

International NEWS MEDIA

NOVEMBER 2024

HISTORIC POLITICAL COMEBACK OF DONALD J TRUMP

Trump won both the Electoral College and the popular vote making him only the second Republican to win the popular vote since 1988. He is also the second President to serve non-consecutive terms since Grover Cleveland won in 1892. Trump lost to Biden in 2016 and winning it back in 2024.

The Republicans have also won enough seats to control the U.S. House of Representatives and the Senate giving Trump the party control of the government after he is sworn on January 20, 2025.

Not giving up in the midst of criminal and civil cases, plus two failed assassination attempts on his life, Trump campaigned and visited entire America to speak in front of thousands of loyal followers who remembered the good times during the first term of then President Trump and longed to live the American dream and make America great again.

The result of the November 5, 2024 proved to be historically overwhelming for now President elect Donald J. Trump



Donald J Trump victory speech in Mar-a-Lago (Screengrab from YouTube)

who during his victory speech said, "I want to thank the American people for the extraordinary honor of being elected your 47th president, and your 45th president, and every citizen. And I will fight for you, for your family, and your future. Every single day I will be fighting for you, and with every breath in my body.

I will not rest until we have delivered the strong, safe, and prosperous America that our children deserve, and that you deserve," he said. "This will truly be the golden age of America. That's what we have to have. This is a magnificent victory for the American people that will allow us to make America great again."

Victoria Kjær Theilvig of Denmark is crowned the 73rd Miss Universe

MEXICO CITY (AP) — Victoria Kjær Theilvig of Denmark has been crowned Miss Universe.

Kjaer, an animal protection advocate who works in the diamond selling business, beat out Miss Nigeria at the end of 73rd edition of the competition in Mexico City on November 16. Miss Mexico placed third.

It is the first time a Danish contestant has won Miss Universe.

The pageant was held in the Mexico City Arena. The ceremony began with 131 mariachi musicians and singer Taboo of the Black Eyed Peas playing "Mexicana", a song created by Emilio Estefan for the contest.

The gala was hosted by Mario López; Olivia Culpo, Miss Universe 2012; presenter Zuri Hall; and Catriona Gray, Miss Universe 2018.

This year were more than 120 contestants. Some countries were represented for the first time, such as Belarus, Eritrea, Guinea, Macau, Maldives, Moldova and Uzbekistan. This is the third time that Mexico has hosted Miss Universe. - AP



Ms Denmark Victoria Kjaer Theilvig, right, receives the crown after winning the 73rd Ms Universe Beauty Pageant in Mexico City, Saturday, Nov. 16, 2024. (AP Photo: Fernando Llano)

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Russia: Ukraine fired U.S.-supplied ATSCMs missiles into Russian territory

Russia says Ukrainian forces have attacked the country's western region using US-supplied long-range missiles known as ATACMS. US President Joe Biden has reportedly allowed Ukraine to use them to strike targets inside Russian territory. The Russian defense ministry announced that six missiles were fired into the Bryansk region bordering Ukraine on November 19. It said five of them were downed, but the fragments of the other one fell on the premises of a military facility, causing a fire.

Ukraine's military said it had struck an ammunition depot, causing 12 explosions. Ukrainian media outlets reported that it is the first time Kyiv has used ATACMS for an attack inside Russia. -NHK

ICC issues war crimes arrest warrants for Netanyahu, Gallant



FILE - Israeli Prime Minister Benjamin Netanyahu, left, and Israeli Defense Minister Yoav Gallant.

The International Criminal Court issued arrest warrants Thursday, November 21 for Israeli Prime Minister Benjamin Netanyahu and former Defense Minister Yoav Gallant for alleged war crimes and crimes against humanity in Israel's war against Hamas militants in Gaza.

In a statement on its website, the ICC said the warrants charge each man with the war crime of starvation as a method of warfare, along with crimes against humanity that include murder, persecution and other inhumane acts.

The warrants cover acts committed from "at least 8 October 2023 until at least 20 May 2024, the day the prosecution filed the applications for warrants of arrest."

Israel is not a member of the ICC. The court does not try individuals in absentia, so Netanyahu and Gallant do not face immediate risk of prosecution.

But the threat of arrest could create issues if either man travels abroad. - VOA News

Apple facing \$4-B class action lawsuit in UK for price-gouging

LONDON — Apple is facing a 3 billion pounds (USD4 billion) class-action lawsuit from a consumer advocacy group that accused the company of overcharging millions of British customers for iCloud storage services.

If the case is successful, the payout could equate to about 70 pounds per affected customer, with the class action covering 40 million people who have used and paid for Apple's iCloud storage since October 2015.

The consumer group, Which?, alleges that Apple has locked users into paying "rip-off prices" for digital storage by embedding iCloud as the default and often only practical option for backing up data on iPhones and other Apple devices. Which? said Apple's high fees for expanded storage leave users with few alternatives which creates a "pay up or lose out" scenario for consumers.

Appledenied the allegations and plans to "defend" itself in court.



Here are the people President-elect Donald Trump has chosen for critical Cabinet posts and other top White House and administration jobs:

- White House chief of staff: Susie Wiles
- Secretary of state: Marco Rubio
- Attorney general: Pam Bondi
- Deputy attorney general: Todd Blanche
- HHS secretary: Robert F. Kennedy Jr.
- U.N. ambassador: Elise Stefanik
- "Border czar": Tom Homan
- Defense secretary: Pete Hegseth
- Secretary of veterans affairs: Doug Collins
- National security adviser: Michael Waltz
- Interior secretary: Doug Burgum
- Secretary of energy: Chris Wright
- Secretary of transportation: Sean Duffy
- Secretary of commerce: Howard Lutnick
- Secretary of education: Linda McMahon
- White House counsel: William McGinley
- Secretary of homeland security: Kristi Noem
- CIA director: John Ratcliffe
- Director of national intelligence: Tulsi Gabbard
- EPA administrator: Lee Zeldin
- Solicitor general: Dean John Sauer
- FCC chairman: Brendan Carr
- Centers for Medicare and Medicaid Services administrator: Dr. Mehmet Oz
- U.S. ambassador to Israel: Mike Huckabee
- U.S. attorney for the Southern District of New York: Jay Clayton
- Dept of Govt Efficiency: Elon Musk and Vivek Ramaswamy
- Deputy chief of staff: Dan Scavino
- Deputy chief of staff for policy and homeland security adviser: Stephen Miller
- Deputy chief of staff for legislative, political and public affairs: James Blair
- Deputy chief of staff for communications and personnel: Taylor Budowich
- Presidential Personnel Office head: Sergio Gor
- White House communications director: Steven Cheung
- White House press secretary: Karoline Leavitt
- U.S. Ambassador to NATO: Matt Whitaker
- Housing and Urban Development: Former Texas state Rep. Scott Turner
- Labor Department: Oregon Congresswoman Lori Chavez-DeRemer
- White House Budget: Russ Vought
- Treasury Secretary: Wall Street investor Scott Bessent
- FDA: Marty Makary
- Surgeon General: Fox News correspondent Dr. Janette Nesheiwat

NewsBriefs

Pope to visit French island Corsica on Dec. 15

ROME — Pope Francis will visit Corsica on Dec. 15, the Holy See Press Office said on November 23. The Argentine pontiff will close an international conference on popular religious traditions organized by the Diocese of Ajaccio, it said. It will be Francis' 47th Apostolic Journey abroad and the first-ever visit of a pope to the French Mediterranean island. It will also be his third visit in French territory after the visits to the European Parliament and the Council of Europe in Strasbourg in 2014 and to Marseille for the Mediterranean Encounters in 2023. - ANSA

Japan rules out abolishing death penalty

ANKARA — Japan on November 21 ruled out ending the death penalty, spurning local and international pressures, including calls by local legal experts for a review. "The government thinks it is not appropriate to abolish the death penalty," Chief Cabinet Secretary Yoshimasa Hayashi told reporters in Tokyo, according to Kyodo News. "The death penalty is unavoidable for a person who has committed an extremely grave and atrocious crime." The announcement came after a 16-member panel, including a former top prosecutor, a former top police official, and academics, proposed to the Cabinet and Parliament the establishment of a conference body to discuss whether to maintain capital punishment. - Anadolu

DHS to restrict goods from 100 PRC-based companies from entering the US due to forced labor practices

WASHINGTON — The Department of Homeland Security (DHS), on behalf of the Forced Labor Enforcement Task Force (FLETF), announced the addition of 29 companies based in the People's Republic of China (PRC) to the Uyghur Forced Labor Prevention Act (UFLPA) Entity List — bringing the total number of entities on the UFLPA Entity List to 107. The FLETF, chaired by DHS, is taking these steps as part of its commitment to eliminating the use of forced labor practices in U.S. supply chains and promoting accountability for the ongoing genocide and crimes against humanity. - XUAR

EU fines Meta \$841M for breaching antitrust rules

ANKARA — The European Commission has hit Meta, Facebook's parent company, with a massive 797.72-million euro (USD841 million) fine for breaking EU antitrust regulations. According to the commission, Meta unfairly boosted its online classified ads service, Facebook Marketplace, by connecting it directly to the main Facebook app. It also cited Meta's imposition of "unfair trading conditions" on other online classified ad providers. - Anadolu

Young author debuts Christmas Book, inspiring healing and new holiday traditions for years to come

SALT LAKE CITY, UT -- At just nine years old, Eliana Grace has crafted a heartwarming Christmas story that embodies the true spirit of giving and compassion—a tale destined to become a cherished Christmas story tradition for families everywhere. Her debut children's book, *My Christmas Blanket*, tells the story of Eli-Ana, a young girl who lives in a barn with her animals and her loyal dog, Bingo.

On the first Christmas Eve, Eli-Ana encounters Mary and Joseph as they search for shelter in the snow. What unfolds is a beautiful act of kindness when Eli-Ana offers the first "Christmas blanket" to the newborn Jesus, creating the story that captures the spirit of the season. This touching story is one that parents and grandparents will want to share year after year, setting the perfect tone of generosity and love for the Christmas



My Christmas Blanket, by Eliana Grace season.

In collaboration with Eliana Grace and her heartwarming new book, *My Christmas Blanket*, Minky Couture has designed a special blanket that brings the story's warmth and love to life. This unique partnership invites families to create a cherished tradition—snuggling up together while sharing a Christmas story. - SurgePR/ EINPresswire.com

MESSAGE FROM DR. RAQUEL RAMSEY

HAPPY VETERANS DAY!

I am sending you the front and back covers of my book, *REFLECTIONS* which is a collection of my writings through the years like a memoir which arrived yesterday from Cy Hundley.

Love and HAPPY THANKSGIVING!
Raqui



CELEBRATING THANKSGIVING

Thanksgiving is a federal holiday in the United States celebrated on the fourth Thursday of November. As the name implies, the theme of the holiday generally revolves around giving thanks with the centerpiece of most celebrations being a Thanksgiving dinner.

The dinner often consists of foods associated with New England harvest celebrations: turkey, potatoes (usually mashed and sweet), squash, corn (maize), green beans, cranberries (typically as cranberry sauce), and pumpkin pie, but has expanded over the years to include specialties from other regions of the United States, such as pecan pie (the American South) and wild rice stuffing (the Great Lakes region) as well as international and ethnic dishes. - Wikipedia



Thanksgiving at Plymouth, oil on canvas by Jennie Augusta Brownscomb, 1925 National Museum of Women in the Arts.

SugarMD partners with Doctors Without Borders to Support Global Humanitarian Aid

MIAMI, FL -- SugarMD, a trusted brand in health management products, is proud to announce a meaningful collaboration with Doctors Without Borders/ Médecins Sans Frontières (MSF), an independent medical humanitarian organization dedicated to providing emergency medical aid to people affected by conflict, epidemics, disasters, and exclusion from healthcare around the world.

Through this partnership, SugarMD is committed to giving back to communities in need, with a portion of every purchase going directly to support the vital work of Doctors Without Borders.

This partnership reflects SugarMD's dedication to global health and aligns with its mission of making a positive



impact on the lives of those affected by diabetes and related health conditions. By supporting Doctors Without Borders, SugarMD helps extend essential medical aid to the most vulnerable populations, especially children suffering from the impact of disease and displacement due to crises. - SugarMD/ EZ Newswire

U.S. Embassy announces the selection of Young Leaders of the Americas Initiative (YLA) fellows for 2025

BRASILIA -- The U.S. Embassy and Consulates in Brazil are pleased to announce the names of the 20 young Brazilians entrepreneurs and business leaders selected to participate in the Young Leaders of the Americas Initiative Program (YLA) 2025. This initiative, sponsored by the U.S. Department of State, will take place from May 12 to June 18.

In Brazil, the YLA fellows will join an online course on Entrepreneurial Leadership. In May, they will travel to the United States, where they will receive mentorship and collaborate with U.S. organizations where they will be placed for four weeks. They will also have the opportunity to interact with mentors and other fellows to discuss relevant topics in entrepreneurship.

YLA is a collaborative and enriching experience that combines technical entrepreneurship training with leadership development and networking opportunities.

Comelec commissioners discuss 2025 internet voting for overseas voters

The Philippine Embassy in Washington DC held a town hall meeting on 6 November 2024 featuring three (3) visiting officials from the Commission on Elections (COMELEC) to raise awareness about the 2025 Philippine National and Local Elections.

COMELEC Commissioners Socorro Inting, Marlon Casquejo, and Nelson Celis are in Washington DC to observe the 2024 U.S. Presidential elections.

During the town hall, the Commissioners highlighted the preparations being undertaken by the COMELEC for the midterm elections next year.

Commissioner Casquejo, in charge of overseas voting, shared that registered overseas voters in 76 Philippine Embassies and Consulates, equivalent to around 1 million Filipinos, will be using the new mode of internet voting for the 2025 elections.

"For the first time, overseas Filipino voters in select countries will be able to cast their vote for their senators and party-list representatives from their mobile devices next year," said Commissioner Casquejo. "We are confident that internet voting will result in more overseas Filipinos turning out to vote."

TORINO & BRAGA WIN EUROPEAN CAPITAL OF INNOVATION AWARDS



The European Capital of Innovation Awards have been recognizing cities that lead the way in delivering innovative solutions for their citizens for a decade. This year's top prizes were awarded to Italy's Torino and Portugal's Braga.

The Peace Corps launches Circle of Service to create lasting pathways for public service and global impact

WASHINGTON — The Peace Corps officially launched "Circle of Service," a new initiative designed to formally partner with service organizations and create lasting pathways for individuals committed to public service. Through this initiative, the Peace Corps aims to foster a lifelong culture of giving back by connecting volunteers with meaningful opportunities to serve both domestically and globally.

To launch the initiative, the Peace Corps partnered with four service organizations: City Year, Public Allies, Teach For America and Tilting Futures, all of which share the agency's commitment to service, intercultural competence and community development. Through the Circle of Service, the Peace Corps and its strategic partners will build a community for motivated changemakers to seamlessly transition between service roles throughout their lives, expanding their global impact and strengthening the future of public service.

Flintridge Sacred Heart Academy engineering students shine in International Space Academy Program

FSHA is Challenging and Inspiring the Next Generation of Women in STEM

LA CANADA FLINTRIDGE, CA-- Flintridge Sacred Heart Academy (FSHA) proudly celebrates the achievements of 11 juniors and seniors who participated in the International Space Academy program, co-sponsored by NASA's Jet Propulsion Laboratory (JPL) and La Cañada Sister Cities. This prestigious program challenges students to innovate and collaborate in teams, designing payload launchers and working with peers from sister schools in Spain.

Three FSHA teams—AstroVia, Cosmos Corp, and Satellite Y—excelled at the final launch event, impressing judges with their technical expertise, creativity, and teamwork. Additionally, five prior-year participants returned to the program as mentors, guiding this year's students through the intensive 10-week experience.

In addition to engineering and launch design, each team managed a mock company with stocks and social media presence, gaining real-world business experience. The program culminated in a graduation event where Flintridge Sacred Heart Academy students presented their projects and received accolades for their outstanding work. The Inter-



FSHA has 11 juniors and seniors accepted into the Space Academy program

national Space Academy program is rooted in the Sister Cities partnership, enabling our students to collaborate with peers from Spain. This global connection enriches the learning experience, combining STEM innovation with cross-cultural teamwork. - EIN-Presswire.com



STATEMENT

President Trump has won, and the American people have triumphed. I congratulate them on their victory in an exercise that showed the world the strength of American values.

We look forward to working with President Trump on a wide range of issues that will yield mutual benefits for two nations with deep ties, shared beliefs, a common vision, and a long history of working together.

I am hopeful that this unshakeable alliance, tested in war and peace, will be a force for good, blazing a path of prosperity and amity in the region and on both sides of the Pacific.

This is a durable partnership to which the Philippines is fully committed, because it is founded on the ideals we share: freedom and democracy.

I have personally met President Trump as a young man, so I know that his robust leadership will result in a better future for all of us.

Congratulations, President Trump!

FERDINAND R. MARCOS JR.
PRESIDENT OF THE REPUBLIC OF THE PHILIPPINES

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UP scientists lauded for topping AD Scientist Index 2025

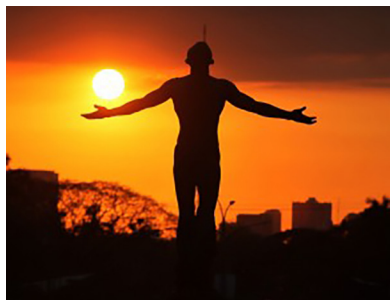
MANILA – The University of the Philippines (UP) lauded its scientists on Monday after they topped other Philippine higher education institutions in the Alper-Doger (AD) Scientific Index 2025.

The AD Scientific Index is a ranking and analysis system of scientific performance that adds value to the scientific output of individual scientists.

“UP’s recognition for having the highest concentration of cited scientists underscores the immense value of their work. This recognition not only enhances UP’s reputation but also strengthens our capacity to address complex national challenges,” UP president Angelo Jimenez said in a statement.

In particular, UP ranked first out of 286 public and private universities in the Philippines; 366th out of the 10,057 universities in Asia; and 1,347th out of 18,584 universities worldwide.

Among Philippine institutions, the International Rice Research Institute (Los



University of the Philippines-Diliman, Quezon City (PNA photo by Joan Bondoc)

Baños, Laguna), De La Salle University Manila, UP Diliman, Ateneo de Manila University, University of Santo Tomas, Silliman University (Dumaguete City), UP Los Baños, UP Manila and University of San Agustin (Iloilo) completed the top 10.

Jimenez vowed to advance more investments in research and development to help address “complex national challenges.” - PNA

OPINION

A new day in America

BABE'S EYE VIEW FROM WASHINGTON D.C.

By JOSE MANUEL G. ROMUALDEZ
Ambassador of the Republic of the Philippines to the United States

Published by *The Philippine Star* on November 10, 2024



With a loud resounding voice, the American people have clearly spoken, electing Donald J. Trump as the 47th president of the United States.

The former president’s victory was so astounding that it was described as a “political comeback for the ages” by Australian journalist Sharri Markson, while vice president-elect JD Vance called it “the greatest political comeback in the history of the United States of America.”

While there was some apprehension, many couldn’t agree more, saying that Trump’s electoral triumph was also a slap on mainstream media that some say have been obviously partisan in their reportage, with certain journalists and talk show hosts perceived as having a personal dislike for the former president. On the other hand, the support of Elon Musk and the use of his resources like X (formerly Twitter) tilted the balance in favor of the former president because “he provided an alternative platform that allowed voters to monitor the campaign activities of both presidential candidates,” a political observer told me.

A lot of people admitted to me that instead of watching the news from US media outlets, they chose to monitor the election results from other networks like Al Jazeera which they found to be more objective in its coverage and presentation, and quicker in giving updates.

The outcome was also a repudiation of sorts for the pre-election polls and surveys claiming that the race was going to be very tight, with many predicting “razor-thin margins” in favor of Vice President Harris and a “near dead heat” or “very close” in the swing states.

However, even as the final vote tally has yet to be known as of this writing, there’s no question that Donald Trump has decisively won in a contest that can also be described as momentous for the GOP because they won the majority in the Senate and most likely Congress, too.

This is also the first time that a Republican candidate has won both the popular and the electoral college votes since 2004, when George W. Bush won against John Kerry. The only other instance in recent history of a Republican winning both the popular and electoral college votes was when George H.W. Bush Sr. defeated Michael Dukakis in 1988.

The election of former president Donald Trump can be considered historic as well because he is only the second president in US history to make a successful comeback for a non-consecutive second term – the first one being president Grover Cleveland (a Democrat) who lost his reelection bid to Benjamin Harrison in 1888. Four years later, Cleveland staged a successful comeback in the 1892 presidential election, winning in his rematch against Harrison who failed in his bid for reelection.

Even before the Nov. 5 presidential election, many of my friends in Philippine media have been asking if US economic and foreign policies will change in case of a win by former president Trump. While the economic policy of president-elect Trump may seem isolationist because of his pronouncements that he will bring American businesses back to the United States, especially those that are already or are leaving China, US investors would want to be present in the ASEAN region because it is a growing market, and there are products that the Philippines can supply to the United States. I am also confident that our economic managers will be able to work out deals that will be mutually beneficial for both countries. After all, business is always a two-way street.

In terms of defense and security, let’s not forget that during the visit to Manila of then secretary of State Mike Pompeo

in 2019, he reiterated the message from president Trump that as far as the 1951 Mutual Defense Treaty is concerned: “We have your back.”

The defense establishment in the US is clear about the important role the Philippines plays in helping ensure freedom of navigation in the South China Sea, where trillions of dollars in maritime trade pass through annually. Certainly, no nation would want to see one country taking control of that vital global artery, and many of our ASEAN neighbors agree that the presence of the United States in Asia Pacific is important.

Let’s not forget, the Trump administration’s Free and Open Indo-Pacific Strategy recognized the strategic significance of the Philippines, with no less than president Trump himself remarking that it was important for the US to remain allied with the Philippines, which he described as the most valuable prime piece of real estate because of its geographic location.

We were pleased President Bongbong Marcos’ post on X was one of the first – the seventh head of state, to be exact – to congratulate president Trump on winning the US presidential election. The Trump campaign took note of it, and sent word they were thankful to President Marcos for his message.

I consider it fortunate as well that I have been here in Washington as Philippine Ambassador to the United States since 2017 during the first presidency of Donald J. Trump, giving me the opportunity to interact and network with friends and officials who worked with the president-elect at the White House. In fact, I met with them the other week and was told a number of them will likely join again the incoming administration of president Trump.

No doubt the 2024 election results will usher in a new day for America. But as I have said on many occasions, I am confident that our friendship with the United States will remain strong because of our shared values and the enduring people-to-people ties that have always been the bedrock of our relationship.

GOV. ABBOTT ISSUES EXECUTIVE ORDER TO PROTECT TEXANS FROM HARASSMENT BY PROC

Governor Greg Abbott on November 18 issued an executive order to protect Texans from the coordinated harassment and coercion by the People’s Republic of China (PRC) or the Chinese Communist Party (CCP). The Governor directed the Texas Department of Public Safety (DPS) to target and arrest any criminals executing CCP influence to forcibly return dissidents to China.

“The Chinese Communist Party has engaged in a worldwide harassment campaign against Chinese dissidents in attempts to forcibly return them to China,” said Governor Abbott. “Texas will not tolerate the harassment or coercion of the more than 250,000 individuals of Chinese descent who legally call Texas home by the Chinese Communist Party or its heinous proxies. Ensuring the safety, welfare, and well-being of Texans is a top priority. I directed the Texas Department of Public Safety to identify and bring criminal charges against individuals who harass Texans on behalf of this hostile foreign adversary. We will continue to do everything we can to protect Texans from the unlawful and repressive actions of the Chinese Communist Party.”

Escalating hostilities in Lebanon having a dire impact on children’s mental health, warns World Vision

BEIRUT – The global Christian humanitarian organization World Vision warns that more than 88,400 children are at risk of experiencing mental health issues as conflict spreads across Lebanon.

Over 400,000 children in the country (one in five) have fled their homes to escape the threat of death and injury due to the escalating violence. Increasingly, more families beyond the border region — in what were earlier considered safer areas — are being forced to flee their homes.

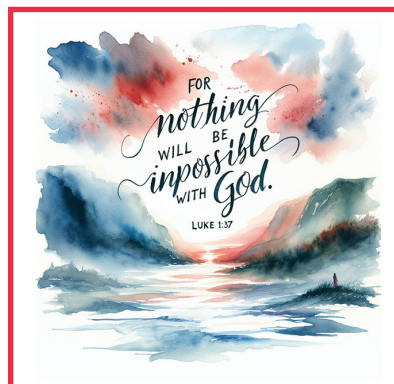
“We are deeply concerned about the innocent children caught in this cycle of violence and displacement. Many will bear the physical and mental scars of this crisis for a lifetime,” says Edgar Sandoval



Sr., president and CEO of World Vision. “We remain committed to do all we can to help ensure that children are protected and given the opportunity to be all God meant for them to be even as we continue to pray for an end to the conflict.”

It’s estimated that at least 155 children, have been killed, and more than 12,000 have been injured. Beyond the immediate threat to children’s physical safety, the implications of the long-term trauma they face are dire. World Vision teams in Lebanon estimate that tens of thousands of children are in need of mental health support, and they expect these numbers to rise as the conflict continues.

World Vision has worked in Lebanon since 1975. The organization is offering psychosocial support sessions to provide children with a safe space to express their emotions and find moments of normalcy. These sessions aim to help children cope with the emotional toll of conflict and displacement, offering vital support to withstand and heal from trauma.



Public Affairs

with AWEE ABAYARI



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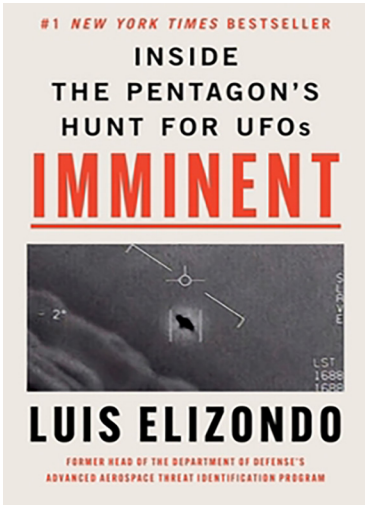


INTERNATIONAL NEWS MEDIA

INM Book Choice

**IMMINENT:
Inside the Pentagon's Hunt for UFOs**
By LUIS ELIZONDO

INSTANT #1 NEW YORK TIMES
BESTSELLER
INSTANT USA TODAY
BESTSELLER
INSTANT #1 SUNDAY TIMES
BESTSELLER



The former head of the Pentagon program responsible for the investigation of UFOs—now known as unidentified anomalous phenomena (UAP)—reveals long-hidden secrets with profound implications for not only national security but our understanding of the universe.

Luis "Lue" Elizondo is a former senior intelligence official and special agent who was recruited into strange and highly sensitive US government program to investigate UAP. To accomplish his mission, Elizondo had to rely on decades of experience gained working some of America's most classified programs. Even then, he was not prepared for what he would learn, including the truth about the government's long shadowy involvement in UAP investigations, and the lengths officials would take to keep it a secret.

For years, Elizondo and his colleagues found themselves on the front lines of what may be the greatest mystery and cover-up in history. Unidentified craft that seem to defy our knowledge of physics—within air, water, and space—have been operating with complete impunity since at least World War II. The military, the

CIA, and even past presidents have known the truth that humanity is, in fact, not the only intelligent life in the universe. The nonhuman intelligence controlling these UAP are actively conducting surveillance on our most sensitive military installations, and have interfered with ongoing military and nuclear operations. US service members and intelligence officers who have encountered UAP have sustained serious medical injuries. And all of this is happening worldwide.

The stakes could not be higher. *Imminent* is a first-hand, revelatory account inside the Pentagon's most closely guarded secret and a call to action to confront humanity's greatest existential questions.

LEAKING HAVOC': 50% of Northern California supermarkets surveyed found emitting super pollutant greenhouse gases

Climate-Polluting Leaks Detected at Safeway, Walmart and Other Major CA Retailers

WASHINGTON, DC, UNITED STATES, November 20, 2024 /EIN-Presswire.com/ -- The Environmental Investigation Agency (EIA), Green America and YouthPower Climate Action released a new report, *Leaking Havoc in Northern California*, investigating leaks of hydrofluorocarbon (HFC) used in refrigeration at major supermarkets in the Bay Area and Sacramento.

The organizations visited Safeway, Kroger-owned Ralphs Grocery or Foods Co., the Save Mart Companies (including Lucky), Smart & Final, Walmart and detected leaks at half (50%) of the sites.

Previous *Leaking Havoc* investigations conducted by EIA of stores in the Washington, DC area and New York City found similar leak rates.



Open air refrigeration in a grocery store



Detecting leaks with the Gasmeter in a grocery store aisle

Avipsa Mahapatra, Climate Campaign Director at EIA US, said: "Our investigations prove that dangerous, avoidable climate pollutants continue to seep unchecked from supermarkets. California has taken leadership action by creating a program to track and regulate

these refrigerant emissions. However, there's an urgent need for further investment in robust enforcement to stop these leaking super pollutants from undermining our climate goals and public health." - Presswire.com

CALORIE RESTRICTION IN HUMANS BUILDS STRONG MUSCLE AND 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. This new study, published in *Aging Cell*, suggests the same biological mechanisms may also apply to humans.

"A 12% reduction in calorie intake is very modest," said corresponding author and NIA Scientific Director Luigi Ferrucci, M.D., Ph.D. "This kind of small reduction in calorie intake is doable and may make a big difference in your health."

Source : nia.nih.gov

Let us come before
him with thanksgiving
and extol him with
music and song. For
the Lord is the great
God, the great King
above all gods.

PSALM 95:2-3

NOVEMBER SAINTS



17 November: St Elizabeth of Hungary, Religious

Born in Bratislava (Slovakia) in 1207. Married at the age of fourteen, widowed at twenty, and died at twenty-four in Marburg (Germany) on this day in 1231. Mother of three children, happily married to Ludwig of Thuringia. When Ludwig died of the plague while on crusade, she continued to protect the poor and founded orphanages and hospitals, living this life of service as a Franciscan tertiary despite the hostility of her relatives and the harshness of her confessor. Noted for her good-humoured resilience in adversity and for her humility in memorial service of the needy.

30 November: St Andrew, Apostle

Born at Bethsaida (Galilee). A fisherman and perhaps a disciple of John the Baptist. Introduced his brother, Simon Peter, to Jesus and became one of the first to follow Christ. Mentioned a number of times in the gospels, for example, in introducing some Gentiles to Jesus (John 12:20ff.). Widely venerated since ancient times and remembered as one of the twelve who bore witness to the life, death, and resurrection of Jesus.

Source : Maryourhelp.org

WAYS TO PREVENT WASTED FOOD AT HOME

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. Make a list each week of what needs to be used up.
- Plan your meals for the week before you go shopping and buy only the things needed for those meals. - EPA.GOV

Recipe

POMEGRANATE SMOOTHIE

This smoothie combines sparkling pomegranate seeds with other fruits and vegetables for a nutritious drink.

Prep time: 10 minutes

Makes: 3 cups

Ingredients:

1 cup cold water

½ cup pomegranate arils (fresh or frozen) or 100% pomegranate juice

1 cup chopped red cabbage (lightly packed)

1½ cups fruit (see Notes)

2 Tablespoons chia seeds or ground flax seeds (optional)

Directions

1. Place ingredients in a blender container in the order listed.

2. Blend until smooth and serve.

3. Refrigerate or freeze leftovers within 2 hours.



Notes

• Try a mix of fruit such as berries and pineapple. • For a thick and frosty smoothie, use frozen fruit or add some crushed ice. • For more protein, add yogurt, dry milk powder or protein

Source: foodhero.org

Sports

Ohtani receives 3rd MVP award in Major League Baseball

Japanese baseball superstar Ohtani Shohei has received his third MVP award in Major League Baseball and his first in the National League.

Ohtani of the Los Angeles Dodgers was a unanimous MVP for the third time, receiving all 30 first-place votes cast by members of the Baseball Writers' Association of America.

Ohtani was unanimously voted the American League MVP in 2021 and 2023 when he played for the Los Angeles Angels.

This year, Ohtani became the first MLB player to hit 50 homers and

steal 50 bases in a single season. He is the first designated hitter to have won the award.

Ohtani played in 159 of his team's 162 games, the most he has ever played in a regular season, finishing with a .310 batting average, the second highest in the league, 54 homers and 130 RBIs.

His 59 stolen bases, the league's second most, and 134 runs, the league's most, both broke the former records by a Japanese player set by Suzuki Ichiro.

Ohtani also won the Hank Aaron Award, which honors the best hitter in each league, for the second year in a



row. He has become the first player in MLB history to win the award in both the American and National leagues.



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SOCIAL SECURITY ANNOUNCES 2.5 % BENEFIT INCREASE FOR 2025

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.

Over the last decade the COLA increase has averaged about 2.6 percent. The COLA was 3.2 percent in 2024.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment (COLA) beginning in January 2025. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2024. (Note: Some people receive both Social Security benefits and SSI).

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

Social Security begins notifying people about their new benefit amount by mail starting in early December.

This year, for the first time, Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person's new benefit amount and any deductions. - ssa.gov

Beware of gift card scams this holiday season



During the holiday season, taxpayers should be aware of gift card scams. Scammers commonly use this time of year. Con artists will target taxpayers by asking them to pay a fake tax bill with gift cards. They may also use a compromised email account to send emails requesting gift card purchases for friends, family or co-workers.

This scam is easy to avoid if taxpayers remember that the IRS never asks for or accepts gift cards as payment for a tax bill.

Here's how this scam usually happens:

- The most common way scammers request gift cards is over the phone through a government impersonation scam. However, they will also request gift cards by sending a text message, email or through social media.
- A scammer posing as an IRS agent will call the taxpayer or leave a voicemail with a callback number inform-

ing the taxpayer that they are linked to some criminal activity.

- The scammer will threaten or harass the taxpayer by telling them that they must pay a fictitious tax penalty.
- The scammer instructs the taxpayer to buy gift cards from various stores.
- Once the taxpayer buys the gift cards, the scammer will ask the taxpayer to provide the gift card number and PIN. - IRS

WHO permits emergency use of Japan-made mpox vaccine

The World Health Organization has permitted emergency use of a Japanese vaccine to inoculate against mpox, previously known as monkeypox.

Mpox cases have been reported in 80 nations this year, including 19 in Africa. In August, the UN agency declared the mpox outbreak a "public health emergency of international concern."

The disease is believed to have taken more than 1,000 lives in the Democratic Republic of the Congo in central Africa.

The WHO said on Tuesday it has added the vaccine developed by Kumamoto-based vaccine manufacturer KM Biologics to its emergency use listing.

The vaccine is the second to be approved for emergency use against mpox. The WHO green-lighted use of a vaccine developed by a pharmaceutical company headquartered in Denmark in September.

In a statement, the WHO said the "decision is expected to facilitate increased and timely access to vaccines in communities where mpox outbreaks are surging."



It also said the Japanese government will donate 3.05 million doses of the vaccine along with specialized inoculation needles to the DRC.

The vaccine had been manufactured for prevention against smallpox, but Japanese authorities additionally approved it for use against mpox in 2022. - NHK

U.S. Trustee Program warns consumers of bankruptcy fraud alert scam

Individuals in financial distress are common targets for scammers. A scam operator calling itself the "Bankruptcy Fraud Watchdog Group" has recently set its sights on consumer debtors, sending letters falsely accusing debtors of failing to disclose assets in their bankruptcy cases.

These letters threaten referrals to "the United States Bankruptcy Trustee" for fraud unless the debtors promptly pay "a one-time amnesty fine" of \$450 in Bitcoin via a QR code to avoid "further legal consequences."

They also falsely state that debtors who share the letters with their attorneys will face "immediate referral for criminal prosecution."

As the actual watchdog of the bankruptcy system, the U.S. Trustee Program (USTP) identifies and helps investigate allegations of fraud or abuse, including schemes exploiting vulnerable consumers in bankruptcy.

What help is available for U.S. citizens with medical emergencies abroad?

Consult the nearest U.S. embassy or consulate's website for a list of hospitals and doctors. Your hotel concierge may also be a good resource. The availability and quality of medical services can vary greatly. Read the Health Information section in our country information pages.

Eligible U.S. citizens who are not returning to the United States may get an EMDA II loan. They can use it for emergency medical, dietary, and other aid. Your U.S. passport will be limited when the loan is issued. You will not get a new passport until the loan is fully paid. These loans are very case-specific. The Embassy or Consulate can explain their requirements or limits when you apply for the loan.

Source: US Department of State

DHS conducts removal flight to the People's Republic of China

WASHINGTON – On November 16, the U.S. Department of Homeland Security (DHS), through U.S. Immigration and Customs Enforcement (ICE), conducted a third large-frame charter removal flight in less than six months to the People's Republic of China (PRC) of Chinese nationals with no lawful basis to remain in the United States.

This removal flight is yet another example of the Department's ongoing cooperation with the PRC and other international partners to reduce and deter irregular migration through enforcement of immigration law. DHS and its counterparts in the PRC also continue joint work to counter human smuggling networks.

Our messaging has been clear: Do not believe the lies of smugglers. The United States continues to enforce immigration law, and those without a legal basis to remain will be removed.

DHS is enforcing U.S. immigration laws and delivering tough consequences for those who enter unlawfully or without authorization. This includes swiftly returning those without a legal basis to remain in the United States, while encouraging the use of safe, lawful, and orderly pathways; holding transnational criminal networks accountable for abusing our lawful trade and travel systems; and preventing the smuggling and exploitation of vulnerable people. - DHS

INTERNATIONAL FRAUD AWARENESS WEEK HIGHLIGHTS HOW TO REPORT FRAUD, TAXPAYER PROTECTION AGAINST SCAMS

WASHINGTON — As part of International Fraud Awareness Week, the Internal Revenue Service reminds taxpayers how to report tax-related fraud in their community to protect personal and financial information from scam artists and tax schemes.

The IRS also encourages individu-

als, businesses and tax professionals to take time now to learn to recognize red flags and to ensure defenses are in place to stop scammers and those who promote unscrupulous tax schemes.

Reporting tax fraud
Tax fraud can come in many forms, including scams targeting individuals,

tax-related schemes pitched by unscrupulous promoters and fraud committed by taxpayers who knowingly file incomplete or inaccurate information with the IRS.

Individuals can report suspected tax law violations such as:

- False exemptions and deductions.
- Multiple tax filings.
- Organized crime, public/political corruption and kickbacks.
- Unsubstantiated and unreported income.
- Narcotics income.
- Wagering/gambling income.
- Failures to pay tax, withhold tax and file returns.



Driving Tips

Tips to help prevent aggressive driving

Manage your behavior, manage your responses

You will see other drivers doing things that are illegal, inconsiderate and even incomprehensible. Don't respond personally. Most drivers are not thinking about their impact on you; they are just rushed, distracted or upset.

Follow the rules of the road:

- Maintain adequate following distance.
- Use turn signals.
- Allow others to merge.
- Use your high beams responsibly.
- Tap your horn if you must (but no long blasts with accompanying hand gestures).
- Be considerate in parking lots. Park in one spot, not across multiple spaces. Be careful not to hit cars next to you with your door.

Dealing with Confrontation

- Avoid eye contact with angry drivers.
- Don't respond to aggression with aggression.
- If you feel you are at risk, drive to a public place such as a police station, hospital or fire station.
- When you park, allow room so you can pull out safely if someone approaches you aggressively.
- Use your horn to attract attention but remain in your locked vehicle.
- If you are confronted, stay as calm and courteous as possible.
- If you feel threatened, call 911.

Always Remember

- Don't Offend: Never cause another driver to change their speed or direction.
- Be Tolerant and Forgiving: The other driver may just be having a really bad day. Assume that it's not personal.
- Do Not Respond: Avoid eye contact, don't make gestures, maintain space around your vehicle, and contact 9-1-1 if needed.

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Carnival Panorama (Photo from CCL website)

Carnival Cruise Line makes first-ever visit to PH

MANILA – The Carnival Cruise Line (CCL) celebrated its first-ever visit to the Philippines after Carnival Panorama arrived at the South Harbor's Eva Macapagal Super Terminal on October 18.

Carnival Panorama's shipboard leaders, Capt. Luca Lazzarino, Chief Engineer Stefano Gazzolo, and Hotel Director Hector Groves, led the commemoration activity along with local dignitaries and representatives of Cruise Administration Services, Inc. (CCL's Manila back

office) and Open Sea Crewing Agency, Inc. (CCL's authorized manning agency in the Philippines).

Carnival Panorama's Manila visit was part of her 25-day Transpacific Carnival Journeys cruise from Singapore to Long Beach, California.

Carnival Panorama's Philippines visit gave guests a quick glimpse of the historic city of Manila and allowed the vessel's crew members to go ashore and spend some time with their families.

"Filipino seafarers are among the top three nationalities sailing with the Carnival Cruise Line fleet. Carnival Panorama's visit is a momentous occasion for CCL's Filipino shipboard talent and a unique opportunity for them to be with their loved ones. This is why we prepared this homecoming event for them," said Igmedio Cariaga, director of Carnival Cruise Line's Crew & Travel Operations Team.

Visitors to Imakoyasan mountain in Hiroshima enjoy autumn colors

Visitors to Imakoyasan in Hiroshima Prefecture, western Japan, are enjoying the mountain's autumn foliage at its peak.

The mountain in Sera Town houses Ryugeji, a temple that is believed to have been opened by renowned Buddhist monk Kobo Daishi as hallow ground.

The area around the temple is known as a famous autumn leaves viewing spot.

The visitors enjoyed the colors of the maple trees while strolling in the temple grounds and on the approach to a nearby shrine.

A local preservation group says the recent arrival of cold weather caused the maple leaves to rapidly change colors



about 10 days later than usual due to warm weather.

Okamoto Nobumasa, one of the caretakers of the historic site, said he hopes visitors will enjoy the autumn leaves as well as the history of the old temple and shrine.

The autumn foliage season at Imakoyasan will continue until early next month, according to officials. - NHK

'Wicked' and 'Gladiator' make gravity-defying theater debuts

NEW YORK — With a combined \$270 million in worldwide ticket sales, "Wicked" and "Gladiator II" breathed fresh life into a box office that has struggled lately.

Jon M. Chu's lavish big-budget musical "Wicked," starring Ariana Grande and Cynthia Erivo, debuted with \$114 million domestically and \$164.2 million globally for Universal Pictures. That made it the third-biggest opening weekend of the year, behind only "Deadpool & Wolverine" and "Inside Out 2."

Ridley Scott's "Gladiator II," a sequel to his 2000 best picture-winning original, launched with \$55.5 million in ticket sales. With a price tag of around \$250 million to produce it, "Gladiator II" was a big bet by Paramount Pictures to return to the Coliseum with a largely new cast, led by Denzel Washington and Paul Mescal. While it opened with less than the \$60 million predicted in domestic ticket sales, "Gladiator II" has performed well overseas. It added \$50.5 million internationally. - AP



Cynthia Erivo, right, and Ariana Grande pose for the photographers prior to the premiere of "Wicked" at Auditorio Nacional in Mexico City, Nov. 11, 2024.

UN Tourism World Forum on Gastronomy Tourism debuts in the Middle East

The Middle East played host to the World Forum on Gastronomy Tourism for the first time, with Bahrain welcoming policymakers, industry experts, and renowned chefs to focus on sustainability and community empowerment.

The 9th edition of the UN Tourism World Forum on Gastronomy Tourism (Manama, 18-19 November) was held under the theme of "Gastronomy Tourism: A Driver of Economic Diversification and Inclusion". Co-organized by the Basque Culinary Center and hosted by the Ministry of Tourism of Bahrain, the Forum welcomed 500 delegates from 50 countries, marking a milestone in showcasing the region's unique culinary traditions.

Nature Palettes by Dx Space wins Bronze in A' Interior Design Awards

COMO, CO, ITALY, EINPresswire.com/ -- The A' Design Award, a highly prestigious and well-recognized award in the field of interior design, has announced Dx Space as a Bronze winner in the Interior Space and Exhibition Design category for their exceptional work titled "Nature Palettes."

This esteemed recognition highlights the significance of the A' Interior Design Awards within the industry, positioning it as a prestigious acknowledgment of outstanding design achievements. - EINPresswire.com



Nature Palettes

OPIC Technologies, Inc. leads the 3D live revolution, bringing the biggest concert experiences to fans everywhere

ORLANDO, FL, -- OPIC Technologies, Inc., the global leader in 3D live technology, is set to transform the entertainment industry by making it possible for fans to experience live concerts in a completely immersive and interactive way—no matter where they are in the world. As artists seek new ways to connect with their audiences, OPIC's cutting-edge 3D live streaming capabilities are opening up new possibilities for global fan engagement. Imagine being able to feel like you're front row at a Taylor Swift concert, even if you're thousands of miles away.

Taylor Swift's record-breaking Eras Tour captivated millions of fans worldwide, but not everyone could get a ticket. Now, with OPIC's 3D live technol-

ogy, artists like Taylor Swift can bring the concert experience directly to fans, wherever they are. OPIC's technology provides a fully immersive experience, allowing fans to see, hear, and even feel the energy of a live performance as if they were in the stadium, all from the comfort of their homes.

"At OPIC, we believe that everyone should have access to extraordinary experiences, no matter where they are," said Bob Douglas, CEO of OPIC Technologies, Inc. "Our 3D live technology empowers artists like Taylor Swift to extend their reach, bringing fans closer than ever to the music they love. Imagine being able to step into the concert, experience the lights, the music, and the atmosphere, all in real-time 3D."



HELSINKI: CAPITAL OF FINLAND



Population: 656,920 (2021)
United Nations

Metro population: 1,583,038
(Helsinki metropolitan area)

Age: 474 years
Founded: June 12, 1550

Land area: 82.53 mi²
Neighborhoods: Kamppi, Töölö, Kallio, Munkkiniemi, Centre, Tali, Pasila, Vuosaari

Helsinki, Finland's southern capital, sits on a peninsula in the Gulf of Finland. Its central avenue, Mannerheimintie, is flanked by institutions including the National Museum, tracing Finnish history from the Stone Age to the present. Also on Mannerheimintie are the imposing Parliament House and Ki — Google

• People • Events •

World Expo in Osaka

Japan will be organising the next World Expo in Osaka, Kansai, from 13 April to 13 October 2025. Osaka is hoping to welcome 28 million visitors to Expo, which will focus on the theme Designing Future Society for Our Lives. Some 150 countries and 25 organisations will take part.

Experience the magic of the season

BURLINGTON, Ontario- Experience the magic of the season at Royal Botanical Gardens' Winter Wonders! Hendrie Park will transform into a winter wonderland, featuring dazzling lights, festive installations, and enchanting displays on Thursday to Sunday evenings from December 5 th, 2024, to January 5 th, 2025

Guided by the glow of lights and twinkling stars, stroll through RBG's scenic winter landscape to the backdrop of festive music while savouring warm holiday treats. - Businesswire



Winter Wonders returns to Royal Botanical Gardens' Hendrie Park. (Photo: Royal Botanical Gardens Canada)

Carnegie Hall's citywide free events across New York City this November and December

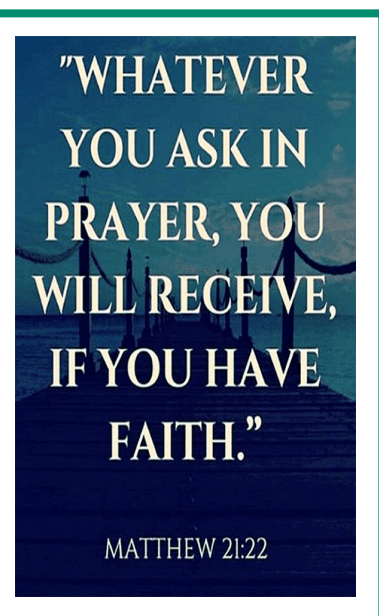
NEW YORK, NY: The Carnegie Hall Citywide free concert series continues throughout the 2024–2025 season with a wide-ranging lineup of performances in community venues across New York City. The fall and winter performance schedule features renowned artists from a variety of genres—including classical, jazz, Latin, bluegrass music, and more.

All Carnegie Hall Citywide performances are free, and no tickets are required. Additional events will be announced in the coming months.

Holiday Cabaret show 'Everything' starring The Voice Programs' own Maria Zouves

NEW YORK CITY, NY -- Maria Zouves is back on the solo concert stage, this time to perform her one-night-only Cabaret show 'Everything' at 7 p.m. on Thursday, Dec. 12 accompanied by long-time Milnes VOICE Programs collaborator Justin Havard on piano. The doors open at 6:15 p.m., and the show begins at 7 p.m. at Don't Tell Mama located at 343 West 46th Street New York City, NY 10036.

This enticing holiday cabaret promises popular songs spanning from the 40's to today - including many songs by famed composer David Friedman. The performance coincides with the release of Zouves' brand-new album, also entitled 'Everything.' Zouves is well known as the Co-Founder and President of Sherrill Milnes VOICE Programs as well as a talented Greek-American soprano and classical singer. Zouves will dazzle the audience with her rich vocal color and storytelling through song and stories. From her life in the world of opera, her obsession with great songstresses like Streisand and Garland, to what it was like to "grow up Greek," Maria spins a story that tugs on the heart. -Globe Newswire





HAVE A BLESSED

Thanksgiving

In the U.S. Thanksgiving is modeled on a harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people in 1621. It is intended to celebrate the blessings of the past year.

Thanksgiving Day became an official U.S. holiday in 1863, and in 1942 the federal government designated the fourth Thursday in November as Thanksgiving. A traditional Thanksgiving meal consists of turkey, cranberries, bread stuffing, and pumpkin pie, among other dishes.

Source : Britannica.com