

International NEWS MEDIA

JANUARY 2024

Trump wins 2024 New Hampshire primary; Haley vows to continue fight



WASHINGTON — Former President Donald Trump won the New Hampshire Republican primary, CBS News projected, defeating his sole remaining rival, Nikki Haley, in a victory that further cemented his status as the clear front-runner to become the GOP's 2024 presidential nominee.

Trump's win in the Granite State dealt a blow to Haley's efforts to unite an anti-Trump coalition of moderate Republicans and independents capable of slowing his march to the nomination.

Speaking after Trump's victory came into focus, Haley said she would remain in the race, telling supporters that "this race is far from over."

POPE FRANCIS CALLS FOR RELEASE OF NUNS, HOSTAGES KIDNAPPED IN HAITI

VATICAN CITY — Pope Francis on Sunday called for the release of hostages, including six nuns, who were kidnapped on a bus in Haiti on January 20, and said he was praying for social harmony in the country.

Armed gunmen hijacked a bus in Haiti's capital Port-au-Prince with at least six nuns on board and drove off to an unknown destination taking all passengers hostage, *Vatican News* reported on January 21, citing the Haitian Conference of Religious group.

"I have learned with sorrow of the kidnapping, in Haiti, of a group of people, including six religious sisters," Pope Francis said after his weekly Angelus prayer. "In my heartfelt plea for their release, I pray for social concord in the country, and I invite everyone to bring an end to the violence, which is causing a great deal of suffering to that dear population," he added.

Violence has been escalating for months in Haiti as gangs jockey for power and seek to put pressure on interim Prime Minister Ariel Henry, ahead of the Feb. 7 expiry of a political accord that consolidated his power.



Pope Francis waves at the crowd, who are gathered on St Peter's Square during the Angelus prayer, from his window at the Vatican, Jan. 21, 2024. (Vatican Media/Handout via Reuters)

UK bids to reduce number of migrants arriving legally

LONDON — Britain's home secretary reiterated the government's policy to reduce the number of migrants arriving by legal routes as well as to stop asylum seekers arriving across the English Channel in small boats.

Responding to lawmakers' questions in parliament, James Cleverly said 92,000 legacy asylum claims were cleared last year and more than 112,000 claims were processed, marking the "largest volume in two decades."

Saying that total asylum backlog is decreasing, he noted that they will continue to review and improve processes to accelerate the decision making in this regard.

Asked what steps were being taken to reduce the number of legal migrants coming to the UK, Cleverly cited recent government measures to further reduce legal net migration, including limitations on family dependents being brought in by workers and students.

He also vowed to raise the minimum income requirement progressively over the next few years.

"We want to make sure that this country is able to benefit from the expertise, knowledge and work of the brightest and best from around the whole world in a manner which is controlled, which is fair, which is predictable and which is well enforced," he said.

Nearly 30,000 migrants crossed the English Channel last year, over a third less than in 2022, when over 45,000 made the crossing. - *Anadolu*

Israel defends itself at the UN's top court against Gaza genocide allegations

THE HAGUE, NETHERLANDS — Accused of committing genocide against Palestinians, Israel on January 12 insisted at the United Nations' highest court that its war in Gaza was a legitimate defense of its people and that it was Hamas militants who were guilty of genocide.

Israel described the allegations leveled by South Africa as hypocritical and said one of the biggest cases ever to come before an international court reflected a world turned upside down. Israeli leaders defend their air and ground offensive in Gaza as a legitimate response to Hamas' October 7 attack, when militants stormed through Israeli communities, killing some 1,200 people and taking around 250 hostages.

Israeli legal advisor Tal Becker told a packed auditorium at the ornate Palace of Peace in The Hague that the country is fighting a "war it did not start and did not want."



A person waves a Palestinian flag while passing a pro-Israel protest outside the International Court of Justice in The Hague, Netherlands, Jan. 12, 2024. (Credit: AP photo)

In the afternoon, of January 12, Germany said it wants to intervene in the proceedings on Israel's behalf, saying there was "no basis whatsoever" for an accusation of genocide against Israel.

Message for U.S. Citizens: Voting in 2024 U.S. Federal Elections

YOUR VOTE COUNTS! All states are required to count every absentee ballot that is valid and reaches local election officials by the absentee ballot receipt deadline.

You must complete a new Federal Post Card Application (FPCA) this year to ensure you receive your ballot for the 2024 elections. Submitting the FPCA allows you to request absentee ballots for all elections for federal offices, including primaries and special elections.

You can complete the FPCA online at [FVAP.gov](https://www.fvap.gov). The online voting assistant will ask you questions specific to your state. The website will also advise ballot request and return deadlines, which are different for each state and territory.

Ash clouds cover Indonesia's Java island towns as Mount Merapi erupts

ISTANBUL — Mount Merapi, Indonesia's most active volcano, began spewing lava on Sunday, January 21, with ash clouds covering some towns on the Java island, a senior official said.

The rocks and lava flows formed by Merapi's eruption spread over a two-kilometer (1.24-mile) area on the slopes of the volcano, the *ABC News* reported, citing Agus Budi Santoso, director of the Indonesian Geological Disaster Technology Research and Development Center.

Santoso said the eruption, which caused no casualties, resulted in the release of hot ash and gas clouds, which covered the sky in some towns.

Earlier, Indonesia's Volcano Science and Geological Disaster Reduction



Center, in a statement, said the Lewotobi Laki-Laki Volcano erupted, spewing ash up to 700 meters high, prompting 6,500 people in the region to seek refuge. - *Anadolu*

Talks for an Elusive Peace in Ukraine Held in Davos

National security advisers from 83 countries gathered in the Swiss town of Davos on January 14, on the eve of the World Economic Forum, to discuss Ukraine's 10-point peace plan that outlines Kyiv's terms for ending the war with Russia.

This is the fourth such gathering organized by Ukraine around President Volodymyr Zelenskyy's plan, which calls for Russia's complete withdrawal from all Ukrainian territories.

The 83 delegations, including 18 from Asia and 12 from Africa, participated at the meeting, a significantly larger number than the 65 that attended the last round of talks in Malta last October. Two previous meetings were held, one in Copenhagen and another one in Jeddah.

National security representatives from emerging economies such as Brazil, India, Saudi Arabia and South Africa took part in the talks. These countries, along with China and Russia, are part of the BRICS alliance.

Swiss Foreign Affairs Minister Ignazio Cassis, who is co-hosting the talks at Davos, hailed the participants, adding they could play an important role in the talks.

"The participation of the BRICS alliance is very important



Head of the Ukrainian President's Office Andriy Yermak, left, and Swiss Foreign Affairs Minister Ignazio Cassis attend the 4th meeting of the National Security Advisers on the peace formula for Ukraine, in Davos, Jan. 14, 2024.

because these countries have a relationship to Russia. All this can create this collective movement to bring in countries that are far from the conflict but can play a role in influencing China and Russia," Cassis said. - *VOA*

News Breakers

Germany soon to recruit skilled Filipino workers

MANILA — Germany expressed interest in hiring skilled workers from the Philippines after the official visit of German Foreign Minister Annalena Baerbock to Manila recently, the Department of Migrant Workers (DMW) said

DMW Undersecretary Patricia Yvonne Caunan said Germany and the Philippines recently signed a "joint declaration of interest" on the recruitment of overseas Filipino workers, which spells out that Manila wants a "win-win situation" where recruitment is sustainable. - *PNA*

More than 13,000 people killed in Sudan conflict: UN

KHARTOUM, Sudan — More than 13,000 people have been killed and 26,000 others injured in the conflict in Sudan since last year, the United Nations humanitarian office said.

Sudan has been mired by fighting between the army, led by Gen. Abdel Fattah al-Burhan, head of the country's ruling Sovereign Council, and the Rapid Support Forces (RSF) paramilitary group since April 2023. - *Anadolu*

Dozens buried in landslide in southwestern China

ANKARA — Rescuers dug through debris after dozens of villagers were buried in a landslide that struck China's southwestern Yunnan province early Monday, January 22, state media reported.

At least 47 people were buried when a landslide struck Liangshui village in the city of Zhaotong at 5:51 a.m. local time, according to Xinhua News Agency.

It said that Chinese President Xi Jinping has directed "all-out search and rescue" of the people missing in the landslide. - *Anadolu*

Texas continues its work to secure the border

Governor Greg Abbott, the Texas Department of Public Safety (DPS), and the Texas National Guard continue to work together to secure the border; stop the smuggling of drugs, weapons, and people into Texas; and prevent, detect, and interdict transnational criminal activity between ports of entry.

Since the launch of Operation Lone Star, the multi-agency effort has led to over 495,400 illegal immigrant apprehensions and more than 38,300 criminal arrests, with more than 34,700 felony charges. In the fight against the fentanyl crisis, Texas law enforcement has seized over 453 million lethal doses of fentanyl during this border mission.

NASA shares progress toward early Artemis moon missions with crew

WASHINGTON -- NASA announced updates to its Artemis campaign that will establish the foundation for long-term scientific exploration at the Moon, land the first woman and first person of color on the lunar surface, and prepare for human expeditions to Mars for the benefit of all. To safely carry out these missions, agency leaders are adjusting the schedules for Artemis II and Artemis III to allow teams to work through challenges associated with first-time developments, operations, and integration.

NASA will now target September 2025 for Artemis II, the first crewed Artemis mission around the Moon, and September 2026 for Artemis III, which is planned to land the first astronauts near the lunar South Pole. Artemis IV, the first mission to the Gateway lunar space station, remains on track for 2028.



Artemis II crew members (from left) CSA (Canadian Space Agency) astronaut Jeremy Hansen, and NASA astronauts Christina Koch, Victor Glover, and Reid Wiseman.

Dr. Jon Ver Halen Scholarship for Future Doctors unveils opportunity for medical students

DALLAS-- In a significant stride towards fostering the next generation of medical professionals, the esteemed Dr. Jon Ver Halen announces the establishment of the Dr. Jon Ver Halen Scholarship for Future Doctors. This one-time \$1,000 scholarship aims to support students pursuing careers in medicine, dentistry, optometry, or veterinary sciences, embodying the distinguished surgeon's core values of academic excellence, compassion, service, and commitment to advancing the field of medicine.

Applicants will be assessed based on the embodiment of Dr. Jon Ver Halen's values, strength of academic record, financial need, and the quality of their personal statement and letter of recommendation. To apply, candidates are invited to submit a personal statement of 1000 words or less, addressing their embodiment of academic excellence, compassion, service, and commitment to advancing their chosen field of medicine.

Dr. Jon Ver Halen, a distinguished plastic surgeon based in Dallas, Texas, founded this scholarship as a testament to his commitment to supporting aspiring medical professionals. A magna cum laude graduate from UCLA with dual bachelor's degrees in biochemistry and English, Dr. Ver Halen earned his medical degree from Harvard Medical School in 2002.

Internationally recognized for his surgical expertise and research achievements, Dr. Jon Ver Halen has contributed over 40 peer-reviewed articles to the medical community.

Applications for the Dr. Jon Ver Halen Scholarship for Future Doctors must be submitted by August 15, 2024. The winner will be announced on September 15, 2024.

For more information and to apply, please visit <https://drjonverhalenscholarship.com/dr-jon-ver-scholarship/>.

Source: PRNewswire

IBM collaborates with SAP To develop new AI Solutions for the consumer packaged goods and retail industries

ARMONK, N.Y. -- IBM announced its collaboration with SAP to develop solutions to help clients in the consumer packaged goods and retail industries enhance their supply chain, finance operations, sales and services using generative AI.

With a shared legacy of technology expertise and the completed work of embedding IBM watsonx, an enterprise-ready AI and data platform and AI assistants, into SAP solutions, IBM is working with SAP to create new generative and traditional AI solutions to be focused on addressing the complexities of the direct store delivery business process and product portfolio management.

ALL IMMIGRATION ISSUES

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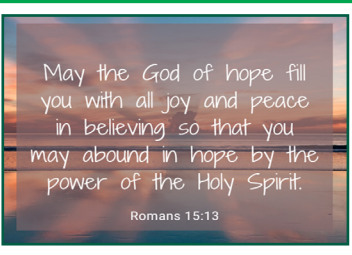
APPEAL FROM THE AMERICAN RED CROSS

IF YOU'RE A NURSE, NURSING STUDENT OR OTHER HEALTH PROFESSIONAL, WE NEED YOUR HELP

The American Red Cross relies on nurses and other health professionals to help bring our mission to life each day. If you're a nurse, nursing student or other health professional, we need your help! There are volunteer opportunities in direct service, leadership, and behind-the-scenes. A few examples are:

- Disaster Health Services – team members and leaders
- Disaster Mental Health Services – team members and leaders
- Blood Donor Ambassador Leader
- Biomedical Services Volunteer Medical Screener
- Nursing Network Regional Nurse Leaders and team members
- Service to the Armed Forces Hero Care Case Management

We hope that you consider volunteering with the Red Cross – you can have a meaningful impact by serving individuals and communities. Join us to Deliver the Red Cross Mission at redcross.org/healthprovolunteer.



Actress launches her official AI Clone created by Kamoto.AI

MUMBAI, India -- Kamoto.AI has strengthened India's position on the world map for advanced Generative AI by launching the first-ever official AI clone of an Indian celebrity. The official AI replica launched in Mumbai recently was that of Bollywood sensation, diva & entrepreneur Sunny Leone, who enjoys widespread popularity worldwide.

The actress launched the official AI clone of herself in the presence of Kamoto.AI co-founders Toshendra Sharma & Rohendra Singh amid a massive gathering in Mumbai. The unveiling of Sunny's official AI clone unlocks fresh avenues of revenue generation through Advanced Generative AI technology.

Merely with a few clicks & quick training via private data, Kamoto.AI enables the creation of a virtual AI replica of anyone while its AI Character Marketplace facilitates its monetization.

Sunny's AI Clone is interactive & trained on her voice and personal data to deliver a personalized experience.



Kamoto.AI introduces the world's first licensed AI Clone; Bollywood's Sunny Leone unveils her AI Clone.

Sunny's clone can be interacted with via Chat or Voice Calls through Kamoto.AI's AI Character Marketplace at app.kamoto.ai. Besides, one can avail Sunny's Elite Club membership with many benefits.

Some lucky members would get a chance to meet the actress in person, while some other winners would be delighted with merchandise. - PRNewswire

How one man's vision still guides boys town 100 years later

Born in Ireland, Father Edward J. Flanagan arrived in the United States in 1904. Eight years later, he was ordained a priest and assigned to the Diocese of Omaha. Father Flanagan became a social reformer and a true visionary for changing how America cared for its children and families, passionately speaking out and taking action on social issues that few dared to address. In 1917, after years of working with Omaha's homeless men, he opened Father Flanagan's Boys Home, which later became Boys Town, and championed the causes of children across the country.

Today, at 100 years strong, Boys Town still follows many of the same principles and practices that originated with Father Flanagan's vision.

To honor our founder, the Father Flanagan Award for Service to Youth is given to individuals who have dedicated themselves to improving the lives of children. Honorees are chosen based on their significant contributions to the youth of our nation and the influence they continue to have on young people through an exemplary public and private life.

The Father Flanagan Award for Service to Youth

The Father Flanagan Award for Service to Youth, named for the organization's founder, Father Edward Flana-



gan, is given to individuals who dedicate themselves to helping children. The person must have made a significant contribution to the youth of our nation and continue to further influence young people by an exemplary public and private life.

The award is a 19-inch bronze statue of Father Edward Flanagan, created by artist Fred Hoppe and stands on a wooden base with a plate which bears the recipient's name.

Past recipients of the Father Flanagan Award for Service to Youth include:

- Mother Teresa of Calcutta
- Bob Hope
- Dr. Jonas Salk
- Danny Thomas
- Julius Erving
- Nancy Reagan
- Dr. Denton Cooley
- Michael Jordan
- Laura Bush

Rozhen's new robotic telescope allows astronomers to observe remotely

SOFIA, Bulgaria – At the beginning of February, the Rozhen National Astronomical Observatory (NAO) will start a scientific observation programme using its new robotic telescope, NAO Director Nikola Petrov told BTA.

Astronomers from Hungary, Germany, France, Poland, Serbia, Italy, India, Japan, Russia and the United States have collaborated with their Bulgarian colleagues at Rozhen before, but now the new 1.5 m aperture telescope will allow them to carry out observations remotely.

The NAO astronomers are finishing trial observations with the new telescope, which was inaugurated in July 2023.

The tests show that the device performs no worse than the 2 m aperture telescope at Rozhen, Petrov said.

The AZ 1500 telescope was supplied under a project financed through the National Research Infrastructure Roadmap 2020-2027, coordinated by the Ministry of Education and Science.

It was manufactured by Austrian company ASA Astroysteme GmbH.

With its latest-generation technology, the device has enabled the observatory in the Rhodope Mountains (Southern Bulgaria) to retain its status as a leading astronomical complex of Southeastern Europe, Petrov said.

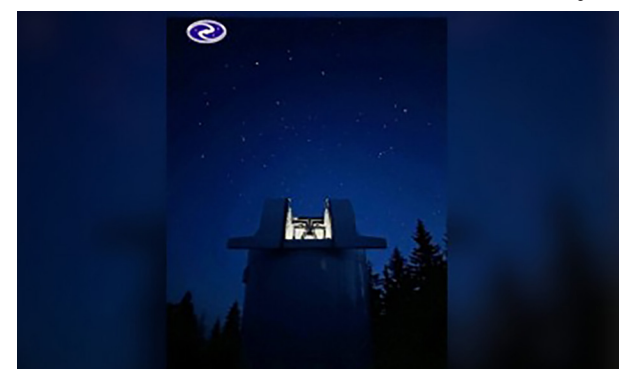


Photo courtesy of BTA/Institute of Astronomy)

The new telescope will be used mainly for photometric observations.

It will capture objects in the visible light spectrum. After additional instruments are installed, it will be used for spectral observations as well.

With the new device at their disposal, the Rozhen astronomers will continue to observe both Solar System objects (asteroids, comets etc.) and galaxy-level objects. (BTA)

APPLY FOR THE BENJAMIN FRANKLIN TRANSATLANTIC FELLOWSHIP!

We are looking for driven young leaders, currently studying in Gymnasium, to participate in the 2024 Benjamin Franklin Transatlantic Fellowship this summer! The fellowship is a fully funded 4-week State Department program for young Europeans to learn more about the United States, youth engagement, democracy and civil society engagement, and economic prosperity.

The program takes place from June 22 to July 20, 2024, at Purdue University, Indiana.

What is the Benjamin Franklin Transatlantic Fellowship?

This fellowship is an intensive short-term exchange program, intended to form relationships among young Europeans and Americans to build strong linkages and awareness of shared values. The four week program will enable teenagers, ages 16-18, to explore U.S. foreign policy priorities such as youth engagement, support for democracy and civil society, and economic prosperity. The program will consist of a series of lectures, seminar discussions and presentations, and a broad assortment of practical, faculty- and mentor-led workshops. The coursework and classroom activities will be complemented by community service activities, site visits, social and cultural activities, and homestays with American families to deepen participants' experience of U.S. society during their exchange.

During the academic residency, participants also will have the opportunity to discuss other topics such as democratic practices, conflict resolution, problem



solving, communication skills, critical thinking, tolerance and respect for diversity, youth leadership, team building, and the media. The institute will explore how freedom of expression provides rights to and imposes responsibilities on citizens.

The exchange is fully funded and U.S. Embassy Sweden will assist the selected participant with travel and visa application. The visa application requires a visa interview in Stockholm in person.

U.S. Embassy Sweden are looking for a candidate to represent Sweden on the exchange to the United States and encourage all qualified applicants to click the link below to see the application. The application deadline is February 15, 2023, and successful applicants will be contacted to set up a Skype interview.

<https://se.usembassy.gov/apply-for-the-benjamin-franklin-transatlantic-fellowship/>

Send your application to stkechange@state.gov by February 16, 2024.

Red Cross issues call for blood donors as dangerous cold covers U.S.

American Red Cross disaster workers are on the ground helping as the dangerous cold weather affects most of the country. The Red Cross is monitoring the situation to add more help if necessary and offers steps people should follow to help them stay safe.

In addition, the weather is forcing the cancellation of Red Cross blood collections across the country. Since the start of the month, as many as 370 blood drives across 27 states have been can-

celed, causing more than 11,000 lifesaving blood and platelet donations to go uncollected.

This comes at a critical time — the Red Cross has reported an emergency blood shortage, that blood and platelet donations are needed to ensure lifesav-

ing medical procedures are not delayed. Learn more here.

Make an appointment to give blood or platelets now by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Blue Flag recognized Spain as having the most "Sustainable Beaches" in the world

Spain has, once again, been recognised as the destination with the most Blue Flag accredited beaches internationally.

Blue Flag, an international certification awarded by the Foundation for Environmental Education, recognises beaches, marinas and boats that are following the FEE's sustainability guidelines. Meeting and upholding a set of rigorous standards pertaining to the environment, education, safety, and inclusivity are prerequisites to attaining the Blue Flag status. For over 35 years, Blue Flag has been the benchmark for sustainable beach and marine tourism, and the organisation is a key contributor towards

the UN'S 17 Sustainable Development Goals.

Since the accreditation began in 1987, Spain has received recognition for 729 of its beaches, with 10 beaches having acquired their Blue Flag for the first time and 22 beaches having regained their title in 2023.

Five of the top Spanish Blue Flag accredited beaches are:

1. Playa El Far de Sant Cristófol, near Barcelona
2. La Breña, Córdoba
3. Torre Derribada, Murcia
4. Jover, Tenerife
5. Cancho del Fresno, Cáceres, Extremadura



SWITZERLAND REAFFIRMS SOLIDARITY WITH UKRAINE

During the official visit of Ukrainian President Volodymyr Zelenskyy to Bern on January 15, Switzerland and Ukraine acknowledged the depth and dynamism of their bilateral relations.

The Swiss government delegation, led by President Viola Amherd, underscored Switzerland's continued solidarity with Ukraine. Another key item on the agenda was the follow-up to the meeting of national security advisers hosted in Davos on Sunday within the framework of the Ukrainian peace formula.

Switzerland expressed its willingness to organise a high-level summit.

US, Switzerland sign Pharmaceutical Good Manufacturing Practice Agreement

On January 12, the United States and Switzerland signed the U.S.-Switzerland Pharmaceutical Good Manufacturing Practice (GMP) Mutual Recognition Agreement (MRA). Deputy United States Trade Representative Jayme White, FDA Deputy Commissioner for Policy, Legislation, and International Affairs Andi Fristedt, State Secretary for the State Secretariat for Economic Affairs Helene Budliger Artieda, and Swissmedic Head of Management Services and International Affairs Dr. Jörg Schläpfer took part in the signing ceremony.

"This MRA will help streamline the movement of pharmaceutical goods and is a step in the right direction to create a safer, stronger, more reliable supply chain that minimizes drug shortages," said Ambassador Jayme White.

This agreement allows U.S. and Swiss authorities to share documents from their routine GMP



inspections of pharmaceutical manufacturing facilities, which will reduce unnecessary costs and duplicative efforts. This will allow the two authorities to better exercise their respective regulatory discretion to re-allocate resources to where they are most needed, thereby ensuring that all drugs imported into the two countries are as safe as possible.

ORLANDO SONZA



A STRONG CONSERVATIVE

Orlando Sonza believes in smaller government, fiscal conservatism, and a strong national defense. He supports free market principles and believes in the importance of individual liberties.

Orlando is passionate about public service and has a track record of leadership, duty, and service to our country.

Orlando will bring his experience and values to Congress and work towards building a better future for Ohio's First Congressional District and our Nation.

ABOUT ORLANDO SONZA

Orlando Sonza is a proud Ohioan. A second generation Filipino American, Orlando was raised in New Jersey and attended the United States Military Academy at West Point. While there he met his wife, Jessica, a Mexican/Filipino American, fellow Academy classmate, and Cincinnati native.

Orlando graduated top ten in his class at West Point where he majored in political science and minored in systems engineering. Upon graduation, he and Jessica both commissioned as second lieutenants in the U.S. Army. Orlando served on active duty as an Infantry Officer and Finance Officer with the 3rd Infantry Division at Fort Stewart, Georgia.

After their honorable discharge from the Army, Orlando and Jessica moved to Cincinnati to raise a family. While helping to raise their kids, Orlando obtained his master's degree in taxation from the University of Cincinnati and his law degree from Georgetown Law.

Orlando is an Ohio CPA with experience working in Big 4 Accounting as a senior tax accountant. After working in Big 4, Orlando co-founded a Cincinnati-based financial planning firm focused on helping families achieve financial security. While at Georgetown Law, he was a legal intern at the U.S. Department of Justice, Criminal Division and Tax Division.

After law school, Orlando pursued a calling to serve his community in a different capacity by standing up for victims of crime and holding criminals accountable. Orlando is currently a prosecuting attorney with the Hamilton County Prosecutor's Office.

Orlando and Jessica currently live in Springfield Township, Ohio with their four children.



OrlandoSonza.com

Paid for by Sonza for Congress

21 December 2023

SAVE THE DATE

2024 EDITION OF THE VERY IMPORTANT PINOY (VIP) TOUR

The Philippine Embassy in Washington D.C. invites the Filipino-American community in the United States to join the 2024 edition of the Very Important Pinoy (VIP) Tour, formerly known as Ambassador's Tour, happening on 21-30 July 2024. Further details will be made available in the coming weeks.

JULY 21 TO 30, 2024

MANILA, BACOLOD, CAGAYAN DE ORO AND BUKIDNON

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SECURITY COUNCIL MEETS OVER WIDENING MIDDLE EAST CRISIS

The UN Security Council met on January 12 for briefings on the worsening situation across the Middle East, looking first at threats of forced displacement from Gaza and then the escalating conflict in and around the Red Sea – all as the war in Gaza approaches the 100-day mark.

The UN relief chief told ambassadors that any Gazans forced to flee the enclave must be allowed to return “as international law demands”, while a senior political affairs official warned that the cycle of violence over Red Sea shipping lanes risked major repercussions in Yemen and the wider region. - UN News



The UN Security Council meets on the situation in the Middle East, including the Palestinian question. (UN Photo/Manuel Elias)

U.S. MISSION CELEBRATES THE SWEARING-IN OF 9 PEACE CORPS VOLUNTEERS IN HO CHI MINH CITY



In a historic moment for U.S.-Vietnam relations, the Peace Corps welcomes its second group of nine volunteers to Vietnam who will co-teach in high schools throughout Ho Chi Minh City. After ten weeks of intensive training on cross-cultural, language, and technical skills, these dedicated volunteers officially swore-in on December 28th, 2023, committing to two years of service to co-teach alongside Vietnamese teachers.

WHO certifies Cabo Verde as malaria-free

The World Health Organization (WHO) has certified Cabo Verde as a malaria-free country, marking a significant achievement in global health. With this announcement, Cabo Verde joins the ranks of 43 countries and 1 territory that WHO has awarded this certification.

Cabo Verde is the third country to be certified in the WHO African region.



DFA says PH adheres to One China Policy following Taiwan polls

MANILA – The Philippines is committed to the One China Policy, the Department of Foreign Affairs (DFA) said following the victory of Taiwan’s ruling democratic party candidate William Lai Ching-te in a recently concluded presidential election.

“The Department of Foreign Affairs reaffirms the principles contained in the Joint Communiqué of the Government of the Republic of the Philippines and the Government of the People’s Republic of China signed by President Ferdinand E. Marcos and Premier Zhou Enlai on 9 June 1975,” DFA spokesperson Ma. Teresita Daza said in a statement.

Under the One China principle, the Philippines recognizes the People’s Republic of China as the sole Chinese government.

President-elect Lai served as chairman of the Democratic Progressive Party and was President Tsai Ing-wen’s vice president. - PNA

ON TAIWAN’S ELECTION

Statement of the U.S. Secretary of State

The United States congratulates Dr. Lai Ching-te on his victory in Taiwan’s presidential election. We also congratulate the Taiwan people for once again demonstrating the strength of their robust democratic system and electoral process.

The United States is committed to maintaining cross-Strait peace and stability, and the peaceful resolution of differences, free from coercion and pressure. The partnership between the American people and the people on Taiwan, rooted in democratic values, continues to broaden and deepen across economic, cultural, and people-to-people ties.

We look forward to working with Dr. Lai and Taiwan’s leaders of all parties to advance our shared interests and values, and to further our longstanding unofficial relationship, consistent with the U.S. one China policy as guided by the Taiwan Relations Act, the three Joint Communiques, and the Six Assurances. We are confident that Taiwan will continue to serve as an example for all who strive for freedom, democracy, and prosperity.



ANTONY BLINKEN

EU welcomes UN Security Council resolution condemning Houthi attacks on Red Sea shipping

The EU welcomes the adoption of the United Nations Security Council resolution 2722 of 10 January that is strongly condemning Houthi attacks on Red Sea shipping.

Upholding freedom of navigation in the Red Sea is vital to the free flow of global commerce and regional security. As recalled by UNSC resolution 2722, States have the right to defend their vessels against these attacks in accordance to international law.

The EU echoes UN Security Council demand that these attacks, which impede global commerce and undermine navigational rights as well as regional peace and security, cease immediately.

The EU urges restraint by the Houthis to avoid further escalation in the

Red Sea and the broader region. In this context, the EU recalls the obligation of all States to respect the arms embargo under the UN Security Council resolution 2216 (2015).

The EU will continue to contribute to regional stability.



Kennedy Center to present the 25th Mark Twain Prize for American Humor

WASHINGTON—The John F. Kennedy Center for the Performing Arts will present the 25th Mark Twain Prize for American Humor to Kevin Hart on March 24, 2024 in the Kennedy Center Concert Hall. The Prize, which is named to honor one of the world’s greatest humorists, will be awarded at a gala performance featuring some of the biggest names in comedy.

The Mark Twain Prize for American Humor, presented by Wells Fargo, recognizes individuals who have had an impact on American society in ways similar to the distinguished 19th-century novelist and essayist Samuel Clemens, colloquially known as Mark Twain. As a social commentator, satirist, and creator of characters, Clemens was a fearless

observer of society who delighted and informed onlookers with his uncompromising perspective on social injustice and personal folly.

“For over three decades, Kevin Hart has been a source of laughter across America and throughout the world with his iconic characters, inimitable physical comedy, and relatable narratives. An accomplished writer, producer, actor, and comedian, he has made lasting contributions to the comedic landscape and represents our celebration of American humor at the Kennedy Center,” said Kennedy Center President, Deborah F. Rutter. “We express our gratitude to Kevin for enriching American culture and look forward to celebrating his exceptional career.”

CALLING ALL ALUMNI OF PCC/PUP

Calling All Alumni of Philippine College of Commerce/ Polytechnic University of the Philippines (PCC/PUP) to join our association.

We are a group of alumni devoted to giving back to our “Sintang Paaralan”. Our mission and vision are geared to helping out our Alma Mater and many well-deserving students who are financially challenged.

Our Alma Mater paved the way for all of us to be successful in our chosen fields, and we want to give the same opportunity to those deserving students through our scholarship fund program. We are also a donor and support PUP’s Education on Wheels which culminated at the wake of Covid 19. We wanted the students to have continuous education despite of the circumstances brought by Covid 19.

At the outset, our association humbly donated the construction of a two-storey athletic building inside the Mesa campus, which now houses our pup athletes..

Small as it is our organization now, we are all very proud of our humble accomplishments. Having more

members who also have loyal, grateful, and kind hearts, we know that we will be able to do more.

Please come and join us in this endearing, inspiring, and grateful journey to change many people’s lives as our way of giving back to our dear alma mater, our sintang paaralan ... PCC/PUP!

Hope to hear from you all, and looking forward to hopefully one day we meet in person.

Please contact vp-membership, vangie codilla @ (818) 468 3386 or email: vangie.Codilla@gmail.Com

Hep hep hooray to PUP - We entered for the first time the QS WORLD UNIVERSITY RANKING IN ASIA. There were 16 universities included and we made it as no. 7!

God bless us all! To God be the glory!

Warmest regards,
Rosemarie T. Mejia
VP-Goals & Planning

2nd PUPAA USA GLOBAL REUNION

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INM Book Choice

OUTLIVE: THE SCIENCE AND ART OF LONGEVITY

By DR. PETER ATTIA, with Bill Gifford (Editor)

#1 NEW YORK TIMES BESTSELLER
 • OVER ONE MILLION COPIES SOLD

• A groundbreaking manifesto on living better and longer that challenges the conventional medical thinking on aging and reveals a new approach to preventing chronic disease and extending long-term health, from a visionary physician and leading longevity expert

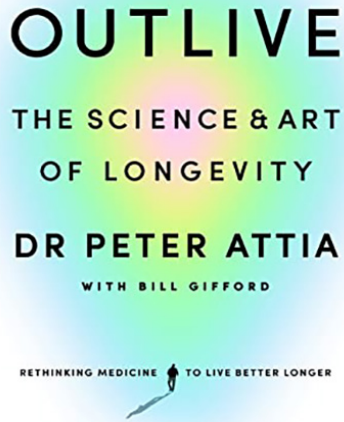
"One of the most important books you'll ever read."

—Steven D. Levitt, New York Times bestselling author of Freakonomics

Wouldn't you like to live longer? And better? In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing emotional and mental health.

For all its successes, mainstream medicine has failed to make much progress against the diseases of aging that kill most people: heart disease, cancer, Alzheimer's disease, and type 2 diabetes. Too often, it intervenes with treatments too late to help, prolonging lifespan at the expense of healthspan, or quality of life. Dr. Attia believes we must replace this outdated framework with a personalized, proactive strategy for longevity, one where we take action now, rather than waiting.

This is not "biohacking," it's science: a well-founded strategic and tactical approach to extending lifespan while also improving our physical, cognitive, and emotional health. Dr. Attia's aim is less to tell you what



to do and more to help you learn how to think about long-term health, in order to create the best plan for you as an individual. In Outlive, readers will discover: Aging and longevity are far more malleable than we think; our fate is not set in stone. With the right roadmap, you can plot a different path for your life, one that lets you outlive your genes to make each decade better than the one before.

HOBBY

BEGINNERS GUIDE TO STAMP COLLECTING

Old or young there is never a bad time to start stamp collecting.

Why should you start collecting?

Stamp collecting is a fun and addictive hobby that explores history, geography, art and politics. It can be a therapeutic activity or an opportunity to meet likeminded people and join clubs and societies.

Stamp collecting is also a great hobby to encourage your children to be a part of (Stamp Active). It's an activity away from technology that can connect children to the older generation, who may have also collected when they were younger.

What should you collect?

The possibilities of what to collect are endless. You may only wish to collect stamps from one country or stamps that focus on one event. Commemorative stamps depict numerous themes, you could choose anything from cats to aeroplanes (British Thematic Association).

It may be best to start with a larger theme and then break it down to find an



Poster advertising a philatelic exhibition at the Central Library in Bolton, 1983 (POST 110/0321)

area you enjoy. Why not think about what interests you and build a collection around that. The more passionate you are about the subject the more likely you are to continue to collect.

OpusVi announces affordable online Master's of Science in Nursing Degree to support nurses amid staffing shortages

PHOENIX - OpusVi™ (formerly Dignity Health Global Education), a leading workforce development solutions provider backed by CommonSpirit Health, Providence Health and Premier Inc., that exclusively enables healthcare systems and organizations to upskill and retain top talents, today announces the launch of its affordable, unparalleled online Master of Science in Nursing (Emphasis in Strategic Systems Leadership), designed with Northern Arizona University (NAU) for a post-Covid world.

The United States is grappling with an urgent and escalating crisis – a severe shortage of nurses. The American Association of Colleges of Nursing (AACN) projects the United States will need an additional 1.1 million registered nurses (RNs) by 2030 to meet the growing demand for nursing care. This shortage of qualified nurses represents a critical challenge to the healthcare system, posing a substantial threat to the delivery of quality patient care and exacerbating the already-overburdened healthcare infrastructure. -PRNewswire

SEARCH BEGINS FOR 2024 AMERICA'S TOP YOUNG SCIENTIST

ST. PAUL, Minn. and CHARLOTTE, N.C. -- 3M (@3M) and Discovery Education (@DiscoveryEd) announced that the 2024 3M Young Scientist Challenge (#YoungScientist) is now open to entries. As the nation's premier middle school science competition, the annual 3M Young Scientist Challenge invites students in grades 5-8 to compete for an exclusive mentorship with a 3Mscientist, a \$25,000 grand prize, and the chance to earn the title of "America's Top Young

Scientist." Competition entries are accepted at YoungScientistLab.com until the deadline on May 2, 2024.

To enter, students in grades 5-8 submit a one-to-two-minute video explaining an original idea using science to help solve an everyday problem. All entries are reviewed by a diverse group of judges and evaluated on their creativity, scientific knowledge, and communication skills. Videos can be recorded using a cell phone or digital camera and will not

be judged on production skills.

This year, the 3M Young Scientist Challenge offers innovative ways for students to engage in science through new entry topics, including robotics, home improvement, automotive, safety, AR/VR, and climate technology.

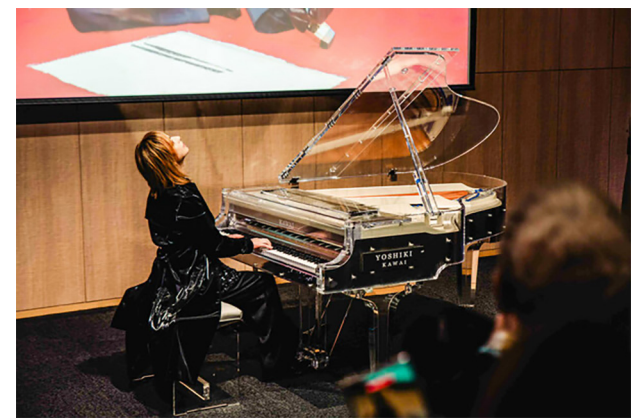
To learn more about the 3M Young Scientist Challenge, including entry details and to find supporting resources, visit youngscientistlab.com. - PRNewswire

YOSHIKI auctions beloved crystal piano to support victims of Japan earthquake, raising 40 million yen

LOS ANGELES -- International superstar YOSHIKI auctioned his beloved crystal piano, with the winning bid reaching 40 million yen (over \$270,000 USD) when the 4-day auction ended on January 16.

YOSHIKI announced the auction on January 9 at his ceremony at TCL Chinese Theatre, where his cement handprints and footprints were unveiled at the forecourt of the Hollywood landmark. YOSHIKI is the first Japanese star to receive the rare honor from the Chinese Theatre since the tradition began nearly 100 years ago.

The classically-trained pianist and composer's Kawai CR-40N piano had been used for recording in his Los Angeles studio and for tours. YOSHIKI said a final farewell to the donated piano with a performance during the TCL Chinese Theatre ceremony: "I'm a little sad to say goodbye to my crystal piano, which is like family to me, but I think some people will be saved by this. Please cherish it." - PRNewswire



YOSHIKI auctions crystal piano to support victims of Noto Peninsula Earthquake in Japan, raising 40 million yen

DID YOU KNOW?

COLDEST PLACE ON EARTH

The Eastern Antarctic Plateau, Antarctica (-94°C) claims the title of coldest place on Earth.

LONGEST RIVER IN THE WORLD

The Nile River is the longest river in the world at 4,132 miles (6,650 km). It flows from central Africa northward through northeastern Africa to the Mediterranean Sea and has three principal streams: the Blue Nile, the Atbara, and the White Nile.

HIGHEST ALTITUDE

Mount Everest's peak is the highest altitude above mean sea level at 29,029 feet (8,848 meters).

HIGHEST AIR TEMPERATURE

Death Valley holds the record for the highest air temperature on the planet: On 10 July 1913, temperatures at the aptly named Furnace Creek area in the California desert reached a blistering 56.7°C (134.1°F). Average summer temperatures, meanwhile, often rise above 45°C (113°F).

Source: Google

Tricoci University of Beauty Culture celebrates 20-year anniversary with \$60,000 in scholarships

CHICAGO-- Tricoci University of Beauty Culture, an award-winning university, is proud to announce its 20th anniversary, celebrating two decades of transformative beauty education.

In 2004, International beauty industry leader, Mario Tricoci, opened the first-ever Tricoci University of Beauty Culture campus to redefine beauty education. In the span of 20 years, the university has expanded its footprint from its original Chicago Northwest campus to 14 more campuses across Illinois, Indiana, and Wisconsin.

To commemorate this 20-year milestone, Tricoci University announces the offering of 20 scholarships to 20 deserving students embarking on their educational journey in January and February 2024.

These scholarships are designed to empower passionate individuals, making it easier for them to transform their

dreams of a career in the beauty industry into a reality. The application window for these scholarships will remain open until February 29, 2024. For more details, please visit the TUBC Changing Lives Scholarship. - PRNewswire

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 AREN'T BORN,
 THEY ARE
 MADE.
 AND THEY ARE
 MADE JUST LIKE
 ANYTHING
 ELSE,
 THROUGH
 HARD WORK.

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Scammers hide harmful links in QR codes to steal your information

By ALVARO PUIG

Consumer Education Specialist, FTC

QR codes seem to be everywhere. You may have scanned one to see the menu at a restaurant or pay for public parking. And you may have used one on your phone to get into a concert or sporting event, or to board a flight. There are countless other ways to use them, which explains their popularity. Unfortunately, scammers hide harmful links in QR codes to steal personal information.

There are reports of scammers covering up QR codes on parking meters with a QR code of their own. And some crafty scammers might send you a QR code by text message or email and make up a reason for you to scan it. These are some of the ways they try to con you:

- they lie and say they couldn't

deliver your package and you need to contact them to reschedule

- they pretend like there's a problem with your account and you need to confirm your information

- they lie, saying they noticed suspicious activity on your account, and you need to change your password

These are all lies they tell you to create a sense of urgency. They want you to scan the QR code and open the URL without thinking about it.

A scammer's QR code could take you to a spoofed site that looks real but isn't. And if you log in to the spoofed site, the scammers could steal any information you enter. Or the QR code could install malware that steals your information

before you realize it.

So how can you protect yourself?

- If you see a QR code in an unexpected place, inspect the URL before you open it. If it looks like a URL you recognize, make sure it's not spoofed — look for misspellings or a switched letter.
- Don't scan a QR code in an email or text message you weren't expecting — especially if it urges you to act immediately. If you think the message is legitimate, use a phone number or website you know is real to contact the company.
- Protect your phone and accounts.

Update your phone's OS to protect against hackers and protect your online accounts with strong passwords and multi-factor authentication.

WAYS TO PREVENT WASTED FOOD AT HOME

Planning, prepping, and storing food can help your household waste less food.

Planning and Shopping Tips

Making a list with weekly meals in mind can save you money and time. If you only buy what you expect to use, you will be more likely to eat it all.

- Keep a running list of meals and their ingredients that your household already enjoys.
- Look in your refrigerator, freezer, and pantry first to avoid buying food you already have.
- Plan your meals for the week before you go shopping and buy only the things needed for those meals.
- Make your shopping list based on how many meals you'll eat at home.
- Include quantities on your shopping list noting how many meals you'll make with each item to avoid overbuying.
- Buying in large quantities only



saves money if you use all the food before it spoils.

- Buying food from bulk bins saves you money and reduces food waste and packaging if you purchase the amount of food you need.
- Purchase imperfect produce or upcycled products but are just as safe and nutritious and can sometimes be found at discounted prices. - EPA

Driving Tips

AAA WINTER DRIVING TIPS

If you are stranded while traveling in winter weather, AAA recommends:

- Stay with your vehicle since it provides temporary shelter and makes it easier for rescuers to locate you.
- Do not try to walk in a severe storm since it is easy to lose sight of your vehicle and get lost in blowing snow. Also, passing vehicles may not be able to see you.
- Don't overexert yourself trying to push or dig your vehicle out of the snow.
- Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled-up window to signal distress. At night, keep the dome light on if possible.



It only uses a small amount of electricity and will make it easier for rescuers to find you.

- Make sure the exhaust pipe isn't clogged with snow, ice, or mud. A blocked exhaust could cause deadly carbon monoxide gas to leak into the vehicle when the engine is running.
- Use whatever is available to insulate your body from the cold. If you don't have an emergency kit with extra coats and blankets, you may use floor mats or other similar items. The point is to stay warm.
- If possible, run the engine and heater just long enough to remove the chill and conserve gasoline.

IRS Free File service available for millions of taxpayers

WASHINGTON — The Internal Revenue Service announced that IRS Free File Guided Tax Software service is ready for taxpayers to use in advance of the opening of tax season later this month.

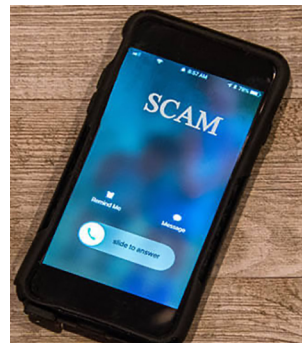
Marking its 22nd filing season, IRS Free File went live today, more than two weeks before the 2024 filing season start date. The IRS starts accepting and processing individual tax returns on Jan. 29.

Millions of taxpayers across the nation can access free software products provided by IRS Free File trusted partners by visiting IRS.gov.

Beware of IRS impersonation telephone scams

A sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers make aggressive calls posing as IRS agents, using fake names and bogus IRS identification badge numbers in hopes of stealing taxpayer money or personal information. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a gift card or wire transfer. Victims may be threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.



Try not to become a man of success, but rather try to become a man of value.

Albert Einstein

Health News

Reduce Your Risk of Alzheimer's

- Prevent and manage high blood pressure.
- Manage blood sugar.
- Maintain a healthy weight.
- Be physically active.
- Quit smoking.
- Avoid excessive drinking.
- Prevent and correct hearing loss.
- Get enough sleep.

If it seems overwhelming to make all these changes at once, try making them gradually. For example, getting an extra 30 minutes of sleep at night, getting an annual physical exam, or simply taking a walk every day may make a big difference to your cognitive health.

Dual Use of Tobacco Products

Some people try to cut back on smoking cigarettes or work toward quitting smoking completely by using electronic cigarettes (e-cigarettes), smokeless tobacco, or other tobacco products in addition to regular cigarettes. This is called "dual use." Dual use is not an effective way to safeguard health.

Because smoking even a few cigarettes a day can be dangerous, quitting smoking completely is very important to protect your health. If you've never smoked or used other tobacco products, including e-cigarettes, don't start.

Calorie restriction in humans stimulates healthy aging genes

Reducing overall calorie intake may rejuvenate your muscles and activate biological pathways important for good health, according to researchers at the National Institutes of Health and their colleagues. Decreasing calories without depriving the body of essential vitamins and minerals, known as calorie restriction, has long been known to delay the progression of age-related diseases in animal models.

Snow shoveling, cold temperatures can lead to dangerous heart issues

DALLAS, Jan. 11, 2024 — Weather forecasters may call it 'white fluffy stuff,' however, snow can be a bigger danger than many people may realize. According to the American Heart Association, celebrating its Centennial birthday as the world's leading nonprofit organization focused on heart and brain health for all, research shows that the exertion of shoveling snow may lead to an increased risk of a heart attack or sudden cardiac arrest. The impact of snow removal is especially concerning for people who already have cardiovascular risks like a sedentary lifestyle or obesity, being a current or former smoker, having diabetes, high cholesterol or high blood pressure, as well as people who have had a heart attack or stroke.

Public Affairs

with AWEE ABAYARI



TOPICS :

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• PEOPLE • PLACES • EVENTS • ENTERTAINMENT •

TIME reveals its 2023 list of the TIME100 Most Influential Companies in the World

NEW YORK -- TIME reveals the third annual TIME100 Most Influential Companies list, highlighting businesses and leaders shaping our future.

The 2023 TIME100 Most Influential Companies issue features 2 world-wide covers, each spotlighting a CEO or top executive from a company on the list with an in-depth profile, including: Kim Kardashian, Founder of Skims and Sam Altman, CEO of OpenAI.



• People • Events •

2024 Harley-Davidson® Homecoming™ Festival

An annual celebration of music, moto-culture, and Milwaukee, Harley-Davidson Homecoming Festival is four days and nights packed full of entertainment, events, and live performances by some of the biggest names in music. The Festival, scheduled for July 25-28 at Veterans Park on the Milwaukee lake front, will be headlined by musical acts Red Hot Chili Peppers, Jelly Roll and HARDY, each performing with other top acts. Advanced ticket sales at HDHomecoming.com/tickets. - PRNewswire



2024 Biamp Portland Jazz Festival

PORTLAND, Ore. -- PDX Jazz, the largest organization presenting jazz performances and associated educational programming in the Pacific Northwest, announces a stunning lineup of NEA Jazz Masters, GRAMMY® Award-Winners and artists who are driving the evolution of jazz to the 2024 Biamp Portland Jazz Festival lineup. The festival, running from February 16 through March 2, 2024, highlights both legendary jazz figures and emerging local talent, promising a diverse and enriching experience. - PRNewswire

Carnegie Hall presents Met Orchestra with Lise Davidsen

Experience the legendary dramatic prowess of The Met Orchestra, joined by soprano Lise Davidsen, who debuted at the Met Opera in 2019 in the lead role of The Queen of Spades. The concert includes G. Mahler's Fifth Symphony; Webern's reimagining of J. S. Bach's six-part fugue; and Wagner's Wesendonck Lieder. An event not to be missed on Thursday, February 1 at 8 PM at Perelman Stage, Stern Auditorium



Yannick Nézet-Séguin, Music Director and Conductor with Lise Davidsen, Soprano

UNWTO completes Gastronomy Tourism Project

UNWTO has concluded the Gastronomy Tourism Project, designed to make Ubud, Indonesia, a global hub of sustainable gastronomy tourism. Within the framework of Indonesia's annual Tourism National Coordinative Meeting, the project's final report was presented to the Minister of Tourism and Creative Economy, Sandiaga Uno, and to the Gianyar Regional Government.

Las Vegas launches campaign to encourage excessive celebration at Super Bowl LVIII

Las Vegas, the Official Host City of Super Bowl LVIII, has launched a petition on Change.org urging football fans to encourage excessive celebration during the city's first foray into hosting the Super Bowl on Sunday, Feb. 11, 2024. The petition was accompanied by a music video featuring former NFL All-Pro wide receiver Chad "Ochocinco" Johnson and Grammy-nominated artist Tobe Nwigwe. The petition is a nod to the fact that while professional sports often restrict excessive celebrations, they are always encouraged in Las Vegas.

Palawan ranks 4th in Tripadvisor world's trending destinations

By Joyce Ann L. Rocamora/PNA

MANILA – Palawan has been named the world's fourth trending destination in Tripadvisor's 2024 Travelers' Choice Award Best of the Best Destination.

The award places the island together with popular destinations across the world, including Tokyo in Japan, Seoul in South Korea, Halong Bay and Sapa in Vietnam, Bogota in Colombia, Pattaya in Thailand, Casablanca in Morocco, and Taipei in Taiwan, among others.

Perfect for multi-day and extended tours, Palawan offers a diverse travel experience to tourists from sun and beach to a relaxing nature trip in its world-class heritage sites.

The Travelers' Choice Award described Palawan as a "slice of heaven" teeming with exotic wildlife, quaint fishing villages, and UNESCO World Heritage Sites.

One of the reviewers wrote that El Nido is also among the must-visit places on the island.

"Don't miss visiting the Small Lagoon on Miniloc Island. It should be a stop on your Island hopping tour anyway, but this was my favorite stop. Absolutely beautiful water and rock



Small lagoon in El Nido, Palawan (Photo courtesy of Tripadvisor)

formations. Make sure to take a kayak and paddle all the way in," the review read.

The recognition is a testament that Palawan is a must-visit destination for global explorers seeking an immersive and unforgettable experience, Department of Tourism (DOT) Secretary Christina Frasco said.



SWEDEN



Sweden, country located on the Scandinavian Peninsula in northern Europe. The name Sweden was derived from the Svealand, or Suiones, a people mentioned as early as 98 CE by the Roman author Tacitus. The country's ancient name was Svithiod. Stockholm has been the permanent capital since 1523. - Encyclopedia Britannica

Ice Cube honored with Naismith Hall of Fame Award

Ice Cube achieved another milestone in his illustrious career with the prestigious Naismith Hall of Fame Award on MLK Day.

The Naismith Award, named in Cube's honor, will be presented annually to individuals in the basketball community who utilize their platform to make outstanding contributions to basketball and their positive impact on the lives of others in the community.

The event's highlight unfolded with the unveiling of the Ice Cube Impact Award Exhibit. Featuring a collection of photographs spanning Cube's life, including images of him in his youth basketball uniform, with NWA, alongside Kobe Bryant, and at the inaugural BIG3 launch press conference, the exhibit showcases



Ice Cube holding the inaugural Naismith Hall of Fame Ice Cube Impact Award.

Cube's journey and his profound impact on the game and a video featuring Cube discussing his journey and the award's significance adds depth to the exhibit.

Pechanga Resort Casino wishes everyone A Prosperous 2024 Year of the Dragon with \$200,000 EasyPlay & Cash Drawings and Celebrations

As the Year of the Dragon approaches, Pechanga Resort Casino welcomes everyone to join in the celebration of the festival with a series of promotions and giveaways in February 2024.

Lunar New Year \$200,000 EasyPlay & Cash Drawing

Pechanga Resort Casino celebrates the Lunar New Year by giving away \$200,000 in EasyPlay and cash prizes on Friday, February 2, 9, 16 & 23. Pechanga Club members can earn varying amounts of entries to the drawing by playing slots or table games from 2pm - 10pm each day for a chance to win big. Sixty winners will be drawn to receive \$250, \$500, or \$750 in EasyPlay at 10pm. One lucky winner will be drawn for the ultimate cash prize of \$25,000.

\$5,000 Lucky Red Envelope Giveaway

Get even luckier with the "Lucky Red Envelope" promotion. Pechanga Club members can just simply visit the Promotional Area every Tuesday in February from 12pm-10pm for a chance to win up to \$5,000 in EasyPlay!

Lunar New Year Luck Lion Dance

Pechanga Resort Casino presents a splendid Lucky Lion

Dancer Performance starting at 3 pm on Saturday, February 10 (i.e. the first day of the Lunar New Year).

Exclusive Dining Specials

Pechanga Resort Casino also welcomes guests to reserve tables for Family Dinner or Business Lunch to enjoy exclusive Lucky Lunar New Year Dining Specials the chefs of Bamboo, Blazing Noodles and Umi Sushi & Oyster Bar have meticulously prepared.

Lunar New Year Property Décor

In celebration of the Year of the Dragon and to boost the festive atmosphere, starting from January 2024, Pechanga will decorate the entire property with traditional new year elements and designs for the Year of the Dragon, utilizing a wide array of bright red lanterns, refined oriental-style garden bridge, beautifully bloomed peach blossoms, and much more.

For more information on Pechanga events and promotions, please call (877) 711-2946 or visit our website Pechanga.com.

THE LOST WOMEN OF SCIENCE INITIATIVE ANNOUNCES NEW GRANTS AND PROJECTS FOR 2024

SAN FRANCISCO -- The Lost Women of Science Initiative enters 2024 with new funding that will allow it to continue to produce new episodes of its flagship podcast, Lost Women of Science throughout 2024, as well as develop its educational programs.

The 2024 funding includes a \$236,300 grant from the Alfred P. Sloan Foundation and a \$250,000 grant from the Anne Wojcicki Foundation. A \$25,000 grant from Craig Newmark Philanthropies will allow the initiative to update, correct, and create Wikipedia pages of the female scientists we profile.

"We have nearly 300 names of great female scientists in our database whose stories are yet to be told, and a list of archives that we continue to dig into," said Katie Hafner, co-executive producer of Lost Women of Science. "We will continue our 30-minute episodes starting with radio astronomer Ruby Payne-Scott in February. We'll also be announcing

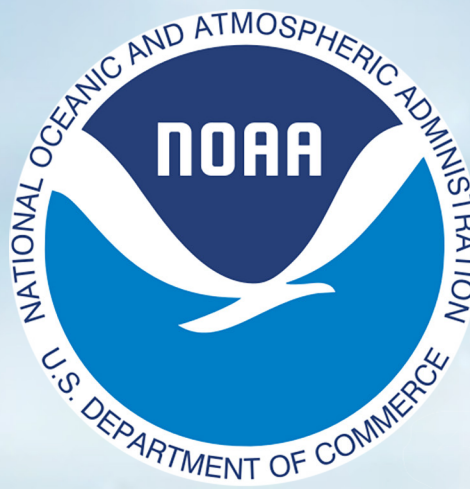


a new multi-episode season for mid-2024."

"We are delighted to continue our support of Lost Women of Science and their important work in shining a light on the oft-neglected contributions of women scientists," said Doron Weber, Vice President and Program Director at the Alfred P. Sloan Foundation. - PRNewswire

What seems to us as bitter trials are often blessings in disguise.

Oscar Wilde



NATIONAL WEATHER SERVICE

Cold Impacts: Vulnerable Populations

NEWBORNS **ELDERLY** **CHRONIC ILLNESS** **OUTDOOR WORKERS** **UNHOUSED**

Everyone is at risk from the dangers of extreme cold, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.

- Dress in loose layers and cover all exposed skin
- Consume hot foods and warm drinks, but avoid caffeine and alcohol
- Limit or avoid time outdoors
- Check on family, friends and neighbors

weather.gov

Frostbite & Hypothermia: Know Your Actions

If someone might have frostbite or hypothermia, seek medical attention immediately!

- Get to a warm area
- Remove wet clothing
- Warm up with dry layers of blankets or clothing
- Place skin affected by frostbite in warm water (NOT hot)

Frostbite Caution: Do not use fireplaces or artificial heat sources for warming. Do not rub or put pressure on areas with frostbite.

weather.gov

Don't Slip!

Icy surfaces can lead to serious injuries! Help prevent ice by salting walkways and turning off sprinklers in advance of the cold.

- Walk on treated or non-icy surfaces with better traction, if possible
- Wear proper winter footwear with rubber treads
- Take slow, short steps so that you'll be able to react to icy conditions

weather.gov

Don't Underestimate Sleet Dangers

- Take it easy when shoveling. Sleet can be much more dense than snow. Go slowly and don't overexert yourself.
- Use extreme caution when driving. Sleet can cause dangerous road conditions and reduced visibility.
 - ▶ Reduce speed
 - ▶ Allow plenty of stopping distance
 - ▶ Do not use cruise control

weather.gov

Thank You

for removing snow from the roof of your car.

weather.gov

Trucks & SUVs

can lose traction in ice and snow

Even four-wheel drive vehicles can lose traction in bad weather.

All vehicles are susceptible to ice and snow. Know your limits.

weather.gov

Winter Storm Planning Timeline

A few days out	The day before	During & After
<p>If the forecast calls for winter weather, start preparing now.</p> <ul style="list-style-type: none"> Have emergency supplies for your home & car Check your smoke and carbon monoxide detectors Replenish fuel for your car and heating sources 	<p>Forecast accuracy continues to improve, so keep checking the latest.</p> <ul style="list-style-type: none"> Adjust plans Have multiple ways to receive Warnings Bring pets indoors and ensure they have water 	<p>Remain vigilant and stay informed. Drive only if necessary.</p> <ul style="list-style-type: none"> Check on neighbors and family Properly ventilate emergency heat sources Keep generators at least 20 feet from your home Take it easy when shoveling

weather.gov

Be a Force of Nature when it comes to extreme weather by learning about potential hazards. Help advance the Weather-Ready Nation by being prepared for the worst. NOAA's National Weather Service (NWS) and its partners encourage individuals, families, businesses and communities to know their risk, take action, and be an example when it comes to dangerous weather.