announced that its ultimate goal is to wipe out the top political and military hierarchy of Hamas, the Palestinian group that controls Gaza and led last week's terrorist attacks in Israel that killed 1,300 people.

### 7. When did Gaza separate from Israel?

Israeli troops and civilians pulled out of Gaza in 2005 after nearly four decades

in the territory.

### 8. Who started the fighting in Gaza?

Israel launched the retaliatory offensive after Hamas' October 7 terror attacks that killed 1,300 people. Conditions in Gaza have deteriorated into a "complete catastrophe," aid workers say, as tens of thousands of Palestinians attempt to flee.

### 9. Is Palestine in Israel or Gaza?

Palestinian territory - encompassing the Gaza Strip and West Bank, including East Jerusalem - has been illegally occupied by Israel since 1967.

### 10. Which country owns Gaza?

Israel controls the Gaza Strip's northern borders, as well as its territorial waters and airspace. Egypt controls Gaza Strip's southern border, under an agreement between it and Israel.

### 11. Who controls Jerusalem?

The State of Israel. Jerusalem, Hebrew Yerushalayim, Arabic Bayt al-Muqaddas or Al-Quds, ancient city of the Middle East since 1967 has been wholly under the rule of the State of Israel.

Source: Wikipedia

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### What is Antisemitism?

Antisemitism is hostility to, prejudice towards, or discrimination against Jews. This sentiment is a form of racism, and a person who harbours it is called an antisemite. Wikipedia

### What is Hamas?

Hamas, officially the Islamic Resistance Movement, is a Sunni Islamist political and military organization that is the de facto government of Palestine in the Gaza Strip of the Palestinian territories. While it is headquartered in Gaza City, it also has a presence in the West Bank, in which Fatah exercises control.

### What is Hezbollah?

Hezbollah is a Lebanese Shia Islamist political party and militant group, led since 1992 by its Secretary-General Hassan Nasrallah. Hezbollah's paramilitary wing is the Jihad Council, and its political wing is the Loyalty to the Resistance Bloc party in the Lebanese Parliament.

Source: Google.com

## Davao City's graphic designer wins EU-PH relations logo competition

MANILA, Philippines—A young graphics designer at the University of Immaculate Conception in Davao City has emerged as the winner of a highly competitive logo contest commemorating the 60 years of EU-Philippines relations in 2024.

Julie Ar Sibala drew inspiration from the "unwavering support of the European Union for the Philippines, regardless of the numerous issues and crises our nation has endured. The central symbol of his design, the "infinite" sign, serves as a powerful metaphor for the timeless commitment of the EU to the Philippines. - Inquirer.net



Luc Veron, EU Ambassador to the Philippines (far right), and Foreign Affairs Assistant Secretary Ma Elena Algabre extend their congratulations to Julie Ar Sibala, winner, and Eric Michael Opena, second runner-up, during the unveiling and presentation of the winning logo commemorating 60 years of EU-PH relations.

## GOV. HOCHUL ANNOUNCES NEW YORK'S FIRST CELL AND GENE THERAPY HUB AT ROSWELL PARK COMPREHENSIVE CANCER CENTER IN BUFFALO

NEW YORK - Governor Kathy Hochul announced on October 13 that New York's first cell and gene therapy hub will be housed at Roswell Park Comprehensive Cancer Center in Buffalo, Erie County.



The \$98 million center will help to support the research and development of life-saving therapies at Roswell, significantly grow its well-established research capabilities, and establish Roswell as one of the premier cell therapy discovery and production institutions in the nation and catalyze the growth of the cell and gene therapy sector in western NY. The expansion also realizes Governor Hochul's 2023 State of the State commitment to establish an Upstate cell and gene therapy hub and bolster the state's leadership in the fast-growing life

## American Red Cross

With the outbreak of armed hostilities in Israel and Gaza, some reports include the work of the Red Cross and Red Crescent in other countries, as well as the work of the International Committee of the Red Cross (ICRC) and the International Federation of Red Cross and Red Crescent Societies (IFRC).

The three parts of the Red Cross and Red Crescent Movement are:

**National Societies.** Nearly every independent country in the world has a Red Cross or Red Crescent society -- 192 to be exact. The American Red Cross is one of these societies.

All Red Cross and Red Crescent activities have one central purpose: to help those who suffer, without discrimination. Each National Society carries out its mission in different ways -- from responding to home fires and hurricanes to conflict, traffic accidents and loneliness. These organizations are chartered by their respective governments and, together, they assist one in 65 people in the world each year.

**ICRC.** The International Committee of the Red Cross (ICRC), headquartered in Geneva, Switzerland, is an impartial, neutral and independent organization whose exclusive humanitarian mission is to protect the lives and dignity of victims of war and internal violence and to provide them with assistance.

Established in 1863, the ICRC works all over the world, helping people affected by conflict and armed violence. During situations of conflict, the ICRC responds quickly to help and also responds to disasters in regions affected by armed conflict.

**IFRC.** The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest humanitarian network. It supports local Red Cross and Red Crescent action in more than 192 countries, bringing together almost 14 million volunteers for the good of humanity.

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## Little Sisters of the Poor to withdraw from St. Joseph's Home for the Elderly

On July 13, the Little Sisters of the Poor announced with sadness that they would be withdrawing from St. Joseph's Home for the Elderly in Totowa. The sisters met with the residents, their families, lay associates, staff, and volunteers to share their decision.

The Little Sisters of the Poor have served in northern New Jersey continuously since 1878 when the first Little Sisters arrived to serve the elderly poor in the Diocese of Newark and established St. Rose of Lima Home for the Aged located on South 8th Street in Newark.

In making the announcement, Mother Alice Marie Monica, I.s.p., provincial superior of the Little Sisters

of the Poor, explained: "As part of a strategic plan aimed at bolstering our ministry and the quality of our religious life despite the aging of our communities, we Little Sisters have recognized the need to withdraw from a certain number of homes in the United States, a process that has been advancing over the last several years."

The Little Sisters will be assisting the residents and their families in finding other accommodations based on the residents' needs.



Bishop Kevin J. Sweeney celebrated a Mass on Aug. 30, 2022, for the Little Sisters of the Poor at St. Joseph's Home for the Elderly in Totowa, for the feast day of their founder, St. Jeanne Jugan. The bishop shakes hands with Sister Theresa Michel Manzo of the Little Sisters of the Poor as Sister Catherine Fairm, Mother Mary Thomas D'Mello, and Sister Mary Raymond Ballesteros look on.

## SPAIN NATIONAL DAY

Statement of Antony J. Blinken,  
U.S. Secretary of State

On behalf of the United States of America, I send my warmest congratulations to the people of Spain as you celebrate your National Day.

Spain is a close ally and a friend with whom we tackle a vast number of urgent global issues. Our friendship is based on shared values and interests such as the fight against climate change, the defence of democracy, and a commitment to an international rules-based order.

The United States is grateful for Spain's leadership and partnership as a member of the G20 and the UN and most importantly as a key NATO Ally. Spain's support for Ukraine has been unwavering, demonstrating that Spain is a champion for the principles of the United Nations Charter, including respect for national sovereignty and protection of human rights. The conversation I had with Foreign Minister Albares in May of this year reflected this commitment to democracy and holding Russia accountable for its brutal, unprovoked war.

The United States is confident our shared values and priorities will remain at the heart of Spain's Presidency of the Council of the EU. The bonds between our nations and people have never been stronger.

The United States celebrates and congratulates you on this joyous occasion. Happy Fiesta Nacional de España to all our Spanish friends!



## World leaders' statements on Israel-Hamas war



Pope Francis said in a post on X (formerly Twitter) that he was following "with great sorrow" the latest developments in the conflict.

"I renew my appeal for the freeing of the hostages and I strongly ask that children, the sick, the elderly, women, and all civilians not be made victims of the conflict," he said.



"The situation in Israel, Gaza and the wider Middle East is at the top of all our concerns. The reality on the ground is horrific, tragic and desperate," said European Parliament President Roberta Metsola addressing the European Parliament. "How Israel responds to the attack matters to all of us. We must keep looking for solutions for the humanitarian consequences in Gaza, in line with our obligations and international law."



"There is no justification for Hamas' heinous act of terror. Israel has the right to defend itself. At the same time civilians in Gaza are also victims of Hamas. This is why we are tripling our humanitarian aid for Palestinians in need," said European Commission President Ursula von der Leyen during her visit to Israel.

## 75th ANNIVERSARY OF FULBRIGHT COMMISSION FOR CULTURAL EXCHANGES BETWEEN ITALY & U.S.



Embassy of Italy dedicates event celebrating 75 years of Fulbright Commission for Cultural Exchanges between Italy and the United States to role of foreign correspondents in U.S. Ambassador Mariangela Zappia and Michael Trager, Vice President of the Fulbright Foreign Scholarship Board, opened October 12 evening the seminar titled "The Fulbright Program and the Role of Foreign Correspondents in the United States" at the Italian Embassy's Auditorium in Washington DC.

## Bangkok Airways striving to be Asia's greenest airline

Thailand's award-winning regional carrier Bangkok Airways is arguably Asia's "greenest airline," according to aAviation Source News website, citing the company's strong programs for sustainability and circular economy practices.

For policymakers striving to mitigate climate change, the airline industry presents a serious challenge. Emissions from jet fuel, use of plastics and other materials, and other waste-generating aspects of air travel need to be tackled or solved if climate goals are to be achieved.

Bangkok Airways, known as "Asia's Boutique Airline," is implementing a menu of actions under its "Fly Net Zero 2050" campaign and policy to support the fight against climate change and become a green airline.

Most recently, it has introduced an upcycling project, in addition to experimenting with different types of fuel, cutting down on plastics and offering carbon credits.

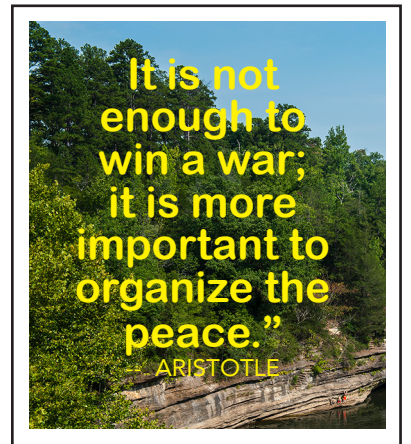
## The Fellowship approves \$5 million emergency grant to aid war-affected families, IDF

As the war with Hamas continues, The Fellowship (International Fellowship of Christians and Jews) sends 20 million shekels (more than \$5 million) in aid to those in war-torn areas, reports the Jerusalem Post:

The approved allocations from the emergency grant include the distribution of 400 grants valued at 5,000 shekels for families of IDF personnel injured in combat; 1.5 million shekel to NETEL (Victims of Trauma from Terror Activities) to increase support hotlines; and the transfer of 2 million shekel (matched by the Israel Lottery Commission for a total of 4 million shekel) to go to communities on the Gaza border to address immediate critical needs identified by local welfare and social work teams, including food, medications, transportation, therapy services, and more...

These allocations represent only a portion of the ongoing projects, with the Fellowship continuously updating its aid

efforts based on communication with partners in the field. The IFCJ is committed to managing and funding the distribution of various resources, including food, clothing, equipment for soldiers, first aid kits for Magen David Adom and United Hatzalah, and games for children, while addressing changing needs. - ifcj.org



## Applications now open for 2024 Study of the U.S. Institutes for Secondary Educators

The U.S. Embassy Bangkok invites interested secondary school educators to apply to the Summer 2024 Study of the U.S. Institutes for Secondary School Educators. The program will take place over the course of five weeks between late May and early June 2024.

### HOW TO APPLY:

Applicants can download an application form on the U.S. Embassy Bangkok website via this link: [th.embassy.gov](https://th.embassy.gov)

Applications must be sent to [BangkokPD@state.gov](mailto:BangkokPD@state.gov), stating

"Application to 2024 SUSI for Secondary Educators (Your Full Name)" by 11.59 p.m. of Tuesday, December 26, 2023.

Applicants will be selected for interview based on the criteria mentioned above. Interviews will take place at the Media and Cultural Section of the U.S. Embassy Bangkok in January 2024.

Candidates will be notified regarding selection and non-selection by April 2024. All communications and questions regarding the SUSIs for Secondary Educators should be sent to [BangkokPD@state.gov](mailto:BangkokPD@state.gov).

## Peace Corps and CorpsAfrica partner to strengthen community ties and drive innovative development initiatives in Africa

NEW YORK, NY – Peace Corps and CorpsAfrica recently announced a groundbreaking strategic partnership to strengthen community ties, reinforce local ownership of community projects, and explore innovative approaches to address pressing development challenges in Africa through volunteerism.

Following the signing of the Memorandum of Understanding (MOU), Peace Corps and CorpsAfrica Volunteers will collaborate to serve across the African continent, prioritizing regions with the

greatest need for support and upliftment. Both organizations are committed to launching innovative service models, bolstering mutual program operations at the country level, and exchanging knowledge based on their combined experiences.

Furthermore, Peace Corps and CorpsAfrica aim to increase awareness of volunteering opportunities within individual countries and ensure that their joint efforts make a significant and lasting impact.

## OKTOBERFEST

Oktoberfest, annual festival in Munich, Germany, held over a two-week period and ending on the first Sunday in October. The festival originated on October 12, 1810, in celebration of the marriage of the crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen. The festival concluded five days later with a horse race held in an open area that came to be called Theresienwiese ("Therese's green"). The following year the race was combined with a state agricultural fair, and in 1818 booths serving food and drink were introduced. By the late 20th century the booths had developed into large beer halls made

of plywood, with interior balconies and bandstands. Each of the Munich brewers erects one of the temporary structures, with seating capacities of some 6,000. The mayor of Munich taps the first keg to open the festival. Total beer consumption during Oktoberfest is upwards of 75,800 hectolitres (about 2 million gallons). The breweries are also represented in parades that feature beer wagons and floats along with people in folk costumes. Other entertainment includes games, amusement rides, music, and dancing. Oktoberfest draws more than six million people each year, many of them tourists.



View of the Beer Fest in Munich at night. (Encyclopedia Britannica)

## Public Affairs

with AWEE ABAYARI



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INTERNATIONAL NEWS MEDIA

## Flags lowered to half-staff, to honor victims of terror attacks in Israel

LAS VEGAS, NV – On October 9, Governor Joe Lombardo announced that he would lower the flags to half-staff and light the Nevada State Capitol Building blue in honor of the victims of the terror attacks in Israel.

The flags of the United States and the State of Nevada fly at half-staff at the State Capitol and all state public buildings and grounds beginning at sunrise on Tuesday, October 10 and remain at half-staff until sunset on Saturday, October 14, 2023.

Governor Lombardo released the following statement: "My prayers are with Israel and the Israeli families suffering from Hamas' unprovoked terrorist attacks today. These attacks are abhorrent, and Israel has a right to defend itself. Today — and every day — the United States and the American people stand with Israel."



GOV. JOE LOMBARDO, NEVADA

## AG Moody and coalition of 26 attorneys general condemn Hamas terrorist attacks



AG ASHLEY MOODY, FLORIDA

TALLAHASSEE, Fla.—Attorney General Ashley Moody and the attorneys general from Alabama, Alaska, Arkansas, Georgia, Idaho, Indiana, Kansas, Kentucky, Louisiana, Mississippi, Missouri, Montana, Nebraska, New Hampshire, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia and Wyoming released the following joint statement in response to the terrorist attacks levied by Hamas against Israel: "We are outraged by the terrorist attack perpetrated by Hamas against Israel. Hamas, a genocidal terrorist organization, decided to violate the laws of nations and nature in its bloody, pre-planned massacre of civilians. We stand with Israel as it defends itself from this inexplicable and obscene violence. We pray for peace and safety for Israel and the rest of the Middle East."

## Gov. Abbott vows unwavering support for Israel

Governor Greg Abbott strongly condemned the acts of war against the State of Israel and innocent civilians by the brutal terrorist organization Hamas and vowed comprehensive public safety measures for Israeli and Jewish locations across Texas. The Governor also announced over \$4 million of additional funding from the Governor's Public Safety Office (PSO) to provide enhanced security for Jewish organizations such as synagogues and schools in Texas.

"The State of Texas condemns these heinous acts of violence and inhumanity against Israel and its people by ruthless terrorists, and we stand ready to offer our complete support to the Israeli and Jewish communities," said Governor Abbott.



GOV. GREG ABBOT, TEXAS

## Gaza's children pay the heaviest price, with hundreds dead

GENEVA, 13 October 2023 -- This is a summary of what was said by UNICEF Spokesperson James Elder – to whom quoted text may be attributed – at today's press briefing at the Palais des Nations in Geneva

"Hundreds and hundreds of children have been killed and injured. Every hour in Gaza, the number of children killed rises. The killing of children must stop.

"The images and stories are clear: children with horrendous burns, mortar wounds, and lost limbs. And hospitals are utterly overwhelmed to treat them. Yet the numbers keep rising.

"Israeli children being held hostage in Gaza must be safely and immediately reunited with their families and loved ones.

"The humanitarian situation has reached lethal lows, and yet all reports point to further attacks. Compassion – and international law – must prevail.

"UNICEF is calling for an immediate cease-fire as 1.1 million people – nearly half of them children – have been warned

to move out of the way ahead of what is expected to be a ground assault on one of the most densely populated places on the planet, but with nowhere safe for civilians to go.

"Children and families in Gaza have practically run out of food, water, electricity, medicine and safe access to hospitals, following days of air strikes and cuts to all supply routes.

"Gaza's sole power plant ran out of fuel Wednesday afternoon, shutting down electricity, water and wastewater treatment. Most residents can no longer get drinking water from service providers or household water through pipelines,

"At least six water wells, three water pumping stations, one water reservoir, and one desalination plant serving more than 1 million people have been damaged by airstrikes.

"Humanitarians must be able to safely access children and their families with lifesaving services and supplies – wherever they may be. In every war, the ones who suffer the most are children. This is tragically true today."

## 16 OFWs, infant affected by Israel-Hamas conflict arrive at NAIA

By MARITA MOAJE

MANILA – A total of 16 repatriated overseas Filipino workers (OFWs) from Israel and a one-month-old infant arrived at the Ninoy Aquino International Airport (NAIA) on Wednesday.

Department of Migrant Workers (DMW) officer-in-charge Undersecretary Hans Leo Caddac, together with the officials from the Overseas Workers Welfare Administration, the Department of Social Welfare and Development, Department of Foreign Affairs, the Department of Health and the Technical Education and Skills Development Authority (TESDA), welcomed the OFWs.

Upon arrival, the OFWs immediately received financial assistance and were assured by the various government agencies of other forms of assistance, such as financial assistance, skills training to start their own business, medical assistance, including psycho-social counseling, stress debriefing and medical referral.- PNA



REPATRIATION. Fifteen overseas Filipino workers (OFWs) and a one-month-old infant repatriated from Israel arrive at the NAIA Terminal 3 on Wednesday (Oct. 18, 2023). The Department of Migrant Workers (DMW) assured that aside from financial assistance, each of the repatriated OFW will also receive other forms of assistance from various government agencies. (Screengrab photo from DMW Facebook page)

## Crime & Justice

### Hidalgo CBP officers take custody of man wanted for attempted capital murder

HIDALGO, Texas—On October 12, U.S. Customs and Border Protection, Office of Field Operations at the Hidalgo International Bridge took custody of 21-year old Danny Lee Cazares, a male U.S. citizen from Alamo, Texas wanted on an outstanding felony warrant for homicide.

Cazares is wanted for attempted capital murder of multiple persons, a first-degree felony in the State of Texas.

Hidalgo County sheriff's deputies took custody of Cazares and transported him to the county jail. Criminal charges are merely allegations. Defendants are presumed innocent unless proven guilty in a court of law.

### Former US ambassador to Pakistan sentenced for violating federal disclosures laws

WASHINGTON – Richard Gustave Olson, Jr., 63, of Algodones, New Mexico, a former U.S. Ambassador to Pakistan and a former U.S. Special Representative for Afghanistan and Pakistan, was sentenced to 36 months' probation and a fine of \$93,350 for two separate courses of conduct, both of which involved misconduct relating to his public office.

Olson pleaded guilty on June 3, 2022, in the U.S. District Court of the District of Columbia, to one count of making a false writing and one count of aiding and advising a foreign government with the intent to influence decisions of United States officers.

### Man convicted in \$67M "Doctor Chase" genetic testing fraud scheme

A federal jury in Fort Pierce, Florida, convicted a Florida man on Oct. 6 for his role in a scheme to defraud Medicare of over \$67 million by tricking physicians into authorizing thousands of genetic tests that were completely unnecessary and not used in the treatment of the Medicare beneficiaries who took them.

According to court documents and evidence presented at trial, Jose Goyos, 37, of West Palm Beach, managed a call center that engaged in deceptive telemarketing calls targeting thousands of Medicare beneficiaries and their physicians. Goyos and his co-conspirators managed the so-called "doctor chase" division of the call center, which contacted the primary care physicians of targeted Medicare beneficiaries and tricked these medical providers into ordering and authorizing medically unnecessary genetic tests based on medical paperwork that the call center created.

### Federal jury convicts man of terrorism charge

On Oct. 19, following an eight-day trial, a jury convicted Benjamin Carpenter, 31, of Knoxville, Tennessee, aka Abu Hamza, of attempting to provide material support to ISIS, a foreign terrorist organization.

According to evidence presented at trial, Carpenter served as the leader of Ahlut-Tawhid Publications, an international organization of pro-ISIS "munasirin" (i.e., supporters), dedicated to translating, producing and distributing ISIS propaganda throughout the world. For years, Carpenter, using his alias "Abu Hamza," published a large body of ISIS media. In 2020 and 2021, Carpenter contacted an individual he believed to be affiliated with ISIS's central media bureau and provided translation services for a project intended to relaunch Al-Hayat Media Center, ISIS's official foreign-language media arm. Carpenter faces up to 20 years in prison and a lifetime of supervised release.

## U.S. selects young Brazilian scientists to take part in TechGirls 2024

BRASILIA -- Applications are now open for TechGirls, a four-week exchange program in the fields of science and technology in the United States. The program will select three Brazilian girls with a leadership potential between the ages of 15 and 17 by the start of the program in July 2024. Interested candidates must be in high school until the end of 2024. Applications are open until December 8, 2023 and can be submitted on the website: <https://techgirlsglobal.org/>. The final selection process results will be announced in March 2024, and the exchange is scheduled to begin on July 13 of the same year.

Other requirements of the program include science, technology, engineering and/or mathematics skills and an interest in pursuing a career in one of these areas; fluency in English and a commitment to developing a social impact project after the exchange. Since 2012, more than 650 girls in science from all over the world, including six from Brazil, have participated in the program.



During the four weeks in the United States, the selected participants will attend lectures and workshops at an U.S. university, go on technical visits to companies, and stay with an American family. After the exchange, TechGirls will provide five months of mentoring to implement social impact projects, including interactive technology sessions.

## INTRODUCTORY COURSE ON WTO TRADE POLICY CONCLUDES IN GENEVA



On 6 October, 31 government officials from 13 least-developed members of and observers to the WTO completed a training course designed to provide them with an in-depth grounding in WTO trade policy. The three-week course was held at the WTO in Geneva.

## Belgium's fight for a world without death penalty

October 10, is the 21st European and World Day against the Death Penalty. On this day, Foreign and European Minister Hadja Lahbib reaffirms that efforts to abolish the death penalty remain more necessary than ever. In fact, according to Amnesty International's annual report, 55 countries still uphold the death penalty, with 20 of them still effectively carrying out executions in 2022. Amnesty International states in the same report that the number of executions also increased sharply last year. More than ever, the goal of Belgium and the European Union remains a complete, global abolition of the death penalty for all crimes.

## INM Book Choice

### BE USEFUL: Seven Tools for Life

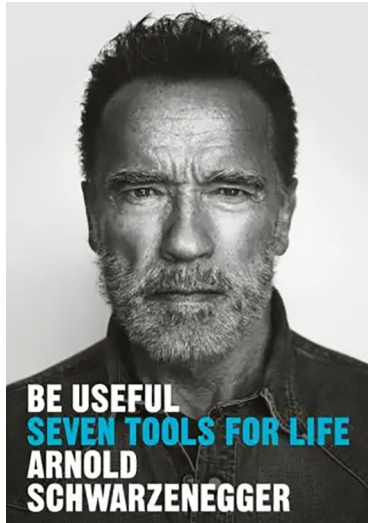
By Arnold Schwarzenegger

The seven rules to follow to realize your true purpose in life—distilled by Arnold Schwarzenegger from his own journey of ceaseless reinvention and extraordinary achievement, and available for absolutely anyone

The world's greatest bodybuilder. The world's highest-paid movie star. The leader of the world's sixth-largest economy. That these are the same person sounds like the setup to a joke, but this is no joke. This is Arnold Schwarzenegger. And this did not happen by accident.

Arnold's stratospheric success happened as part of a process. As the result of clear vision, big thinking, hard work, direct communication, resilient problem-solving, open-minded curiosity, and a commitment to giving back. All of it guided by the one lesson Arnold's father hammered into him above all: be useful. As Arnold conquered every realm he entered, he kept his father's adage close to his heart.

Written with his uniquely earnest, blunt, powerful voice, *Be Useful* takes readers on an inspirational tour through Arnold's tool kit for a meaningful life. He shows us how to put those tools to work, in service of whatever fulfilling future we can dream up for ourselves. He brings his insights to vivid life with compelling personal stories, life-changing



successes and life-threatening failures alike—some of them famous; some told here for the first time ever.

Too many of us struggle to disconnect from our self-pity and connect to our purpose. At an early age, Arnold forged the mental tools to build the ladder out of the poverty and narrow-mindedness of his rural Austrian hometown, tools he used to add rung after rung from there. Now he shares that wisdom with all of us. As he puts it, no one is going to come rescue you—you only have yourself. The good news, it turns out, is that you are all you need.

## DID YOU KNOW?

### Top AI girlfriend allowing NSFW AI chat for all fantasies

LOS ANGELES -- If you've been seeking an NSFW AI chat platform that offers a personalized and immersive AI girlfriend experience without the constraints of NSFW filters, then your search ends here.

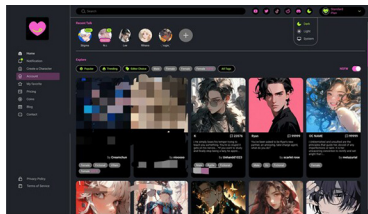
Introducing CrushOn.AI, the leading NSFW AI chat platform designed to deliver lifelike AI girlfriend dialogues that will captivate your attention. This article will highlight the unique features that position CrushOn.AI as an industry leader, defining a new era of unrestricted NSFW AI chat with your AI girlfriend.

CrushOn.AI is revolutionizing the AI girlfriend chatbot scene by providing a service that completely bypasses NSFW filters, allowing for limitless conversations with your AI girlfriend. With its wide array of characters, CrushOn.AI empowers you to create unique AI girlfriend interactions in an intuitive environment. Embrace the boundless creative potential and freedom offered by CrushOn.AI. Venture into a world of uninhibited conversations and let your imagination soar with your AI girlfriend on CrushOn.AI's NSFW AI chat platform.

#### Frequently Asked Questions

Q: Can you get an AI girlfriend?

A: Absolutely! You can have an AI girlfriend through platforms



like CrushOn.AI. They provide a conversational AI that you can interact with, and it can simulate the experience of having a girlfriend.

Q: Is there any free AI girlfriend?

A: Yes, there are free options available. CrushOn.AI, for instance, offers a free version of their AI girlfriend. However, some features might only be accessible with a premium version.

Q: Is it OK to fall in love with an AI?

A: Of course, it's okay. It's a personal choice. Some people find comfort and companionship in interacting with an AI like CrushOn.AI. However, it's also important to maintain a balance and have human connections too.

Q: Is an AI girlfriend cheating?

A: This is a subjective question and it depends on the boundaries set in your relationship. If you're unsure, it might be best to discuss it with your partner. Remember, an AI like CrushOn.AI is just a machine and doesn't have feelings or consciousness.

Source: CrushOn.AI/PRNewswire



**If we have no peace, it is because we have forgotten that we belong to each other.**— MOTHER TERESA, founder of the Order of the Sisters of Charity.

## TECH TALK

### AI and humans explore uncharted waters in music and multi-media landscape

DUBAI, UAE -- AI in less than a year has reshaped the boundaries of multimedia and art, rocking the foundations of human endeavour, and disrupting all perceptions of what is possible in the new AI era. Yet, fears that it's apparent super intelligence can take-over all concepts of human creativity are overblown, and for the world's artists, creatives, and musicians, AI has rather democratized creativity, serving as a fertile ground for new artistic movements, according to tech experts.

Aarash Darroodi, Executive Vice-President and General Counsel for Fender Guitars, believes that while AI can replicate,

create, and innovate new sounds from instruments hitherto deemed impossible, it will never replace the human 'emotional footprint'.

Darroodi said the initial reaction to any leap in technology in humanity is fear and resistance, but this quickly dissipates as perceived utility increases. - PRNewswire

*"I sincerely believe that AI will help humans discover new sounds and genres of music," Aarash Darroodi, EVP and General Counsel for Fender Guitars (PRNewsfoto/GITEX Global)*



## PUMPKIN Fruit or Vegetable?



A pumpkin is, in fact, a fruit.

According to expert Joe Masabni, Ph.D., Texas A&M Agri Life Extension Service vegetable specialist in Dallas, scientifically speaking, a pumpkin is a fruit simply because anything that starts from a flower is botanically a fruit.

The health benefits of pumpkin

1. Great for your eyes
2. Healthy for your heart
3. Boosts your immune system
4. Contains cancer-fighting carotenoids
5. Keeps you full
6. Super-healthy seeds

Source : Cleveland Clinic

## 30-MINUTE PUMPKIN SOUP



This is a perfect soup for cool fall and winter evenings. It's slightly spicy and a perfect complement to grilled sandwiches. Try it with provolone and prosciutto paninis.

Preparation Time: 30 minutes

Ingredients:

- 1 large onion, chopped
- 1 medium sweet red pepper, chopped
- 2 Tbsp margarine
- 2 cups corn kernels, fresh or frozen
- 1 jalapeno pepper, seeded and chopped
- 2 garlic cloves, minced
- 2 tsp chili powder
- 2 cans (29 oz total) vegetable broth, low-sodium
- 1 ¾ cups pumpkin purée
- ½ tsp salt
- Dash cayenne pepper
- 2 Tbsp lime juice

Directions:

In a large saucepan, sauté onion and red pepper in margarine until almost tender. Add the corn (thawed if frozen), jalapenos, garlic, and chili powder. Sauté for 2 minutes longer. Stir in the broth, pumpkin, salt, and cayenne pepper until blended. Bring to a boil. Once brought to a boil, reduce the heat, cover, and simmer for 10 minutes. Stir in lime juice and serve.

Source: fruits andveggies.org

## Your Health

### If you're feeling stressed and anxious, research says: feed the birds

While everyone longs for less stress, actually relaxing can be dauntingly stressful!

However, a new study out of the United Kingdom sheds light on one way people can de-stress: bird watching. The study finds that people who watch birds from their home have lower depression, anxiety, and stress compared to those that live in less leafy areas that have fewer birds. People "felt relaxed and connected to nature when they watched birds in their garden," researchers say. These feelings increased with the level of bird feeding in the yard, they add.

"Birds around the home and nature in general, show great promise in preventive health care, making cities healthier, happier places to live.," says lead researcher Dr. Daniel Cox from the University of Exeter.

Dr. Tina Phillips, Cornell Lab of



Ornithology, agrees. "Overwhelmingly, studies show that people feed birds because it makes them feel more relaxed, that it's something they're interested in and ultimately something that makes them feel good."

If you want to disconnect from the digital world and relieve some daily stress and anxiety, getting outside, bird watching could be the key to increasing your mindful, mental health.

## Environment

### RECYCLING

What should I never put in my recycling bin(s)?

- Garden hoses
  - Sewing needles
  - Bowling balls
  - Food or food-soiled paper
  - Propane tanks or cylinders
  - Aerosol cans that aren't empty
- Many communities have collection programs for household hazardous

waste to reduce the potential harm posed by these chemicals.

Syringes, broken glass, and broken light bulbs should not go in the recycling nor in the regular garbage stream. Please consult your local waste authority for information on ways to correctly discard these items in your area without risking injury to collection workers. - epa.gov



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## USCIS English Test Overview

For the English portion of the naturalization test you must demonstrate an understanding of the English language, including the ability to read, write, and speak basic English.

- Your ability to speak and understand English will be determined by a USCIS officer during your eligibility interview on Form N-400, Application for Naturalization.
- For the reading test, you must read out loud one out of three sentences correctly to demonstrate an ability to read in English.
- For the writing test, you must write one out of three sentences correctly to demonstrate an ability to write in English.

## What to do when attacks happen in crowded and public spaces

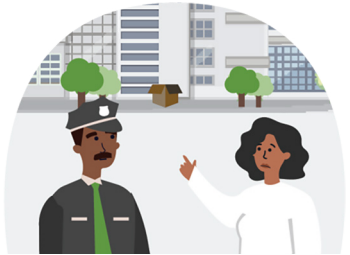
Take steps to prepare and protect yourself and help others in the event of a mass attack.

### Types of Mass Attacks

- Individuals using firearms to cause mass casualties (active shooter).
- Individuals using a vehicle to cause mass casualties.
- Individuals using homemade bombs to cause mass casualties.
- Other methods used in mass attacks may include knives, fires, drones or other weapons.

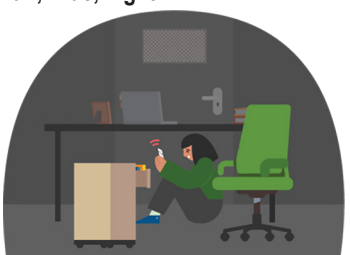
### Prepare BEFORE

- Stay alert.** Always be aware of your environment and any possible dangers.
- If you see something, say something® to local authorities.** That includes suspicious packages, people behaving strangely or someone using strange communications.
- Observe warning signs.** Signs might include unusual or violent communications, substance abuse, expressed anger or intent to cause harm. These warning signs may increase over time.
- Have an exit plan.** Identify exits and areas to hide wherever you go, including work, school and special events.
- Learn lifesaving skills.** Take trainings such as You Are the Help Until Help Arrives and first aid to assist the wounded before help arrives.



### Survive DURING: Run, Hide, Fight

- Run To Safety**
  - Seek safety. Getting away from the attacker is the top priority.
  - Leave your belongings behind and get away.
  - Call 9-1-1 when you are safe and describe the attacker, location and weapons.
- Cover and Hide**
  - Cover and hide if you can't evacuate. Find a place to hide out of view of the attacker and put a solid barrier between yourself and the threat if possible.
  - Lock and block doors, close blinds and turn off lights.
  - Keep silent.
- Defend, Disrupt, Fight**
  - Fight only as a last resort. When you can't run or cover, attempt to disrupt the attacker or disable the attacker.
  - Be aggressive and commit to your actions.
  - Recruit others to ambush the attacker with makeshift weapons such as chairs, fire extinguishers, scissors, books, etc.
  - Be prepared to cause severe or lethal injury to the attacker.
- Help the Wounded**
  - Take care of yourself first and then, if you are able, help the wounded get to safety and provide immediate care. Call 9-1-1 when it is safe for you to do so.



### Be Safe AFTER

- When Law Enforcement Arrives**
  - Remain calm and follow instructions.
  - Keep hands visible and empty.
  - Report to designated areas to provide information and get help.
  - Follow law enforcement's instructions and evacuate in the direction they tell you to go. Listen to law enforcement for information about the situation. Share updates as you can with family and friends.
- Consider Seeking Professional Help**
  - Be mindful of your mental health. If needed, seek help for you and your family to cope with the trauma. - Source: ready.gov

## TRAVEL ADVISORY LEVEL FOR ISRAEL AND WEST BANK RAISED TO LEVEL 3 - RECONSIDER TRAVEL

The Department of State raised the Travel Advisory Level for Israel and the West Bank to Level 3 – Reconsider Travel on October 11, 2023. The Travel Advisory for Gaza remains Level 4 – Do Not Travel. This replaces the previous Travel Advisory issued on October 3, 2023.

**Summary:** Terrorist groups, lone-actor terrorists and other violent extremists continue plotting possible attacks in Israel and the West Bank and Gaza. Terrorists and violent extremists may attack with little or no warning, targeting tourist locations, transportation hubs, markets/shopping malls, and local government facilities. Violence can occur in Israel and the West Bank and Gaza without warning. There has been a marked increase in demonstrations throughout Israel, some with little or no warning.

- Do Not Travel To:**
  - Gaza due to terrorism, civil unrest, and armed conflict
- Reconsider Travel To:**
  - Israel due to terrorism and civil unrest
  - West Bank due to terrorism and civil unrest
- If you decide to travel to Israel, the West Bank, and Gaza.**
  - Check the most recent Alerts at the Embassy website ([il.usembassy.gov](https://il.usembassy.gov)) for the latest information on travel in all of these areas.
  - Maintain a high degree of situational awareness and exercise caution at all times, especially at checkpoints and other areas with a significant presence of security forces.
  - Avoid demonstrations and crowds.
  - Follow the instructions of security

- and emergency response officials.
  - Beware of and report suspicious activities, including unattended items, to local police.
  - Learn the location of the nearest bomb shelter or other hardened shelter.
  - Obtain comprehensive travel medical insurance that includes medical evacuation prior to travel.
  - Enroll in the Smart Traveler Enrollment Program (STEP) to receive Alerts and make it easier to locate you in an emergency.
  - Follow the Department of State on Facebook and Twitter.
  - Review the [Country Security Report](#) for Israel, the West Bank, and Gaza.
  - Prepare a contingency plan for emergency situations.
- Visit [travel.state.gov](https://travel.state.gov) for more information.

## Financial institutions warned against using immigration status to discriminate credit applicants

WASHINGTON, D.C. -- The Justice Department and Consumer Financial Protection Bureau (CFPB) issued a joint statement on October 12 that reminds financial institutions that all credit applicants are protected from discrimination on the basis of their national origin, race and other characteristics covered by the Equal Credit Opportunity Act (ECOA), regardless of their immigration status.

The Justice Department and CFPB are issuing this statement because consumers have reported being rejected for credit cards as well as for auto, student, personal and equipment loans because of their immigration status, even when they have strong credit histories and ties to the United States and are otherwise qualified to receive the loans.

## FINANCE TIPS

### Tips for Financial Success

- Choose Carefully. Every decision has a cost, so be sure to consider your options
  - Invest In Yourself. Education and training is your investment in you.
  - Plan Your Spending. Know the difference between net and gross.
  - Save, Save More, and Keep Saving. Practice saving, not spending
  - Put Yourself on a Budget. Make a budget, and stick to it
  - Learn to Invest. Investing is critical
  - Credit Can Be Your Friend or Enemy. Credit can work for you or against you
  - Nothing is Ever Free. If it's too good to be true, it's too good to be true.
- Source: Department of Financial Protection and Innovation

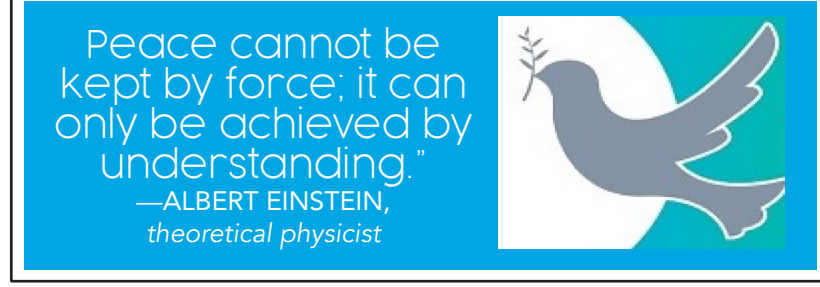
## CDC recommends updated COVID-19 vaccine for fall/winter virus season

CDC recommends everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness this fall and winter. Updated COVID-19 vaccines from Pfizer-BioNTech and Moderna are now available.

Vaccination remains the best protection against COVID-19-related hospitalization and death. Vaccination also reduces your chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration. If you have not received a COVID-19 vaccine in the past 2 months, get an updated COVID-19 vaccine to protect yourself this fall and winter.

## Safety Practices for Pedestrians

- Wear lightly colored or reflective clothing at night and brightly colored clothing during the day.
- Stay in well-lit areas, especially when crossing the street.
- If possible, make eye contact with drivers in stopped vehicles to ensure they see you before you cross in front of them.
- Stay Alert – Avoid Distractions**
  - As a pedestrian, your eyes and ears are your best tools for keeping safe. Stay alert and watch out.
  - Put down your phone.
  - Don't wear headphones.
- Follow the Rules**
  - Know and follow all traffic rules, signs and signals.
- Never assume a driver will give you the right of way.
- Walk in Safe Places**
  - Use crosswalks when crossing the street.
  - Stay on sidewalks whenever possible.
  - Avoid walking along highways or other roadways where pedestrians are prohibited.
- Avoid Alcohol Consumption**
  - Almost half of all traffic crashes resulting in pedestrian casualties involve alcohol consumption. Alcohol impairs your decision-making skills, physical reflexes and other abilities just as much on your feet as it does behind the wheel.- AAA



## Real Estate

### REAL ESTATE UPDATES

- HOME PRICES ARE HIGH**
  - The good news for home sellers is that home prices are high. They hit a record high in June with the median list price hovering at \$449,000. Since then, prices have ebbed to a median of \$417,000 in November, but this is still much higher than prices were a year earlier. This has pushed homeowner equity to record-high levels.
- INTEREST RATES ARE UP**
  - Mortgage rates have more than doubled over the past year from the 3% to 7% range.
  - This means many more homebuyers are struggling to borrow the money necessary to afford a home. As a result, demand has cooled. In fact, many homeowners who locked in a low-interest-rate mortgage a year or more earlier may decide to stay put, rather than sell and then have to buy a new house at a higher rate.
- IT'S STILL A SELLER'S MARKET**
  - The pandemic fueled a hot seller's market, where homes were selling at record speed and at record-high prices. And while rising interest rates have cooled demand somewhat, sellers still have the advantage.
  - Although mortgage rates are taking a bite out of buyer demand, most buyers are looking for a new home because it's the right time for them—not because of market conditions. - Realtor.com

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### Magic of Lights returns to Empire Polo Club

Magic of Lights returns at Palm Springs Empire Polo Club. The event runs 5:30 p.m. to 9 p.m., Sunday through Thursday and 5:30 p.m. to 10 p.m. Friday and Saturday, Nov. 17 through Dec. 31. It will feature more than 2 million colorful lights and creating a number of festive scenes, such as sparkling snowflakes, figures from the "12 Days of Christmas" winter wonderland, a 32-foot-tall animated Barbie wearing her holiday gear and the 200-foot Enchanting Tunnel of Lights.



### Ensemble of the Tyrolean Military Band

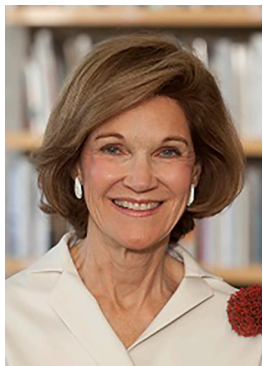


The Embassy of Austria in Washington, D.C. presents an evening with the Ensemble of the Militärmusik Tirol (Tyrolean Military Band) at 7:00 PM on October 24. The military band, under the direction of Colonel Hannes Apfoltner, is a respected institution in the Austrian brass band scene and has gained a prominent place in the cultural landscape of Tyrol, Austria.

The ensemble will feature eight of 53 highly qualified musicians, who have a mastery of a wide range of musical instruments. This diversity enables them to present a varied repertoire that includes traditional marches as well as contemporary works and concert music.

### Deedie Potter Rose receives Kennedy Center National Committee for the Performing Arts Award

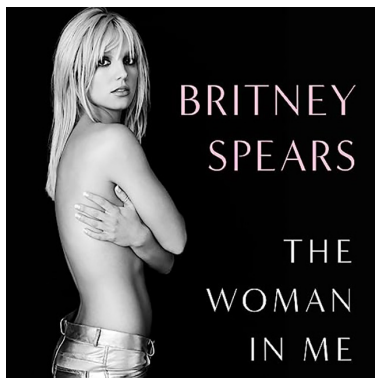
WASHINGTON —The John F. Kennedy Center for the Performing Arts announced the recipient of its 2023 Award for Arts Advocacy: Dallas-based philanthropist, civic leader, and arts patron Deedie Potter Rose. Bestowed by the Kennedy Center National Committee for the Performing Arts, the Award recognizes individuals who have made a significant impact on the performing arts landscape in local communities. Known for her passion for arts and culture, Deedie Rose's influence has been felt across the Dallas area and beyond, through her leadership at institutions such as the Dallas Museum of Art, the Dallas City Design Studio, the Dallas Theater Center, and the AT&T Center for the Performing Arts, among others.



DEEDIE POTTER ROSE

### Michelle Williams to narrate Britney Spears' "The Woman In Me"

NEW YORK -- Five time Academy Award nominee, Golden Globe winner, Primetime Emmy Award winner and Tony Award nominee Michelle Williams will narrate the audio edition of *THE WOMAN IN ME* by Britney Spears. Spears will read an introduction to the audiobook, to be published simultaneously with the other editions on October 24, 2023.



"This book has been a labor of love and all the emotions that come with it," says Spears. "Reliving everything has been exciting, heart-wrenching, and emotional, to say the least. For those reasons, I will only be reading a small part of my audiobook. I am so grateful to the amazing Michelle Williams for reading the rest of it."

## PH named Asia's best cruise destination

By MA. TERESA MONTEMAYOR

MANILA – The Philippines clinched for the first time the title of Asia's Best Cruise Destination 2023 at the World Cruise Awards in Dubai, United Arab Emirates.

Tourism Secretary Christina Garcia Frasco said the award is a "big win for Philippine tourism as it reflects a resounding global preference for our island destinations".

"This prestigious award is not only a testament to the Philippines' allure as a cruise destination but also a validation of the collective dedication of the tourism industry and the Department of Tourism," Frasco said. "We are grateful that the country's potential to offer exceptional cruise experiences is now acknowledged on a global scale."

As of Oct. 16, the Philippines is projected to have 128 ports of call or cruise calls in 2023 across 33 destinations across the country. These cruise ships are expected to bring in more than 101,000 passengers and some 50,000 in estimated crew.

The World Cruise Awards, an annual program that celebrates excellence in the cruise industry, is affiliated with the World Travel Awards. The awards program recognizes outstanding contributions to the cruise industry. - PNA



WELCOME TO PH. Passengers onboard the Silver Spirit Cruise Ship are welcomed by Tourism and city government officials at the Manila South Harbor on Feb. 15, 2023. The Philippines clinched for the first time the title of Asia's Best Cruise Destination 2023 at the World Cruise Awards in Dubai, United Arab Emirates. (PNA photo by Yancy Lim)



### STOCKHOLM



By virtue of its location, Stockholm is regarded as one of the most beautiful capital cities in the world.

Stockholm was first mentioned as a town in 1252 and was largely built by the Swedish ruler Birger Jarl. It grew rapidly as a result of a trade agreement made with the German city of Lübeck. Source: Britannica



Matthew 5:9 (NIV)

### Meghan McCain launches Citizen Cain Productions

LOS ANGELES, Oct. 13, 2023/PRNewswire/ -- Meghan McCain on October 13 announced the launch of Citizen Cain Productions, with the mission to share female led stories and to highlight the rich tapestry of American life.

For their first project Citizen Cain Productions launched McCain's first hosting gig since her four-year stint on 'The View', "Meghan McCain Has Entered the Chat" on October 17. The podcast focused on trending news, celebrity gossip, and Americana culture, while welcoming guests from all backgrounds and opinions. Confirmed upcoming guests who will join McCain on her podcast range from reality television star Erika Jayne to Texas Senator Ted Cruz, an example of how the podcast will be a true blend of entertainment and hard news. In addition, in the coming months Meghan will take her show on screen in a Digital Talk show in partnership with Kin Community and Teton Ridge.

Citizen Cain in their unwavering commitment to provide a platform for female led stories will actively seek out female talent, providing them with opportunities and ways to contribute their much needed perspectives. The production company aims to be a driving force for positive change within the entertainment industry. - PRNewswire



### THE ART OF PABLO RUIZ PICASSO



Pablo Ruiz Picasso is a Spanish painter, sculptor, printmaker, ceramicist and theater designer. He was born on October 25, 1881 and died on April 8, 1973.

Guernica, a large 1937 oil painting, is one of his best-known works and regarded by many art critics as the most moving and powerful anti-war painting in history. It is exhibited in the Museo Reina Sofia in Madrid. Source: Wikipedia

### Make a difference this Halloween

MISSION, Kan. -- Every year, people around the world prepare for Halloween festivities by buying bags of candy, putting together exciting costumes, watching scary movies and gearing up for trick-or-treating.

This year, add some meaning to your Halloweening by supporting an initiative like Trick-or-Treat for UNICEF, a campaign that started as a neighborhood donation drive in 1950 that has raised more than \$195 million for children around the world. This year, the campaign is launching an online "click-or-treat" experience where participants can "knock" on doors to learn about the organization's work in Mali, Romania and Sri Lanka and virtually visit families and communities.

At the end of each interactive "click-or-treat" experience and video, users have the ability to make a difference and



purchase UNICEF Inspired Gifts; real, lifesaving items that are essential for child survival and development.

Donations to the Trick-or-Treat for UNICEF campaign raise critical funds and relief for children where and when they need it most.

This Halloween, all are encouraged to participate and make a difference for children globally and help deliver critical supplies including those that aid in health care and immunization, safe water and sanitation, education, nutrition, emergency relief and more. - PRNewswire


## Sports

### Two US teams dominated the final Teqball Tournament of the season

LOS ANGELES, Oct. 13, 2023/PRNewswire/ -- Teqball USA, the fastest growing global soccer-based sport, returned to Venice Beach in Los Angeles for its 7th and final US Tournament stop of the 2023 season. The tournament brought out the top teqball athletes from all over the world to battle it out for gold, one final time before heading to Bangkok for the 6th annual world championships taking place November 29th through December 3rd. Two US teams made it to the finals to compete, taking home second place in both Women's Doubles and Men's Doubles.

The American Singles World Champion, Carolyn Greco, entered the tournament with fellow Bella Teq member and cousin Kimmy Baker. They are set to compete in Women's Doubles at the World Championships. Greco will also compete in the singles category. Dennis Felicio Correia and Luka Plivic, who took home silver in Men's Doubles after a tough battle against the Hungarian duo, also qualified to compete in Bangkok. - PRNewswire





**PRAY  
FOR  
PEACE**