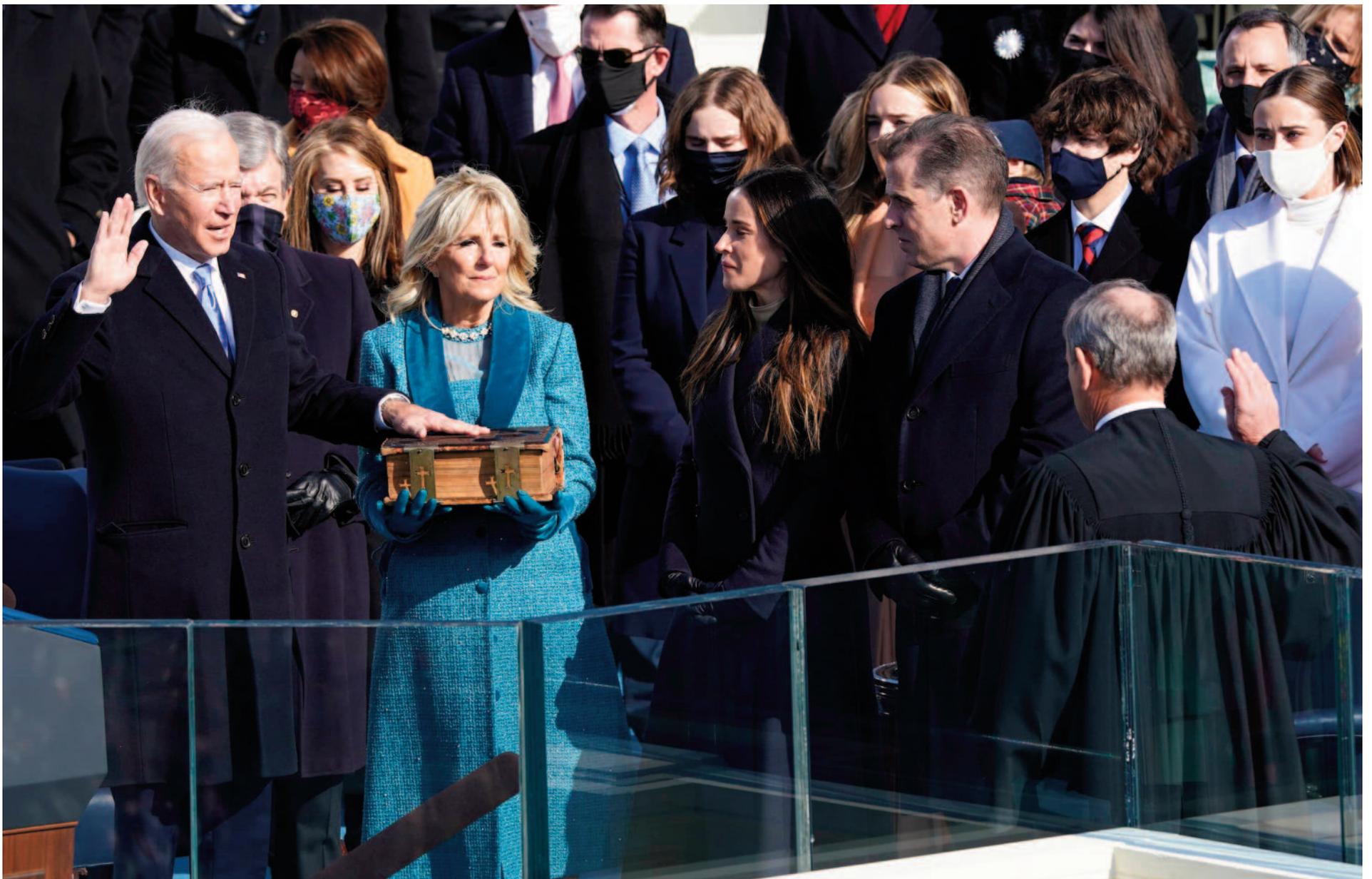


Biden Inaugurated as the 46th President Amid a Cascade of Crises



Joe Biden, beside his wife, Jill Biden, is sworn in as the 46th president of the United States by Supreme Court Chief Justice John Roberts on January 20, 2021, at the U.S. Capitol in Washington, D.C.

Reported by: Peter Baker, New York Times, Jan. 20, 2021

Joseph Robinette Biden Jr. and Kamala Devi Harris took the oath of office at a Capitol still reeling from the attack of a violent mob at a time when a deadly pandemic is still ravaging the country.

WASHINGTON— Joseph Robinette Biden Jr. was sworn in on Wednesday as the 46th president of the United States, assuming leadership of a country ravaged by disease, dislocation and division with a call to “end this uncivil war” after four



Flags on the National Mall represent the crowds that could not attend the inauguration because of the pandemic. Credit... Jason Andrew for The New York Times

See Page 4 Biden inaugurated



From the Publisher's desk
Trump's legacy is a nation in crisis
Zenaida Ferry Kharroubi

Historians, writers, and commentators on TV and radio have voiced mostly unfavorable opinions about Donald Trump. Almost all of them have stated that Trump, among the five worst presidents, will be at the bottom of this list. Yet, the Republican party has been so loyal and steadfast in its support that only 10 Congressmen from the party voted yes to impeach him, and 197 voted no. How can such a big majority remain so blinded to Trump's repeated lies, fabrications, exaggerations? His biggest failure as president is his lack of interest in responding to the Covid 19 pandemic that resulted in the loss of so many American lives. Apparently, Trump is like the Republican party's cult leader. The tragic event on January 6th seems to be the final blow to his presidency but it is also considered the beginning of the Republican Party's problem. If they fail to recognize the need to impeach a president like Trump, after this tragic assault on the Capitol building, they have also failed in their duties to preserve democracy and the Constitution..

Among all previous presidents, Donald Trump is known to be the only one without any experience in any type of public office. His background in business and as a reality TV star did not

prepare him for the office of the president. Hence, it is no wonder that he behaves in being president only to his base by his political rhetoric of saying America first and make American great again. He appears unfit to govern a nation and he is often criticized for using the power of the office of the president to serve his own needs and those who are loyal to him.

Donald Trump is unlike any other president. He is said to have broken the mold, an "aberration of how a president should behave and speak." Most comments about his presidency contain similar statements like in the following: Trump, elected on a platform to "drain the swamp" in Washington and who celebrated his status as a political outsider, spent four years brashly attacking political opponents, allies he felt hadn't been properly loyal, bureaucrats, intelligence and justice officials, scientists, the post office, the entire voting system, the media, and public health leaders.

Repeatedly described by insiders as a narcissist with a fragile ego and a short attention span, Trump displayed often boorish and petty insolence on Twitter, which he used frequently and to great effect. He has now been permanently banned by the platform."

Even though Trump's term is over, his influence on politics,

particularly on the Republican party and on the 74 million people who wanted to give him a second term may last for a while. His political life started with lies and a conspiracy theory over President Obama's birth and ended with his false claims that he won an election that he clearly lost. He is leaving a nation greatly divided into two sectors of the American society as described in the following excerpts from an editorial: .. - "the one largely conservative and rural and the other more liberal suburban and city dwelling. The two increasingly lack a common cultural language and definition of patriotism -- and thanks to Trump and the media propagandists who sustained his personality cult -- even a common version of truth." #

A Push for 'Patriotic Education'
Trump wants to put his mark on U.S. history education via a new White House report.
Actual historians say the report belongs in the trash.

By Colleen Flaherty
January 20, 2021 (Inside Higher Education)

PRESIDENTIAL ADVISORY 1776 COMMISSION

In an 11th-hour White House report, the administration that coined the term "alternative facts" says it's academics who have hijacked the truth about U.S. history.

Historians, in turn, generally agree that the report -- released by the Presidential Advisory 1776 Commission -- is garbage. The document lacks citations, fails to mention Native Americans entirely, traffics heavily in American "values" at the expense of objective truths and bemoans the "radicalization of American politics" from the 1960s onward.

Less clear to historians is how much of an impact the report will have on already divided and fact-challenged culture.

David Blight, Sterling Professor of American History at Yale University, said that academic historians, "even those with conservative instincts, will discredit this report whenever asked. We value research, facts, evidence, and then interpretation and debate above ideology. At least most of us do."

Beyond academe, Blight said he was hopeful that the report "will have very little lasting power." But even as President Trump is about to leave office, he said, "Trumpism is not going away," and the report gives his supporters a "documentary calling card" in form of an official White House publication.

Ultimately, he said, the report's real-world impact depends on "what Fox News and other right-wing media does with it. It is cleaned-up Trumpist lies put out for public use."

Lindsay Stallones Marshall, Chancellor's Postdoctoral Fellow in American Indian Studies at the University of Illinois at Urbana-Champaign, said she didn't expect the incoming Biden administration to continue the commission or heed its

work in any way. Yet the "credence" that the Trump administration lent to such "radical, anti-intellectual views of U.S. history education will support efforts to instill this sort of propaganda in the guise of history education reform."

Trump, who has attacked The New York Times' "1619 Project" for highlighting the role of slavery in U.S. history, started talking about the need for "patriotic education" in September. He formally created the Presidential Advisory 1776 Committee by executive order in November, to counter a "radicalized view of American history" that "lacks perspective, obscures virtues, twists motives, ignores or distorts facts, and magnifies flaws, resulting in the truth being concealed and history disfigured."

Hillsdale College, a conservative, politically aspirational private institution in Michigan with Baptist roots, announced in mid-December that Trump had appointed its president, Larry P. Arnn, chairman of the 1776 Commission. Matthew Spalding, dean of Hillsdale's Van Andel Graduate School of Government in Washington, was named the commission's executive director.

"The 1776 Committee was formed to advise the president about the core principles of the American founding and how to protect those principles by promoting patriotic education," Spalding, who took a leave of absence from Hillsdale for the role, said at the time. "The path to a renewed and confident national unity is through a rediscovery of our shared identity rooted in those principles. It is an honor to be entrusted to direct the commission."

The commission -- which included not a single professional historian -- was to have up to one year to complete the report. But it released its report over the Martin Luther King Jr. Day weekend, months early.

It's unclear if the release was timed to the holiday or if the report was simply pushed through before Trump left office this week. King's "I Have a Dream" speech looms large in the report, but some of his other public statements are included, devoid of context, in support of the commission's view that "identity politics divides Americans by placing them perpetually in conflict with each other."

The report says that during the latter 1960s, many Americans rejected King's ideas on civil rights and "reframed debates about equality in terms of racial and sexual identities." The civil rights movement came to "abandon the nondiscrimination and equal opportunity of colorblind civil rights in favor of 'group rights' and preferential treatment," the commission wrote.

"A radical women's liberation movement reimagined America as a patriarchal system, asserting that every woman is a victim of oppression by men," and the Black Power and Black Nationalist movements "reimagined America as a white supremacist regime." Meanwhile, the commission said, "other activists constructed

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Homeless man's death near shelter during curfew spurs call for resources



Raphael André

Raphael André, a 51-year-old Innu man, was found dead Sunday morning inside a portable toilet near Milton St. and Parc Ave.

By Matthew Lapierre • Local Journalism Initiative Reporter, 1/19/21

The death of a homeless man overnight Saturday has spurred some advocates to call for more resources and has served as a reminder to others that too many people are still spending their nights on Montreal's frigid streets.

Raphael André, a 51-year-old Innu man, was found dead Sunday morning inside a portable toilet near Milton St. and Parc Ave. — a short walk from The Open Door, a drop-in centre he frequented.

Beds had been available at the drop-in centre until recently when public health officials trying to quell a COVID-19 outbreak in the homeless community ordered it closed at 9:30 every night,

forcing visitors to seek shelter elsewhere.

There were beds available in some Montreal homeless shelters on Saturday night, but André didn't find his way to one. The province's coroner is now investigating how he ended up dead in a cold, blue port-a-potty instead.

"He was a person who had a family and who was loved," said Heather Johnston, the executive director of Projets Autochtones du Québec. André spent Friday night at a PAQ shelter, where he even had a COVID-19 test. He was well-known to the Johnston blamed systemic failures, not a lack of emergency shelter space, for André's death.

"I see the services that are out there and they're not perfect, but on Saturday night there was space for Mr. André at PAQ. He knew PAQ. He wasn't in hiding. He was at the shelter almost every night," she said. "The answer is housing. It's wraparound housing for people with drug and alcohol addictions or people with mental health problems, and it's about getting them into long-term housing and giving them the supports they need to be able to live independently."

Other advocates say André's death is a sign of how the homeless have been ignored during the COVID-19 pandemic and insist that it demonstrates



The homeless population are so scared," says Nakuset, the executive director of the Native Women's Shelter of Montreal. "They know that society doesn't seem to care about them." PHOTO BY DAVE SIDAWAY /Montreal Gazette

the need for more safe spaces for them to spend their nights, and for reinforcements for shelter staff and community groups whose staff are stretched thin.

"We're not taking care of the vulnerable — except for the organizations that are doing the work," said Nakuset, the executive director of the Native Women's Shelter of Montreal.

When Premier François Legault announced a province-wide 8 p.m. curfew, he said there were enough shelter beds for Montreal's homeless to spend their nights, but Nakuset said she worries more people could die if more resources are not mobilized soon.

"I knew this was going to happen eventually," she said. "Why can't the municipal, provincial and federal governments all get together and say 'we have an action plan, we're going to help,' instead of just ignoring and putting your head in the sand and

saying 'there's no problem, there's lots of room. Everyone's fine.' ... Get your army or your Red Cross to come in and help us like you would in a third-world country."

André was well-known in Montreal's homeless community. At the corner of Milton St. and Parc Ave. on Monday evening, as temperatures began to dip below minus-10C, one man remembered him as a kindred spirit who sometimes hung out in the area.

"He was a nice guy all the time. Every day," he said.

André's death, so close to the spot where his friends still spend much of their time, has shaken the nerves of others who frequent the area near The Open Door. "We found a dead body this morning," one woman said. "It's scary."#

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2020 has been an exceptionally trying year for everyone. We were confronted with a worldwide pandemic, the likes of which has not been seen in our lifetime. While no government is perfect, and in retrospect there are things we could have done differently, I am proud of the way our federal government has stepped up to support Canadians during the pandemic.

My job has been to support my constituents which included providing a constant stream of information; answering your questions; helping individuals and groups with their own files; and obtaining funding and grants. It also meant helping our Government construct and refine programs like the CERB, CEBA, CEWS, CECRA and their successors. It meant fighting for improvements, such as helping to lead the charge for national standards in our long-term care facilities.

Throughout the first 5 months of the pandemic, my staff and I worked 7 days a week to ensure that all phone calls and emails were responded to within 24 hours.

I published a daily update (now weekly) to provide important information to the thousands of constituents who provided us their email addresses. Those updates are also posted on my Facebook page. I encourage everyone who does not yet receive my updates to please email us at Anthony.housefather@parl.gc.ca.

We also had volunteers contact as many residents of the riding as possible, particularly seniors.

Throughout the year, we tried to help resolve the thousands of files that we received from the riding's businesses, non-profits and organizations. We also assisted them in applying for funding and grants. Simultaneously, Parliament was also functioning and I was also representing you in Parliament, on Committees, as Parliamentary Secretary to the Minister of Labour and in the Liberal caucus.

In all the years that I have served as an elected official, this one has been the most challenging but also the most rewarding. I have never before been able to assist so many people directly in such a short time frame and, hopefully, make a positive difference in their lives.

I appreciate the incredible sacrifices everyone has made this year and for this holiday season let us hope for a joyous and HEALTHY 2021.



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From Page 1 Biden inaugurated

tumultuous years that tore at the fabric of American society.

Mr. Biden sought to immediately turn the corner on Donald J. Trump's polarizing presidency, inviting Republicans to join him in confronting the nation's dire economic, social and health crises even as he began dismantling his predecessor's legacy with orders to halt construction of his border wall, lift his travel ban and rejoin the Paris climate agreement.

The ritualistic transfer of power ended weeks of suspense as the vanquished president waged a relentless bid to hang on, only to be rebuffed at every level of government, clearing the way for Mr. Biden to claim



Amanda Gorman, First National Youth Poet Laureate

his office. With his hand on a five-inch-thick Bible that has been in his family for 128 years, Mr. Biden recited the 35-word oath administered by Chief Justice John G. Roberts Jr. at 11:49 a.m., 11 minutes before the constitutionally prescribed noon hour.

Vice President Kamala Devi Harris was sworn in a few minutes earlier by Justice Sonia Sotomayor using a Bible that once belonged to Thurgood Marshall, the civil rights icon and Supreme Court justice. Ms. Harris thus became the highest-ranking woman in the history of the United States and the first Black American and first person of South Asian descent to hold the nation's second highest office.

The drama of the moment was underscored by the sight of Mr. Biden taking the oath on the same West Front of the Capitol seized just two weeks ago by a marauding mob trying to block final ratification of Mr. Trump's election defeat. Without ever naming Mr. Trump, who left the White House early in the morning for Florida but still faces a Senate trial for provoking his supporters, Mr. Biden said that the United States' democratic experiment itself had come under assault by extremism and lies but ultimately endured.

"Through a crucible for the ages, America has been tested anew and America has risen to the challenge," the president said in a 21-minute Inaugural Address that blended soaring themes with folksy touches.

"The will of the people has been heard, and the will of the people has been heeded," he added. "We've learned again that democracy is precious. Democracy is fragile. And at this hour, my friends, democracy has prevailed."

Already abbreviated because of Mr. Trump's refusal to concede, the transition that ended Wednesday was like none before, not just from one party



President Joe R. Biden delivering his 21-minute inaugural address

to another but from one reality to another. A president who came to Washington to blow up the system was replaced by one who is a lifelong creature of it. A president who seemed capable of almost anything at any moment was dislodged by one who fits comfortably in the conventions of modern politics.

Amid fear of further violence, Washington was transformed into an armed camp, with 25,000 National Guard troops joining thousands of police officers in blocking off a wide section of downtown.

With the pandemic still raging and the death toll topping 400,000, Americans were told to stay away,



Kamala Harris with her husband holding the Bible was sworn in by Justice Sonia Sotomayor.

Mr. Biden's broader message was conciliatory yet challenging, as he called on Americans to put aside their deep and dark divisions to come together to confront the coronavirus pandemic, economic troubles and the scourge of racism.

"We must end this uncivil war that pits red against blue, rural versus urban, conservative versus liberal," Mr. Biden said. "We can do this if we open our souls instead of hardening our hearts, if we show a little tolerance and humility, and if we're willing to stand in the other person's shoes, as my mom would say, just for a moment."

Mr. Biden used the word "unity" or "uniting" 11 times, saying that he knew it "can sound to some like a foolish fantasy" but insisting that Americans had emerged from previous moments of discord and could do so again.

"We can join forces, stop the shouting and lower the temperature," he said. "For without unity, there is no peace, only bitterness and fury. No progress, only exhausting outrage. No nation, only a state of chaos. This is our historic moment of crisis and challenge, and unity is the path forward."

A historic moment, but also a surreal one. Unlike most inaugurations suffused with joy and a sense of new beginning, the nation's 59th inauguration on a chilly but sunny day served to illustrate America's troubles.

leading to the eerie spectacle of a new president addressing a largely empty National Mall, filled not with people but with flags meant to represent the



Lady Gaga sings the national anthem as Vice President Mike Pence and Vice President-elect Kamala Harris look on.

absent crowd. Mr. Biden and most of the participants wore masks through most of the activities.

Many inaugural customs were scrapped because of the virus, including a lunch with congressional leaders in Statuary Hall, a full-scale parade down Pennsylvania Avenue and the gala evening balls where the new president and his wife typically dance.

Instead, Mr. Biden reviewed military units at the Capitol and later proceeded to the White House escorted by military marching bands as well as drum lines from the University of

Delaware and Howard University, the alma maters of the new president and vice president.

Mr. Biden and his wife, Jill Biden, his son Hunter Biden and his daughter Ashley Biden, as well as a passel of grandchildren and other relatives, emerged from the motorcade to walk the final blocks to the White House, but it was a gesture aimed more at cameras than the crowd because there were more police and National Guard troops than spectators.

Still, one tradition that went forward left an impression. Amanda Gorman, 22, a self-described "skinny Black girl, descended from slaves and raised by a single mother," became the youngest inaugural poet in American history and drew raves for her powerful words:

"Somehow, we've weathered and witnessed

"A nation that isn't broken, but simply unfinished."

In characteristic fashion, Mr. Trump defied custom by leaving Washington hours before the swearing-in, although Mike Pence, his vice president, did attend. In remarks to supporters before boarding Air Force One, Mr. Trump still could not bring himself to mention Mr. Biden's name but said, "I wish the new administration great luck and great success." He did leave the traditional note for his successor, which Mr. Biden later called "a very generous letter."

Mr. Biden expressed no regret about Mr. Trump's absence but sought to project common cause with Republican as well as Democratic leaders in the Capitol in a chummy gathering after the ceremony with none of the animus that characterized Mr. Trump's era. He even tried to persuade them to still call him Joe.

"No, Joe," Representative Steny H. Hoyer, Democrat of Maryland and the majority leader, corrected him. "You're 'Mr. President.'"

"He makes me call him that, too," Dr. Biden joked. #

Joe Biden grieves Covid victims on eve of his inauguration: 'To heal, we must remember'

(CNN) One of the great tragedies of the past year, as some 400,000 Americans lost their lives to Covid-19, was not only that many victims died alone -- their loved ones robbed of the chance to say goodbye -- but that the pain of that loss was whitewashed by a President who chose to minimize and deny it.

In a somber ceremony at the Lincoln Memorial on Tuesday night that was his first stop in Washington, President-elect Joe Biden signaled that honoring that grief and the terrible toll of the last year would be at the very heart of his administration. Elected because of his empathy and his compassion for Americans, who are suffering through a confluence of crises that have created a time of great uncertainty, Biden spoke just a few words as the sun set over the National Mall, casting a rosy glow in the twilight.

The President-elect told Americans he shared in their grief -- with his own understanding deepened by the loss of his first wife and daughter in a car accident as a young man and the loss of his son Beau to cancer at the age of 46.

"It's hard sometimes to remember, but that's how we heal. It's important to do that as a nation," Biden said in brief remarks before 400 lights were illuminated along the edges of the Lincoln Memorial Reflecting Pool, marking the more than 400,000 Americans who have died from Covid-19.

He and his wife, Jill Biden, watched in silence, alongside Vice President-elect Kamala Harris and her husband, Doug Emhoff, as the reflections of the lights glimmered in the water. Hundreds of towns, cities and communities across the country joined in the tribute, lighting up buildings from the Empire State Building in New York to the Space Needle in Seattle. Cardinal Wilton Gregory, the archbishop of Washington, delivered the invocation and gospel singer Yolanda Adams performed "Hallelujah" after Biden spoke.

Harris spoke briefly at the memorial, noting that "for many months, we have grieved by ourselves. Tonight, we grieve and begin healing together."

"Though we may be physically separated, we, the American people, are united in spirit and my abiding hope, my abiding prayer, is that we emerge from this ordeal with a new wisdom: to cherish simple moments, to imagine new possibilities and to open our hearts just a little bit more to one another," Harris said.

Biden and Harris come to Washington

The President-elect arrived in Washington, DC, on Tuesday for the start of his inaugural ceremonies at a dark moment in American history, preparing to take his oath of office as the US passes 400,000 coronavirus deaths and is more divided than at any time since the Civil War.

As he departed for the nation's capital earlier in the day, Biden gave an emotional farewell to his home state of Delaware, his voice breaking at times as



With the Washington Monument in the background, President-elect Joe Biden with his wife Jill Biden and Vice President-elect Kamala Harris with her husband Doug Emhoff listen as Yolanda Adams sings "Hallelujah" during a COVID-19 memorial, with lights placed around the Lincoln Memorial Reflecting Pool, Tuesday, Jan. 19, 2021, in Washington.

he thanked the state's residents for believing in him and standing with him throughout his career.

"I'll always be a proud son of the state of Delaware," Biden said at the Delaware National Guard headquarters in New Castle County. "Excuse the emotion," he said, tears streaming down his face, "but when I die, Delaware will be written on my heart and the hearts of all of us -- all the Bidens. We love you all. You've been there for us in the good and the bad."

He gave a moving tribute to his son Beau, who died of brain cancer in 2015 at the age of 46, stating that he had hoped to see his son become president one day.

"We should be introducing him as president," he said.

The President-elect also noted the historical arc of his career witnessing the civil rights struggle as well as signs of progress in the United States. He said he came home to Wilmington, Delaware, from law school after Dr. Martin Luther King Jr. was assassinated -- inspired by the turmoil to become a public defender. In 2009, he made the journey to Washington with Barack Obama, who became the nation's first Black president. And he is returning to Washington, DC, this week "to meet a Black woman of South Asian descent, to be sworn in as President and vice president of the United States. That's America," he said Tuesday.

The nation's continuing struggles for equality and racial justice also drew Biden into the 2020 presidential race. He has said he decided to seek the highest office after watching President Donald Trump's dismissive handling of the deadly White supremacist rally in Charlottesville, Virginia, when he said there were "very fine people on both sides."

Now intent on healing a deeply fractured country, Biden's task has never seemed more daunting after Trump incited a riot with his lies that the presidential election was stolen, which led an armed mob to storm the Capitol on January 6 and resulted in the deaths of five people, including a Capitol Police officer. On Tuesday, Senate Majority Leader Mitch McConnell said that the mob was "provoked" by Trump, in a remarkable final rebuke of the President after four years in which Republicans have often stayed silent in the face of

the President's misdeeds.

"The mob was fed lies," McConnell, a Kentucky Republican, said on the Senate floor Tuesday. "They were provoked by the President and other powerful people, and they tried to use fear and violence to stop a specific proceeding of the first branch of the federal government which they did not like."

But McConnell noted that democracy had prevailed, even in the face of violent threats, and that Congress carried out its duties by certifying the election: "We'll have a safe and successful inaugural right here on the very front of the Capitol," he said.

McConnell argued that the November election "did not hand any side a mandate for sweeping ideological change," given the closely divided Senate and House. But he said Republicans would seek common ground with Democrats as Biden takes office: "We are to pursue bipartisan agreement everywhere we can, and check and balance one another, respectfully, where we must."

Washington locked down

Biden had hoped to infuse his arrival in Washington with a nostalgic twist by riding the rails from his home in Delaware, but that was deemed too much of a security risk at a time when the nation is facing threats from within. Instead the President-elect will arrive in

a capital city Tuesday that has been transformed into a fortress with more than 20,000 National Guard troops securing the streets and protecting buildings that symbolize the enduring history of democracy in this country, which has seemed very much in peril in recent weeks.

CNN's Pentagon team reported Tuesday afternoon that 12 National Guard members have been removed from inauguration duty as federal authorities vet those who are stationed in Washington, DC, to secure the ceremonies. Army Gen. Daniel Hokanson told CNN that two of the individuals were flagged due to "inappropriate" comments and texts, while another 10 were removed for questionable behavior found during the vetting. Col. Michael Dugas, provost marshal of the National Guard Bureau, told CNN's Anderson Cooper Tuesday that at least 17,000 members have been vetted so far.

With the twice-impeached Trump still prowling the White House -- fuming about his election grievances and upcoming trial in the US Senate as he prepares to leave for Palm Beach, Florida, before the new President is sworn in Wednesday -- Biden hopes to shift the nation's attention to his agenda for halting the Covid-19 pandemic, accelerating the troubled vaccine rollout and rebuilding a struggling economy that has left millions unemployed.

Honoring Covid victims

The President-elect has been working on the inauguration speech that he will deliver at the US Capitol on Wednesday, which will mark the beginning of his effort to unite the country after four dark and tumultuous years under Trump, who is skipping the ceremony.

The Covid-19 pandemic had already forced organizers to reimagine the day's ceremonies, including the traditional swearing-in of the new president on the West Front of the Capitol. Those plans were complicated

See Page 19 Biden grieves victims

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Trudeau says he wants to serve for 'number of more years,' rules out vaccine passports

Amran Abocar and David Ljunggren

OTTAWA — (Jan. 14, 2021)

Canadian Prime Minister Justin Trudeau, giving a rare insight into his future plans, said he wanted to serve Canadians for a number of years to come, and shied away from saying who he thought should succeed him.

Trudeau, speaking at the Reuters Next conference, also said he was opposed to the idea of obliging people to carry digital proof that they had been vaccinated against COVID-19.

Trudeau's ruling Liberals only have a minority in the House of Commons, which means he relies on the opposition to govern and can be brought down at any time.

Senior Liberals say they expect an election some time this year, and some privately question how much longer he might want to stay in power.

Trudeau, 49, has three school-age children. He first took over as prime minister in November 2015 and has at



times appeared tired amid the relentless COVID-19 crisis. He admitted dealing with the pandemic had been hard, but made clear he had no plans to quit soon.

"I've still got a lot to do in terms of serving this country, so I'm looking forward to a number of more years of serving Canadians," he said in an interview aired on Thursday.

The comments were the clearest signal he has given that his

committees and state content standards, she added.

At the same time, history instructors "should reach across departmental barriers and work together to ensure that teachers have the freedom to teach critical historical thinking in schools," Marshall said. And given the 1776 Report's "white nationalist framing," she continued, "we need to ensure that scholars of color lead this work. Failing to do so has been one of the main reasons why efforts like the [commission] have continued to enjoy support for well over a century."

Jim Grossman, executive director of the American Historical Association, said the report is "just one more example of this administration drawing on historical issues to further divide the American people, ironically in the name of unity. This is not a serious work of history, and there are no professional historians of the U.S. on the commission."

"Nobody is going to learn anything from this given all of the inaccuracies and meaningful silences in this document," Grossman said. Does it matter? "Only in that it provides a fig leaf of legitimacy to school boards or state officials who want to incorporate this propaganda into the curriculum."

As one example, Grossman cited Governor Kristi Noem of South Dakota's recent proposal to teach students "why the U.S. is the most special nation in the history of the world." Grossman said he was struck by Noem's description of U.S. history as starting at the founding, which would mean excluding the origins of slavery in the U.S. and the long history of Indigenous peoples.

Regarding the commission's report, Grossman noted that Christianity gets twice as many references in the report as racism, and supremacy is mentioned only in relation to Nazis and "Aryan supremacy."

Bigger picture, Grossman asked how a nation heals -- as the commission apparently wants it to do -- when it "refuses to identify and understand the pathologies that caused the ruptures? We cannot come together as a nation,

political ambitions are far from exhausted.

Information Commissioner Caroline Maynard is urging that the offices of the prime minister and other cabinet members be included under the Access to Information Act, granting public access to official records other than those of a personal or political nature.

Trudeau came to power promising to focus on causes such as feminism and the environment. But he quickly found himself having to deal with issues such as how to handle U.S. President Donald Trump and then the pandemic.

He has come to rely heavily on Chrystia Freeland, a close ally, who now occupies the positions of both finance minister and deputy prime minister. Liberal insiders say this would give her an advantage in a future leadership race.

Asked whether Freeland might one day become Liberal leader, Trudeau

replied: "My responsibility is to bring around me the best possible team I can to serve Canadians ... I won't speculate on what could happen years down the road."

The Liberal government has spent more than C\$200 billion in direct aid to help people and businesses survive the pandemic and Trudeau reiterated Ottawa planned to spend another C\$100 billion over the next few years to kick-start an economic recovery.

But he made clear he opposed a vaccine passport for people who had received inoculations, an idea already being developed in Denmark, saying it was fraught with challenges.

"I think the indications that the vast majority of Canadians are looking to be vaccinated will get us to a good place without having to take more extreme measures that could have real divisive impacts on community and country," he said.#

From Page 2 Presidential Advisory

artificial groupings to further divide Americans by race, creating new categories like 'Asian American' and 'Hispanic' to teach Americans to think of themselves in terms of group identities and to rouse various groups into politically cohesive bodies."

Higher education is largely to blame, according to the commission.

"Colleges peddle resentment and contempt for American principles and history alike, in the process weakening attachment to our shared heritage," it wrote. In order to build up a "healthy, united citizenry, scholars, students, and all Americans must reject false and fashionable ideologies that obscure facts, ignore historical context, and tell America's story solely as one of oppression and victimhood rather than one of imperfection but also unprecedented achievement toward freedom, happiness, and fairness for all."

Echoing former education secretary Betsy DeVos's comments about education as political indoctrination, the report says "historical revisionism that tramples honest scholarship and historical truth, shames Americans by highlighting only the sins of their ancestors, and teaches claims of systemic racism that can only be eliminated by more discrimination, is an ideology intended to manipulate opinions more than educate minds." Indeed, the commission says that "deliberately destructive scholarship" is the "intellectual force behind so much of the violence in our cities, suppression of free speech in our universities, and defamation of our treasured national statues and symbols."

While the report may read as distinctly Trumpian, Marshall said the commission and its work thus far are part of a "long history of attempts to enforce quote-unquote patriotic education."

History educators, from kindergarten to college, need to understand these efforts to identify their impact on classroom teaching, Marshall said. Places where these efforts are likely to have the greatest impact include local school boards, state textbook adoption

the stated goal of this report, if we don't come to grips with the implications of a history of continued racism and the deep commitment of millions of Americans to institutions and symbols associated with white supremacy."

Jeff Ostler, Beekman Professor of Northwest and Pacific History at the University of Oregon, who has criticized the report's omission of Native American history, said he didn't know what the commission's influence will be, if any. Like Marshall, he said that calls for patriotic history and criticisms of "leftist" or "revisionist" history aren't new. In any case, he said, his own students appear "more interested in getting a more accurate account of U.S. history and are more likely to express a sense of anger upon realizing that they haven't been taught basic things about U.S. history," including Indigenous history.

Beyond its message, Courtney Thompson, an assistant professor of history at Mississippi State University who studies U.S. women's history and the history of science and medicine, has raised serious concerns about plagiarism within the document. On Twitter, Thompson described putting the commission's report through Turnitin's anti-plagiarism software, to find that some of it appeared to originate from somewhere else. That doesn't necessarily mean that a document was plagiarized, she said, as copying quotes from elsewhere is fine -- with proper citations. In the case of the report, however, she said, some of the content appears to have been borrowed by the

authors from pieces they'd written and published elsewhere, without clear attribution.

"It seems that they were recycling their own material," Thompson wrote. "I believe we can call this self-plagiarism. Now, as I tell my students, self-plagiarism is still plagiarism! It is different in kind but it still requires citation."

The typically subdued Association of University Presses spoke out against the report, saying it is "plagued by procedural deficiencies that would render it unpublishable as a serious work of scholarship." The report omits citations and credits for borrowed content, "and was produced without sufficient time for adequate peer review."

The association also said the "hurried release of this report in the waning days of an administration, and on a day marked to honor the life and work of Martin Luther King, Jr., someone who grappled deeply with the failures and promises of the American project, simply underscores a process designed to produce propaganda, not truth or reckoning."

Via a Hillsdale spokesperson, Spalding said that he and other commissioners "contributed our own work and writing, under our own names, to the 1776 Report, which was an advisory report to the president."#

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What's different about the coronavirus 'variants of concern' flagged by WHO

Fear of rise in hospitalizations, deaths from spreading more easily to more people
 na Zafar · CBC News · Posted: Jan 20, 2021 4:00 AM ET

The seemingly more transmissible variants of the coronavirus first discovered in Britain, South Africa and Brazil are called "variants of concern" by the World Health Organization.

Viruses mutate or change all the time to gain a selective advantage over other variants or versions of the virus.

What sets the variants of concern apart from run-of-the-mill mutations is they could help the virus to infect human cells more easily or transmit person to person. If so, the variant gains a competitive advantage to wrestle aside other versions of the virus.

So far, there are no signs of the variants worsening severe outcomes from the disease directly. But the fear is they will lead to more hospitalizations and deaths by spreading much more easily to more people.

Here's a look at what's driving the concern and calls for more precautions in Canada.

Where are the variants found in Canada? Canada's national microbiology lab has to date reported 23 cases of the B117 virus variant first identified in the U.K. and two cases of the variant first reported in South Africa.



Researchers at Aalborg University in Denmark screen and analyze all of the positive Danish COVID-19 samples for the variant that was first reported in Britain. Experts are calling on Canada to increase surveillance for variants. (Ritzau Scanpix/Henning Bagger/Reuters)

Most provinces aren't testing all samples for the variants. Only Saskatchewan says all of its COVID-19 tests will detect the B117 variant.

Health officials say when greater transmission results in more people testing positive, then more hospitalizations, intensive care admissions and eventually deaths will follow.

And the more that a virus circulates — either worldwide or in a particular community — the more

opportunities it has to mutate. How quickly and to what extent are the variants spreading?

Virus and infectious disease experts say that to get a handle on how quickly the variants are spreading in Canada requires more surveillance.

But genome sequencing is a research tool that is costly and time consuming to use clinically. That's why labs across the country are working to develop faster assays for variants of SARS-CoV-2, the virus that causes

COVID-19.

Dr. Barbara Yaffe, Ontario's associate chief medical officer of health, noted Monday that some of the province's cases of variants don't have a travel history.

"We do expect more cases to be identified in the weeks to follow, as there is evidence now of community transmission," Yaffe said.

Last week, Yaffe called community transmission "a very serious concern that the vaccine will not be able to address quickly enough."

Public health officials are on the lookout for variants showing community transmission because it means the source of an outbreak can no longer be traced back to travel abroad. At that point, an outbreak can quickly spiral, so time is of the essence.

If the B117 variant spreads in the community, the doubling time for cases could drop to 10 days in March from every 35 to 40 days now, Ontario health officials estimated.

What would experts like to see next?

Art Poon, an associate professor in the department of pathology and laboratory medicine at Western University in London, Ont., develops computer methods to study the evolution of viruses, such as an app called CoVizu that's listed by the GISAID Initiative — an

See Page 18 What's different

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BY KATY STEINMETZ (Time)

Sitting in front of a computer not long ago, a tenured history professor faced a challenge that billions of us do every day: deciding whether to believe something on the Internet.

On his screen was an article published by a group called the American College of Pediatricians that discussed how to handle bullying in schools. Among the advice it offered: schools shouldn't highlight particular groups targeted by bullying because doing so might call attention to "temporarily confused adolescents."

Scanning the site, the professor took note of the ".org" web address and a list of academic-looking citations. The site's sober design, devoid of flashy, autoplaying videos, lent it credibility, he thought. After five minutes, he had found little reason to doubt the article. "I'm clearly looking at an official site," he said.

What the professor never realized as he focused on the page's superficial features is that the group in question is a socially conservative splinter faction that broke in 2002 from the mainstream American Academy of Pediatrics over the issue of adoption by same-sex couples. It has been accused of promoting antigay policies, and the Southern Poverty Law Center designates it as a hate group.

Trust was the issue at hand. The bookish professor had been asked to assess the article as part of an experiment run by Stanford University psychologist Sam Wineburg. His team, known as the Stanford History Education Group, has given scores of subjects such tasks in hopes of answering two of the most vexing questions of the Internet age: Why are even the smartest among us so bad at making judgments about what to trust on the web? And how can we get better?

Wineburg's team has found that Americans of all ages, from digitally savvy tweens to high-IQ academics, fail to ask important questions about content they encounter on a browser, adding to research on our online gullibility. Other studies have shown that people retweet links without clicking on them and rely too much on search engines. A 2016 Pew poll found that nearly a quarter of Americans said they had shared a made-up news story. In his experiments, MIT cognitive scientist David Rand has found that, on average, people are inclined to believe false news at least 20% of the time. "We are all driving cars, but none of us have licenses," Wineburg says of consuming information online.

Facebook Says 10 Million People in the U.S. Saw Russia-Linked Ads

Our inability to parse truth from fiction on the Internet is, of course, more than an academic matter. The scourge of "fake news" and its many cousins—from clickbait to "deep fakes" (realistic-looking videos showing events that never happened)—have experts fearful for the

How Your Brain Tricks You Into Believing Fake News

future of democracy. Politicians and technologists have warned that meddlers are trying to manipulate elections around the globe by spreading disinformation. That's what Russian agents did in 2016, according to U.S. intelligence agencies. And on July 31, Facebook revealed that it had found evidence of a political-influence campaign on the platform ahead of the 2018 midterm elections. The authors of one now defunct page got thousands of people to express interest in attending a made-up protest that apparently aimed to put white nationalists and left-wingers on the same streets.

But the stakes are even bigger than elections. Our ability to vet information matters every time a mother asks Google whether her child should be vaccinated and every time a kid encounters a Holocaust denial on Twitter. In India, false rumors about child kidnappings that spread on WhatsApp have prompted mobs to beat innocent people to death. "It's the equivalent of a public-health crisis," says Alan Miller, founder of the nonpartisan News Literacy Project.

There is no quick fix, though tech companies are under increasing pressure to come up with solutions. Facebook lost more than \$120 billion in stock value in a single day in July as the company dealt with a range of issues limiting its growth, including criticism about how conspiracy theories spread on the platform. But engineers can't teach machines to decide what is true or false in a world where humans often don't agree.

In a country founded on free speech, debates over who adjudicates truth and lies online are contentious. Many welcomed the decision by major tech companies in early August to remove content from florid conspiracy theorist Alex Jones, who has alleged that passenger-jet contrails are damaging people's brains and spread claims that families of Sandy Hook massacre victims are actors in an elaborate hoax. But others cried censorship. And even if law enforcement and intelligence agencies could ferret out every bad actor with a keyboard, it seems unwise to put the government in charge of scrubbing the Internet of misleading statements.

What is clear, however, is that there is another responsible party. The problem is not just malicious bots or chaos-loving trolls or Macedonian teenagers pushing phony stories for profit. The problem is also us, the susceptible readers. And experts like Wineburg believe that the better we understand the way we think in the digital world, the better chance we have to be part of the solution.

We don't fall for false news just because we're dumb. Often it's a matter of letting the wrong impulses take over. In an era when the average American spends 24 hours each week online—when we're always juggling inboxes and feeds and alerts—it's easy to feel like we don't have time to read anything but headlines. We are social animals, and the desire for likes can supersede a latent feeling that a story seems dicey. Political convictions lead us to lazy thinking. But there's an even more fundamental impulse at play: our innate desire for an easy answer.

Humans like to think of themselves as rational creatures, but much of the time we are guided by emotional and irrational thinking. Psychologists have shown this through

the study of cognitive shortcuts known as **heuristics**. It's hard to imagine getting through so much as a trip to the grocery store without these helpful time-savers. "You don't and can't take the time and energy to examine and compare every brand of yogurt," says Wray Herbert, author of *On Second Thought: Outsmarting Your Mind's Hard-Wired Habits*. So we might instead rely on what is known as the **familiarity heuristic**, our tendency to assume that if something is familiar, it must be good and safe.

These habits of mind surely helped our ancestors survive. The problem is that relying on them too much can also lead people astray, particularly in an online environment. In one of his experiments, MIT's Rand illustrated the dark side of the **fluency heuristic**, our tendency to believe things we've been exposed to in the past. The study presented subjects with headlines—some false, some true—in a format identical to what users see on Facebook. Rand found that simply being exposed to fake news (like an article that claimed President Trump was going to bring back the draft) made people more likely to rate those stories as accurate later on in the experiment. If you've seen something before, "your brain subconsciously uses that as an indication that it's true," Rand says.

This is a tendency that propagandists have been aware of forever. The difference is that it has never been easier to get eyeballs on the message, nor to get enemies of the message to help spread it. The researchers who conducted the Pew poll noted that one reason people knowingly share made-up news is to "call out" the stories as fake. That might make a post popular among like-minded peers on social media, but it can also help false claims sink into the collective consciousness.

Academics are only beginning to grasp all the ways our brains are shaped by the Internet, a key reason that stopping the spread of misinformation is so tricky. One attempt by Facebook shows how introducing new signals into this busy domain can backfire. With hopes of curtailing junk news, the company started attaching warnings to posts that contained claims that fact-checkers had rated as false. But a study found that this can make users more likely to believe any unflagged post. Tessa Lyons-Laing, a product manager who works on Facebook's News Feed, says the company toyed with the idea of alerting users to hoaxes that were traveling around the web each day before realizing that an "immunization approach" might be counterproductive. "We're really trying to understand the problem and to be thoughtful about the research and therefore, in some cases, to move slower," she says.

Part of the issue is that people are still relying on outdated shortcuts, the kind we were taught to use in a library. Take the professor in Wineburg's study. A list of citations means one thing when it appears in a book that has been vetted by a publisher, a fact-checker and a librarian. It means quite another on the Internet, where everyone has access to a personal printing press. Newspapers used to physically separate hard news and commentary, so our minds could easily grasp what was what. But today two-thirds of Americans get news from social media, where posts from publishers get the same packaging as

birthday greetings and rants. Content that warrants an emotional response is mixed with things that require deeper consideration. "It all looks identical," says Harvard researcher Claire Wardle, "so our brain has to work harder to make sense of those different types of information."

Instead of working harder, we often try to outsource the job. Studies have shown that people assume that the higher something appears in Google search results, the more reliable it is. But Google's algorithms are surfacing content based on keywords, not truth. If you ask about using apricot seeds to cure cancer, the tool will dutifully find pages asserting that they work. "A search engine is a search engine," says Richard Gingras, vice president of news at Google. "I don't think anyone really wants Google to be the arbiter of what is or is not acceptable expression."

That's just one example of how we need to retrain our brains. We're also inclined to trust visuals, says Wardle. But some photos are doctored, and other legitimate ones are put in false contexts. On Twitter, people use the size of others' followings as a proxy for reliability, yet millions of followers have been paid for (and an estimated 10% of "users" may be bots). In his studies, Wineburg found that people of all ages were inclined to evaluate sources based on features like the site's URL and graphic design, things that are easy to manipulate.

It makes sense that humans would glom on to just about anything when they're so worn out by the news. But when we resist snap judgments, we are harder to fool. "You just have to stop and think," Rand says of the experiments he has run on the subject. "All of the data we have collected suggests that's the real problem. It's not that people are being super-biased and using their reasoning ability to trick themselves into believing crazy stuff. It's just that people aren't stopping. They're rolling on."

That is, of course, the way social-media platforms have been designed. The endless feeds and intermittent rewards are engineered to keep you reading. And there are other environmental factors at play, like people's ability to easily seek out information that confirms their beliefs. But Rand is not the only academic who believes that we can take a big bite out of errors if we slow down.

Wineburg, an 18-year veteran of Stanford, works out of a small office in the center of the palm-lined campus. His group's specialty is developing curricula that teachers across the nation use to train kids in critical thinking. Now they're trying to update those lessons for life in a digital age. With the help of funding from Google, which has devoted \$3 million to the digital-literacy project they are part of, the researchers hope to deploy new rules of the road by next year, outlining techniques that anyone can use to draw better conclusions on the web.

His group doesn't just come up with smart ideas; it tests them. But as they set out to develop these lessons, they struggled to find research about best practices. "Where are the studies about what superstars do, so that we might learn from them?" Wineburg recalls thinking, sitting in the team's office beneath a print of the Tabula Rogeriana, a medieval map that pictures the world in a way we now

Personality of the Month

By Fely Rosales Carino



Success story: Trans Liganor

The woman of the hour, Transfiguration (Trans for short) Tolentino Liganor was born August 6, 1933 in Bayombong, Nueva Vizcaya, Philippines. She is the Eldest of three children of loving parents Remigio G. Liganor and Segundo Q. Tolentino. She is a sister to Ricardo Liganor, Sr. and to Flora de la Cruz who are now both residing in Montreal. Trans is endowed with many gifts. It seems that she spent most of her lifetime at school either studying or teaching. Let me start with her educational attainments.

From Saint Mary's University (SMU) in Bayombong Nueva, Vizcaya, Philippines, she completed the following: ELEMENTARY TEACHER'S CERTIFICATE (ETC), and BACHELOR OF SCIENCE in EDUCATION (BSE ED). From the National College of Education (NCEP) in Manila Philippines, she obtained her PHYSICAL EDUCATION CERTIFICATE (PEC). From McGill University in Montreal, she finished ELEMENTARY AND SECONDARY READING SPECIALIST DIPLOMAS and SPECIAL EDUCATION DIPLOMA. And there's more! At State University in Plattsburg, New York, she obtained her ADMINISTRATION AND SUPERVISION IN ELEMENTARY EDUCATION CERTIFICATE. Her TEACHING EXPERIENCES include the following: Critic teacher for Interns and Practice Teachers at Saint Mary's University Training Department (SMU), Intermediate English and National Language Teacher both at Bambang Central School, Philippines and her 21 years of Teaching in Elementary School at the Kateri Elementary school at the Kahnawake Reserve, Quebec. At Kateri School, there were three Filipino elementary teachers; Trans, Lydia Villafior (now Mrs. Fielding), and yours

truly. Both of them taught grade 3 and 4 respectively while I was on loan to the Federal Government from my school Board (Protestant Regional School Board of Chateauguay Valley) as a special education teacher. (While Trans retired from Kateri School, Lydia left the teaching profession and went into Real Estate and I retired from Centennial Park Elementary School in Chateauguay, Quebec.)

Wow-wow, let me not forget to give you a glance of Trans's involvement in the Filipino Community Associations. Let me start with her membership in the following organizations where she held many positions: Teacher, Secretary, Vice President, Director and Editor in the Philippine Association of Montreal and Suburbs (FAMAS); Auditor in the Philippine Folk Act Society of Quebec (PFASQ); Secretary in the United Filipino Seniors (UPS); Vice President in the Canadian Association of People Helping People (CAPHP), President and Liaison Officer for Schools in the Philippine Benevolent Scholarship Society of Quebec (PBSSQ); Director of Training of the Federation of Filipino Canadian Association of Quebec (FFCAQ); past President of the Quebec Association of Canadian Filipino Teachers (QACFT). At present, she is an auxiliary member of the Filipino Heritage Society of Montreal (FHSM). How about that!

And let's not forget her various awards!
 *Certificate of Distinction as one of the Top 100 Top Filipino-Canadians - June 27, 1999
 *FFCAQ Plaque of Appreciation - November 19, 1994
 *QACFT Teacher's Award - June 20, 1998
 *Kahnawake Combine School Committee Retirement Award, 21 Years

of Service- May 13, 1988

*Women's International Bowling Congress Achievement Award (WIBC) - 1971-1972

*Bowling Leagues / Tournaments Awards - Local and International

And did you know that Trans loves bowling? She is a champion bowler! She is only second to her brother, Rick, whose shelf is filled with bowling trophies. She often travelled to Plattsburgh, New York for bowling competitions and among her many awards, she fondly remembers her Women's Bowling Awards after being selected as one of the 100 Top Filipino-Canadians in Canada in June 27, 1999.

In conclusion, Trans is a high achiever in whatever she puts her mind to, whether in sports or in education. She is enjoying happy retirement! She attends Filipino parties and goes to restaurants and other outings with friends. Most especially, she values her snack hours she spends with her sister Flora and with friends Wendy and Nancy. Well, Trans, I salute your perseverance, sense of humor, and your benevolence towards fellow Filipinos in need of your services. And certainly, I will cherish fond memories of our times in Kateri school. You have been a blessing to so many, and a very dear, dear friend to me. May God bless you always !!!#

Student scientist and inventor Gitanjali Rao is Time Magazine's first 'Kid of the Year'



The cover Dec. 14, 2020 issue of Time magazine features 15-year-old Colorado high school student Gitanjali Rao. Sharif Hamza for Time / via AP

A 15-year-old Colorado high school student and young scientist who has used artificial intelligence and created apps to tackle contaminated

See Page 13 Time's Kid of the Year

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Chicken and Beans Stir Fry (Thai)

11 ingredients

Meat

2 lbs Chicken thighs, boneless skinless

Produce

2 Bell peppers

1/2 tbsp Garlic cloves

1 tsp Garlic powder

1/4 tsp Ginger

1 cup Green beans

Condiments

1 1/4 cup Chili sauce, sweet

Baking & Spices

3 tbsp Cornstarch

1 tsp Red pepper

Oils & Vinegars

1/8 tsp Sesame oil

1/4 cu

HOW TO MAKE IT

In a large bowl add the diced chicken and a tablespoon of oil. Add the garlic and 1/2 tsp salt and pepper and rub it into the chicken. Add cornstarch. Mix until all pieces of chicken is coated in the cornstarch.

In a large skillet or wok over medium high heat, add 3 tablespoons of vegetable oil until glistening. Working in small batches, add the chicken. Do not overcrowd the pan. You'll have to turn so often so the chicken can cook evenly. If the pan seems dry, add more oil as needed. Once the chicken is done put it to the side and cook the second batch until crispy or until your desired texture.

Add the bell peppers and saute until soft or your desired tenderness. Once you get the desired texture add the garlic and cook until fragrant. Add the chicken, green beans, sweet chili sauce, sesame oil, ginger and crushed red peppers to the skillet. Stir until

combined and the chicken and green beans are coated in the chili sauce. Serve immediately.



Beef Bugolgi (Korean)

For this basic bulgogi recipe, cutting the meat into very thin strips allows it to absorb the hot-sweet-salty marinade in minutes, not hours.

Ingredients

4 SERVINGS

1/4 pear, grated

1 garlic clove, grated

2 tablespoons soy sauce

1 tablespoon gochugaru (coarse Korean hot pepper flakes), or 1 teaspoon crushed red pepper flakes

1 tablespoon grated peeled ginger

1 tablespoon light brown sugar

1 tablespoon toasted sesame oil

1 pound boneless pork loin, trimmed hanger steak, boneless short rib, or skinless, boneless chicken breasts or thighs

2 tablespoons vegetable oil, divided

Kosher salt

Sliced scallions (for serving)

Preparation

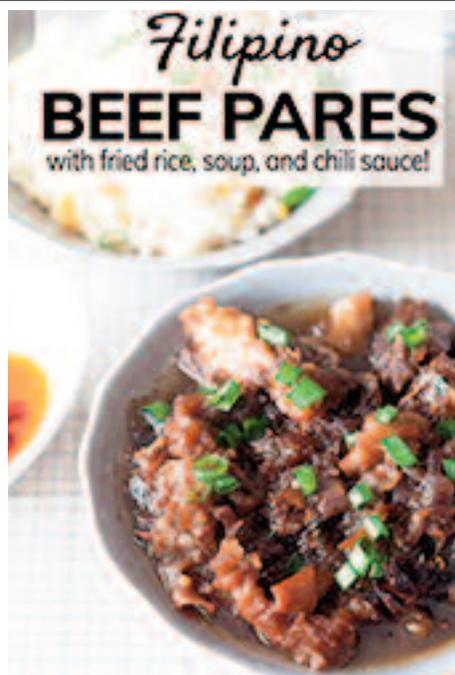
Step 1

Combine pear, garlic, soy sauce, gochugaru, ginger, sugar, and sesame oil in a large resealable plastic bag or medium bowl. Using a sharp knife, slice meat into very thin strips. Add to marinade, seal bag, and squish everything around until the meat is coated. Let sit at room temperature 30 minutes, or chill up to 8 hours.

Step 2

Heat 1 Tbsp. vegetable oil in a large skillet over medium-high until oil is shimmering. Remove half of meat from marinade, letting excess drip back into bag; season lightly with salt and cook in a single layer without moving until lightly browned, about 1 minute. Toss meat and continue to cook, tossing occasionally, until cooked through and crisp at edges, about 3 minutes. Transfer to a plate. Repeat with remaining 1 Tbsp. vegetable oil, remaining meat, and more salt.

Step 3 - Serve topped with scallions.



INGREDIENTS

FOR THE BROTH:

900 grams (2 pounds) beef flank, cut into 1-inch cubes

1 piece white onion, quartered

4 cloves garlic, smashed

3 pieces bay leaves

1 teaspoon ground black pepper

2 teaspoons salt

FOR THE BEEF:

1 tablespoons canola oil

1 piece onion, chopped

4 cloves garlic, minced

1 thumb-size ginger, minced

1 cup beef broth (from cooking the beef)

1/4 cup soy sauce

1/4 cup brown sugar

2 pieces star anise

salt and pepper to taste

FOR THE FRIED RICE:

1/4 cup canola oil

4 cups day-old, cold cooked rice

6 cloves garlic, peeled and minced

2 pieces large egg

TOPPINGS AND CONDIMENTS

(OPTIONAL):

chili garlic

juice from fresh calamansi or lemon

green onions, chopped (for garnish)

INSTRUCTIONS

MAKE THE BROTH. Place the beef in a pot and add water, making sure all the meat are submerged. Boil for about 10 minutes while skimming the scum that floats on top. When meat is no longer red discard the water, rinse the beef and the pot to remove all traces of scum.

Replace the beef and cover with water once more. Add the garlic, onions, bay leaves, salt, and pepper. Bring to a boil again then lower heat, cover, and simmer for about 1 1/2 to 2 hours, or until meat are tender. Remove the meat from broth and keep the broth on low heat.

MAKE THE BEEF. In a shallow pan over medium heat, heat 1 tablespoon of oil. Saute the onions, minced garlic and minced ginger. Add the cooked beef until lightly browned, about 2-3 minutes. Add the beef broth, sugar, soy sauce and star anise. Stir until sugar is dissolved. Simmer the mixture until liquid has reduced, about 8-10 minutes. Taste and add salt and pepper as necessary.

FOR THE FRIED RICE. Break cold rice to separate the grains. Heat the oil in a wide pan over medium heat. Add the minced garlic, stirring occasionally, until golden brown. Transfer the garlic bits on a plate lined with paper towels. Set aside.

In a small bowl, beat 2 eggs and cook scrambled eggs on the same pan. Set aside.

Add more oil into the pan, as necessary. Add the rice and separate the grains while spreading the rice on the surface of the pan until heated through. Add the garlic bits and scrambled egg. Mix and evenly distribute them into the rice. Season with salt and pepper to taste. **ASSEMBLY.** Get three bowls. Ladle broth into the first bowl, the beef on the second bowl, and the fried rice on the third bowl. Garnish each bowl with spring onions and serve with chili garlic with calamansi or lemon.



Crispy Sesame Chicken with a Sticky Asian Sauce

5 tbsp Vegetable oil

2 eggs - lightly beaten

3 tbsp cornflour (cornstarch)

10 tbsp plain (all-purpose) flour

1/2 tsp salt

1/2 tsp pepper

1/2 tsp garlic salt

2 tsp paprika

3 chicken breast fillets - chopped into

bite-size chunks

Sauce: *

1 tbsp sesame oil - optional - you can leave out and just sprinkle with plenty of sesame seeds at the end if you prefer

2 cloves garlic - peeled and minced

1 tbsp Chinese rice vinegar - white

wine vinegar will work too

2 tbsp honey

2 tbsp sweet chilli sauce - use more or

less depending on the brand and how

spicy you like it

3 tbsp ketchup

2 tbsp brown sugar

4 tbsp soy sauce

To Serve:

Boiled rice

2 tbsp sesame seeds

Small bunch spring onions/scallions - chopped

INSTRUCTIONS

Heat the oil in a wok or large frying pan until very hot.

Whilst the oil is heating, place the egg in one shallow bowl and the cornflour in another shallow bowl. Add the flour, salt, pepper, garlic salt and paprika to another shallow bowl and mix together.

Dredge the chicken in the cornflour, then dip in the egg (make sure all of the chicken is covered in egg wash), and finally dredge it in the seasoned flour.

Add to the wok and cook on a high heat for 6-7 minutes, turning two or three times during cooking, until well browned. You may need to cook in two batches (I find I can do it in one batch so long as it's no more than 3 chicken breasts). Remove from the pan and place in a bowl lined with kitchen towels.

Add all of the sauce ingredients to the hot wok, stir and bubble on a high heat until the sauce reduces by about a third (should take 2-3 minutes). Add the chicken back in and toss in the sauce to coat. Cook for 1-2 minutes.

Turn off the heat and divide between four bowls. Serve with boiled rice and top with sesame seeds and spring onions.#



**Social Tidbits
Community News**

Fely Rosales Cariño

In the wake of this pandemic, there's no other way to describe it than living in very troubling times. We are wading on uncharted waters with uncertain direction. Nobody knows what the future holds. Or, is there still a future? Everyone is vulnerable to collapsing in despair. Some of us feel like drowning with only our heads above the water. But don't give up. Fasten your seatbelts. In Proverbs 1:33 God said, "Whoever listens to Me will live in safety and be at ease without fear of harm." And from experience, I want to share from "Footprints in the Sand" that never fails to soothe my doubting heart, this prayer which begins: "One night, a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene he noticed two sets of footprints in the sand - one belonging to him and the other to the Lord. When the last scene of his life flashed before him, he looked back at the footprints in the sand and he noticed that many times along the path of his life, there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times of his life. This really bothered him and he questioned the Lord about it. "Lord, You said that once I decided to follow You, You'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there's only one set of footprints. I don't understand why when I needed You most, You would leave me." The Lord replied, "Precious, precious child. I love you and I would never leave you. During your time of trial and suffering, when you see only one set of footprints, it was then that I carried you." After reading the prayer, do you feel

enlightened? I hope this is an encouragement to you as it is to me.

Let's switch to the update channels. I have to write first from my home base of Dollard Des Ormeaux. As in other cities of Montreal, covid has impacted the administrative functions of Mayor Alex Bouctousci and his eight councilors. Indeed, it has affected everyone's effort to live the way we live our normal lives as we know it. In Mayor Bouctousci's message, he said "2020 has been very difficult for all of us. The pandemic continues to present operational challenges for all of our cities' services. All of our departments had to pivot quickly, restructure and discover innovative ways to provide services to our residents while patronizing safety and public health measures." To date, the administration is trying to deliver a zero increase budget on the city's portion to charge its residents. DDO is also trying hard to find ways to fight the inequities it faces as a demerged city. Planning investments to pursue infrastructure projects are ongoing. The administration has one project already completed - that of constructing sections of the city's main collector and arterial roads with works on Tecumseh, Hyman, and Brunswick.

Here's a DDO Library surprise for children up to 12 years old. It's called a SURPRISE BAG. This is especially helpful for children who love browsing for interesting books. Here's how to do it. Fill out the online form from the library website. When the bag is full, you will be contacted for a pickup date.

Update from Snowdon City Councilor Marvin Rotrand

According to Councilor Rotrand, covid is still here and it's vital to

respect the Health Guidelines. Sometime in the new year, Councilor Rotrand hosted a virtual town hall session, involving what we already know about rules to avoid covid such as social distancing, wearing masks, and frequent washing, etc. Among the many speakers were Mary Grace Ocampo, President of the Filipino Nurses Association (FNA), and Juleen Barrington, President of the Antigua and Barbuda Association (representing nurses of Caribbean origin who are working in different hospitals in Quebec). Both nurses told their virtual audience that we should not let our guard down because covid is rising in Quebec. We need to stay home and be safe. For now, he also reminded the boroughs of Cote des Neiges and Notre Dame de Grace that in-person festivities of different organizations will be prohibited. Other speakers of the evening were Al Abdon, Chairman of Filipino Heritage Society of Montreal (FHSM), Minda Mazzone, President of the Federation of Filipino Canadian Associations of Quebec (FFCAQ), Svetlana Suarez and Ramon Vicente of Samahang Makabayan.

Attribution of a new place name in Snowdon

- Saidye Bronfman and Yolene Jumelle: Last summer, the City followed up on Councilor Rotrand's proposal to honor the memories of significant persons by attributing their names to visible locations in the municipality. Recently the councilor was informed that the eventual greenspaces / park that would be created as a result of the construction of 4,000 homes in the neighborhood of Victoria and Buchan streets will be named after Saidye Bronfman, a prominent philanthropist. Likewise, a new walkway linking the triangle to the Namur Metro Station will be named Yolene Jumelle, a human rights advocate who founded many important organizations that promote racial equality. Among the organizations that are still functioning today are Center for Research - Action on Race Relations, Maison Haiti, and the Maison des Jeunes L'Ouverture.

A shout out to the Concham Song Fest:

Last Christmas 2020, a VIRTUAL SONGFEST was organized by the Canadian Chamber of Commerce of the

Philippines. Every province was invited to participate. This songfest, a fundraising activity to help covid victims in the Philippines, was shown December 10th to 11th. The entry that garnered the most likes was the winner. The prize was 50,000 pesos.

FFCAQ President Minda Mazzone and her board of directors assigned Renzie Ivan Costales to put together Quebec's entry. The performers were Astrid Torrico, Chris Foz Elamparo, Maria Lene Catedrilla, and Renzie Ivan Costales. They sang Hark the Herald, Jingle Bell Rock, and Santa Tell Me. Their performance was enthusiastically received by viewers from Canada, United States, Philippines, Europe, and the Middle East. The winner of this Songfest was Nova Scotia. Our Quebec's FFCAQ entry was second.

Have you heard about a Christmas Party held recently? Yes, there was. It was the brainchild of FHSM Chairman Al Abdon. How unpredictable and ingenious! Here's how it happened. It was decided that there would be members volunteering to cook their own favorite dish. Imagine one member receiving 15 dishes from each volunteer chef! Then the instruction was to eat at the same time at 8PM. There was so much discovering all the dishes before you. My daughter Joy feasted her eyes on the abundance of food spread on the table. It was marvelous to experience something new, the feeling of being together through Zoom! Here's a toast to the Chairman who has cooked up this fantastic idea!

Then what is Christmas without gifts? Dinner was followed by a gift exchange with Dolly Belandres in charge. Everyone was held in suspense guessing who their Secret Santa was. We were like little children rushing to open our gifts and holding them up for display for everyone to see. It was a delight to discover our Secret Santa. Then we had a bingo followed by a karaoke session. Don't you wish you were a part of FHSM? And special thanks to our Delivery Express, aka Al Abdon and Jeannette Perignon, who went around to distribute the food and gifts to each member.

Until the next issue and God Bless !!!#

From Page 9 Time's Kid of the Year

drinking water, cyberbullying, opioid addiction and other social problems has been named Time Magazine's first-ever "Kid of the Year."

Gitanjali Rao, a sophomore at STEM School Highlands Ranch in suburban Denver who lives in the city of Lone Tree, was selected from more than 5,000 nominees in a process that culminated with a finalists' committee of children, Time for Kids reporters and comedian Trevor Noah.

Rao told The Associated Press in a Zoom interview from her home Friday that the prize is "nothing that I could have ever imagined. And I'm so grateful and just so excited that we're really taking a look at the upcoming generation and our generation, since the future is in our hands."

Time said in a statement that, along with Nickelodeon, it wanted to recognize "the rising leaders of America's youngest generation" in making the award. For 92 years, Time

has presented a "Person of the Year," and the youngest ever was Swedish climate activist Greta Thunberg, who was 16 when she graced the magazine's cover last year.

Time said Rao stood out for creating a global community of young innovators and inspiring them to pursue their goals. Rao insists that starting out small doesn't matter, as long as you're passionate about it.

Rao's innovating started early. At age 12, she developed a portable device to detect lead in water.

She's created a device called Epione that diagnoses prescription opioid addiction at an early stage. She's also devised an app called Kindly that uses artificial intelligence to help prevent cyberbullying. It allows teens to type in a word or phrase to find out if the words they're using are bullying and lets them decide to edit what they're sending or to proceed.

"And currently, I'm looking back at water, looking at moving things like parasitic compounds in water and

how we can detect for that," Rao said after a day's remote schooling.

She told actress, activist and Time contributing editor Angelina Jolie in a Zoom interview that her science pursuits started early as a way to improve social conditions. The drinking water crisis in Flint, Michigan, inspired her work to develop a way to detect contaminants and send those results to a mobile phone, she said.

"I was like 10 when I told my parents that I wanted to research carbon nanotube sensor technology at the Denver Water quality research lab, and my mom was like, "A what?" Rao told Jolie. She said that work "is going to be in our generation's hands pretty soon. So if no one else is gonna do it, I'm gonna do it."

Scientist

The sensor technology involves molecules of carbon atoms that can detect chemical changes, including chemicals in water.

Rao has partnered with rural schools; museums; science,

technology, engineering and mathematics organizations; and other institutions to run innovation workshops for thousands of other students.

In a world where science is increasingly questioned or challenged, Rao insisted that its pursuit is an essential act of kindness, the best way that a younger generation can better the world. Science and technology are being employed as never before to tackle the coronavirus pandemic, global warming and a host of other issues, she noted.

"We have science in everything we're involved in, and I think that's the biggest thing to put out there, that science is cool, innovating is cool, and anybody can be an innovator," Rao said. "Anybody can do science."

Time was planning a Kid of the Year broadcast special at 7:30 p.m. EST (5:30 p.m. MST) on Nickelodeon.

##

FILIPINO STAR

SHOWBIZ GOSSIP

Celebs embrace lessons from 2020, hopes for 2021



Rita Daniela

The year 2020 wasn't quite what everyone had expected. But as taxing and frustrating the year was, it was, in some ways, sobering character-building—one that inspired introspection and led to new learnings. In this forum, celebrities shared with the Inquirer their realizations from the past year and their hopes for 2021.

LOVI POE

Despite everything that happened the past year, there were so many things to be thankful for. Although it seemed like everything went on standstill and we were all forced to slow down, a positive way of looking at it is that it was truly a year of reflection and enlightenment.

I'm grateful that this year ended with deeper compassion and appreciation for life. It's truly the simple things and joys that matter most!



KEN CHAN

I'm extremely grateful for the good health of my family and, with God's blessing, the creation of new business prospects in the food and beverage industry.

I'm thankful for still having strong hope that we will have a better year this 2021. My goal is simply to maintain my good health. And I'm hoping for the same for my family and those I love. I'm also wishing that the vaccines get distributed to the people who need them most first.

AI-AI DELAS ALAS



Ken Chan

I'm grateful we didn't catch COVID-19 ... that we survived the year.

My wish is to be able to go to the United States and other countries again to have concerts. I would also love to go on vacation with my family.

GISELLE SANCHEZ

As an artist, I learned that I can actually host events, sing and perform stand-up comedy alone from my home studio for a virtual audience. As a person, I realized that I can brave COVID-19 to feed the homeless (a longtime advocacy that she pursues through her namesake foundation ... and as the winner of the 2020 Noble Queen of the Universe International pageant.)

My hope for 2021 is for people to be able to gather again, to praise God, party and attend events and concerts. The energy is really different when people gather together. I hope I can perform again for multitudes of people.

MANOLO PEDROSA

I learned that no matter how bad things can get, you can still learn, improve and succeed. Health is also so much more important to me now. I want to be more fit and explore other acting opportunities, especially in movies.

JOHN ESTRADA

The only positive thing about this pandemic is that I had more time to attend to my family: We bonded by eating meals together and sharing stories with each other after; playing board games; singing along with them; watching series or movies; playing sports; and even cleaning the house.

These are the things we were not able to do before because of my busy schedule. There's no better way to do such things than doing them with the people you love. And I plan to

continue these in the coming years.

LIEZEL LOPEZ

This year, I realized that there's no permanent thing in this world, and that you always have to be in the moment and enjoy the little things and achievements. My goal for 2021 is to improve myself and my career.

THERESE MALVAR



Liezel Lopez

I learned to become grateful for the presence of those around me. Despite our circumstances, we were able to bond, virtually. I became even more fond of those I love, and I wish the best for them. Most of all, my main takeaway is to love and care for each other, because no matter what happens in the world, we will have each other. We also need more compassion to help one another.

I have been raring to do some reading again. I wasn't able to read the books I bought in 2019, so hopefully this year, I get to finish reading them all. And if the virus is gone by then, I would finally be able to travel with my family!

RITA DANIELA

I'm grateful for the opportunity for us to be humble, which allowed us to be more generous to our fellow Filipinos. I'm hoping for a healthier and wiser Rita this 2021.

TANYA GARCIA

This pandemic really opened my eyes and made me truly aware that we, humans, are very fragile by ourselves. We really need to be part of a community—we can't live without relationships, and we must never forget that. We relied on one another, didn't we?

There was a sense of community through Viber groups and bayanihan within our areas. It made me realize everything can end tomorrow, so always appreciate what we have now. The year 2020 taught me to be more appreciative of what I have and value the gift of life. It also made me focus on what truly is important to me, which is my family.

I want to keep with me all the learnings from 2020 and try to be a better me. I will focus on being healthy for my children, so I can grow old with them. ■

Shaina Magdayao on most challenging part of working in the 'new normal'



Shaina Magdayao

For actress Shaina Magdayao, who is among the cast members of the long-running action-adventure series "FPJ's Ang Probinsyano," the most challenging part about working in the "new normal" was going through the mandatory two-week quarantine before entering the lock-in set. "Just think of all the things you could still do during those two weeks if we weren't in a pandemic. We're all used to having rackets. Prepandemic, I would often juggle two or three projects at the same time," Shaina recalled. "Back then, while doing 'Ang Probinsyano,' I was able to do a movie on the side and then go abroad for a vacation."

The actress added: "The sad part is that, no, you can't do that anymore. I remember how some crew members would tell me that they haven't slept because they had 'segue.' They won't be able to say that anymore these days since everyone is forced to stay in a bubble. That's the reality these days," she told Inquirer Entertainment. Shaina said Ystilo,

a chain of salons she operates with her sisters, had also been gravely affected by the pandemic.

"We were among those that needed to close for a while because of quarantine protocols. Now, most of our branches are already open. Members of our staff are required to wear PPE," she said. "In order for us to be allowed to operate again, we had to follow regulations. I honestly don't mind. Ours wasn't the only business that got affected, but everyone else's around the world."

She said her other business, Living Oils, had actually been "strengthened" by the pandemic, "since we don't have an actual store and simply sell our products online. If you look at the trend, online stores really prospered."

The 31-year-old added: "At the end of the day, you just have to look at the brighter side of life; find something good in every situation you are in and recognize that things happen for a reason. The situation may be bad, but try to keep the good in everything." ■

Selena Gomez learns how to make adobo in cooking show



Selena Gomez has been busy in the kitchen during quarantine.

Selena Gomez will up her culinary skills in another season of her unscripted show "Selena + Chef," and among the featured dishes is the Filipino favorite adobo.

The teaser includes Andino's Lola, who even critiques Gomez's adobo through video call.

"As you all know by now, I'm not the best cook," Gomez quips in the teaser. "But I'm not going to stop trying to get better. So I'm back in my kitchen to get schooled by the best chefs."



"More chefs, dozens of recipes, and a handful of kitchen mishaps later... Join me back in the kitchen for the new season of Selena + Chef, premiering January 21 on @hbomax."

The pop singer teased new episodes for season two, which premiered last November on HBO Max, as seen on her Instagram page last Tuesday, Jan. 12.

Among the guest chefs is Jordan Andino, a Filipino-Canadian chef who runs Flip Sigi, a Filipino-Mexican fusion restaurant in New York.



Andino expressed his excitement on his Instagram page, where he described Gomez as a "dope-a\$\$ human."

According to his website, Andino hopes to use his classic culinary training "to bring a Michelin star to Filipino cuisine."

Gomez began the cooking show, which she also executive produces, while at home on quarantine amid the COVID-19 pandemic. The first season premiered last August. ■

Showbiz Gossip *Continued from p.15*

Andrea Brillantes gets dream house after 10 years



Andrea Brillantes

Andrea Brillantes has fulfilled a dream 10 years in the making: her own house for her and her family.

The 17-year-old star shared a photo of her home which has a Spanish-style exterior via Instagram on New Year's Day.



"You were my longest (10 years) and most difficult dream to come true. You have always been at the back of my mind since [I] was young pushing me to work harder," she said. "I'm so happy you made it this year with everything that happened, [I'm] soooo happy."

She thanked the support of her fans and endorsements for helping with her achievement.

The teen actress managed to purchase a house and lot in 2019 after the success of teleserye "Kadenang

Ginto," she told the Philippine Daily Inquirer last February.

She said she had been motivated to get her family a house after moving from one rented apartment to the next.



Brillantes has been acting since she was 7 years old and her biggest break has been "Kadenang Ginto," which starred Beauty Gonzalez and Dimples Romana as rivals.

She said in a vlog in February that the house will provide a room each for her grandmother, mother and three siblings. And after her years of hard work, she will have the third floor all to herself. ■

Catriona Gray flaunts keepsake tiara from Miss Universe



Catriona Gray

More than two years since she snatched the Miss Universe crown for the Philippines, beauty queen Catriona Gray could still feel the love of the global organization.

On her first-ever TikTok video post, the 27-year-old singer showed off a "special gift" the organization bestowed her.

"Channeling my inner queen like... (with Bishop Briggs's River playing in the background)," she wrote as caption of the video where she is seen flaunting what she described as the "Universal Power" keepsake tiara.

Sharing the same clip on her Instagram account, Catriona expressed gratitude to Miss Universe and Mouawad, a privately held Swiss and Emirati company that makes and sells jewelry, for the tiara. ■



Dingdong & Marian celebrate 6th anniversary with beach trip



Marian Rivera & Dindong Dantes

Dingdong Dantes and Marian Rivera marked their sixth year of marriage at a beach with their children, Zia and Ziggy.

The couple both took to their Instagram pages yesterday, Dec. 30, to share a short yet touching message for each other.

"To my life... Happy 6th!" Rivera told her husband, alongside an adorable photo of them hugging by the waters.

As for Dantes, he quipped if their picture made it obvious that he is still so in love with Rivera.

"Happy 6 years, my love!" he added.

Along with their anniversary, the couple have been enjoying quality time with their young kids at a beach.

"I am just so grateful that we have been given this opportunity to freely run around and appreciate nature inside this bubble, without fear of getting anything unwanted," Dantes said in a separate post.

Dantes and Rivera met back in 2007 when they starred opposite each other in the popular TV drama series "Marimar." They eventually tied the knot in 2014 at the Cubao Cathedral in Quezon City.

They welcomed their firstborn, Zia, on November 2015. Four years later, Rivera gave birth to their second child, son Ziggy. ■

Iza Calzado shares learnings from 2020 life-changing events



Iza Calzado

The series of life-changing events that happened in Iza Calzado's life in 2020, especially when she contracted then survived COVID-19, has left the actress wanting to focus on only two things: improving her health and accomplishing her life purpose.

"Experiencing COVID-19 wasn't just terrifying. It felt like somebody doused you with cold water and told you, 'You're not immortal! You can disappear from this world just like that!' It will make you ask questions like, 'Is this really happening to me? Then, what will tomorrow bring?' There was a lot of uncertainties," Iza told *Inquirer Entertainment* in an exclusive virtual chat.

"I thought that once I get checked in to the hospital, things would be OK. I had my oxygen and was taking the right meds. But then, I almost got admitted to the ICU (intensive care unit). One day I was a little better, but the next day, I caught a bacterial infection and needed IV and antibiotics. It's what you call a but-wait-there's-more moment. It's when you realize that you're no longer in control," Iza recalled.

"What were my realizations? No. 1 is to prioritize my health. I abused my body. Just being in this industry alone for 18 long years took a toll on my body. I diet; I work out a lot, but I always don't have enough time for sleep, which is vital to having optimal health," she pointed out.

"I have always hated the long working hours in this business, but what am I to do? I'm just an employee. If I say something, I might lose my job. Since this happened to me, I would now insist that I can only

work for a specific number of hours [in a day] and if you (producer) won't say 'yes' to this, then I also won't. I don't want to return to the hospital just for that," she declared. "We should really prioritize our health if we want to live longer and happier."

Another realization for Iza is purpose, "and this branches out to being a public figure/actress, to being a wife (to British businessman Ben Wintle), and one day, to being a mother," she explained.

"Now, I find myself wanting to pass on whatever I've learned to others. I don't want to just bring with me to the grave all the things that I've learned from my mentors over the years. These people encouraged me and believed in me, so whatever nugget of wisdom I have about life that I can pass on to younger artists, I would gladly pass on to them," Iza said.

The 38-year-old actress also pointed out that, "It took me so long to learn and discover the things I know now. If I could tell them to you now and they'd create an impact in your life, then good. If I can also provide, for example, this young kid an opportunity—by putting in a good word for him, or by encouraging him—I'd gladly do it. I know how words create impact and the three people who had mentored me were very helpful just by the words they had said."

Iza was referring to the following artists who passed away last year: Filmmaker Peque Gallaga ("He was one of those who encouraged me to attend workshops."), stage-TV director Al Quinn ("He always worked in tandem with my dad Lito Calzado. I

also called him 'Tatay.'") and theater-stage director Freddie Santos ("He was my hosting mentor when I was with GMA Artist Center.").

"Sometimes, we think of grand ideas as our purpose, like *She Talks Asia* and *Aktor*, both of which I'm part of. But we often forget that it's these tiny moments that make a big difference in one person's life. Imagine if every day we'd do something like that to just one person, then we'd surely be helping a lot," Iza explained.

If you'd care to ask, Iza would tell you that getting sick with COVID-19 just had to happen to open her eyes to a lot of things. She wouldn't have it any other way, she insisted. "I've had so many awakenings—everyone did, too, I guess. It made us appreciate what we have. You now ask questions like, 'Did your expensive shoes help keep you alive? Was your luxury bag able to give you any comfort while you were sick?'"

When asked about her and Ben's plans in terms of having a baby, Iza admitted that "there was a lot of bargaining going on."

She explained that she still has "a lot of self-work that I also need to do, apart from my actual work as an actress. I keep asking God to give me more time—although I know that I shouldn't keep pushing my luck, that I have to create space and time for that

(motherhood)."

This was also the reason she started doing meditation. "This was after getting better from COVID-19. Perhaps, that's the purpose, to prepare me for motherhood, as well. Definitely, what happened led me to a more spiritual path. Now, my spiritual growth can lead me to becoming a better mother. I just know it."

Iza said Ben would often hint at wanting a baby soon. "I think if he could carry the baby, he would. He works from home, anyway," said Iza, laughing. "While my work is very physical. I really have to be there to be able to shoot a film, for example. I don't think my husband would allow me to do that if I were indeed pregnant. I just have to finish a few more things."

Iza is currently part of the Kapamilya network-produced drama series "Ang Sa Iyo ay Akin." She is also promoting "Tagpuan," which is an entry to the 2020 Metro Manila Film Festival.

Iza is also working with Ian Veneracion on the romantic comedy "B&B: The Story of the Battle of Brody and Brandy," which is an upcoming WeTV Philippines project. "I still have to finish something that I've started doing in 2018, and then the pilot week of a 'teleserye.' After that, I'm good. I might just be a YouTuber for a while," she quipped.

2020 Top 40 news in the Ontario Filipino Canadian community

By: Tony A. San Juan, OCT-Retired

The winter holiday season has arrived and 2020 is coming to an end. Where did the year go? With the new year here now, it's a good time to make the "List of Top News of 2020". This has been an extraordinary year for many of us with the global coronavirus disease pandemic affecting so many aspects of our lives. Yes. It is the year that was.....news and stories characterized mostly by celebrations and events, including fundraisers for natural disaster victims in the Philippines, on virtual and online streamings due to the pandemic. Here are the "top moments" of 2020, which I considered to have "historically defined" the Filipino Canadian community in Ontario.

January 12: Taal Volcano erupted and affected cities, towns, and villages in CALABARZON; various community fundraisers: "Sagip Taal", "Bangon Batangas" by KOR, PIDC, FCT, Bayan Muna Malaya Movement, Migrante Ontario, Anak Bayan, and other community-based associations in the GTA.

January 26: Balita newspaper publisher and editor Tess Cusipag and the Elite Crusaders, a community group of supporters of fraud victims, conducted a public "Forum on Fraud and Scam", at FV Foods, Scarborough, Toronto.

January 31: The Coronavirus-COVID-19 outbreak was reported and the World Health Organization labeled the disease as a health crisis, which is a "public health emergency of international concern".

February 4: Filipino-Canadian healing priest Fernando Suarez passed away; born in Taal, Batangas in 1967, was a Chemical Engineering graduate, emigrated to Winnipeg, Canada in 1995, ordained in 2002 at age 35, and cleared in 2019 by the Vatican in a sexual abuse complaint.

February 15: Philippine Consul General's exploratory meeting with Fil-Can community leaders on the "Quincentennial Commemoration of Christianity in the Philippines, Chief Lapulapu's victory in the Battle of Mactan and the 122nd Philippine Independence Day celebrations.

March 10: The World Health Organization (WHO) officially declared the virus a global pandemic that has infected to date more than 124,000 people and killed 4,500. Pandemic.

March 14: "Talakayan Radyo Filipino", the longest-running news and public affairs radio show in the GTA, ceased broadcasting after more than 17 years on the air.

March 18; Canada announced the closure of the Canada-USA border to non-essential travel due to the coronavirus pandemic; closed until

January 20, 2021.

March 25: Canada announced that anyone returning to Canada from abroad was legally required to self-quarantine for 14 days; also a number of economic benefits for people affected by COVID-19; thousands of Canadians stranded overseas were repatriated via special flight arrangements by the Canadian government.

April 3: Filipino Canadian Honourable Steve A. Coroza was appointed a Justice of the Court of Justice for Ontario, the highest court of justice in the province; the first and only Filipino-Canadian appointed to the bench; previously served as a Judge of the Superior Court of Justice in 2013 and the Court of Justice in 2009.

April 6: Bicolano Jess Cabrias, Fil-Can community leader, founder, and producer of "Talakayan Radyo Filipino" weekly radio show in Ontario passed away aged 75.

April 13: The Philippine Consulate General in Toronto released an Advisory from POLO-Toronto about the Department of Labor and Employment (DOLE) AKAP one-time Financial Assistance of USD200 or its equivalent in Canadian Dollars for Overseas Filipino Workers (OFWs) displaced by the COVID-19 pandemic.

June 12: Philippine Independence Day Flag-Raising Event at Nathan Philipps Square, City Hall, Toronto; Filipino Heritage Council of Canada-FHCC commemorative virtual event of Philippine Independence Day; TCDSB Philippine Independence Day Online Celebration, Catholic Education Centre, North York, Toronto.

July 18: The "3rd Vaughan Virtual Fiesta Extravaganza" by the MCBN-Pinoy Radio network and the Filipino Canadian Association of Vaughan (FCAV).

August 15: The "7th Taste of Manila" Virtual Festival Event was presented by the Philippine Community Events Services Organization (PCESO).

August 22-23: The PIDC "2020 Mabuhay Philippines Pamana Virtual Festival 2020", a special tribute to Filipino frontline workers around the world".

September 17. The TCDSB approved the Proclamation of QJCP Commemoration in the Toronto Catholic school system. The Neighbourhood Organization(TNO), a multicultural immigration & settlement centre in Toronto, was selected as the "2020 Settlement Agency Award" by the RBC and the Canadian Imigrant Magazine.

October 9: Fil-Can Dr. Eileen De Villa, City of Toronto Medical Officer of Health held a webinar on "Briefing on Developments about COVID-19", sponsored by the Philippine Consulate in Toronto.

October 16: Official Proclamation and Launch Event of the TCDSB Declaration of "2021 Quincentennial Jubilee of Christianity in the Philippines" Commemoration in Toronto Catholic schools at CEC, Toronto.

October 20: NDP MPP for Scarborough Southwest Doly Begum introduced a private member's bill to recognize "June as Filipino Heritage Month" in Ontario.

October 26-Nov 9: The Philippines was hit by 4 devastating typhoons "Siony" (Atsani), "Quinta" (Molave), "Rolly"(Goni), "Ulysses"(Vamco). Fil-Can Julius Tiangson, Conservative Party candidate, runs but lost the election for Member of Parliament for York Centre, Toronto.

October 30: Canada sets out the 2021 2023 Immigration Levels Plan; increases immigration targets and aims to continue welcoming immigrants at a rate of about 1% of the population of Canada, including 401,000 permanent residents in 2021, 411,000 in 2022, and 421,000 in 2023.

November 7: Kalayaan Cultural Community Centre held " Mer-Yero Christmas Concert" for Typhoon victims; KC "Walkathon", and KC "Food Rescue Program".

November 8: Alex Trebek, legendary Canadian- American TV game show host of the 36-year long-running Jeopardy! has died of pancreatic cancer at the age of 80.

November 13: The Toronto District School Board declared June 12, 2021, as "Filipino Heritage Day to be celebrated as a "Day Of Significance" in all public schools in the City of Toronto.

November 18: The Dufferin-Peel Catholic District School Board (DPCDSB) recognized the commemoration of the "Quincentennial Jubilee of Christianity in the Philippines" in Brampton, Caledon, Malton, and Mississauga Catholic schools.

November 21 & 23: "Bangon Bicol" virtual fundraiser raised C\$ 10,000 for Typhoon Rolly victims, sponsored by ICI-TV Montreal, FCAV, and MCBN Group; BCCA's "Bangon Bicolandia" fundraised and donated Php 200,000 thru the "Kaya Natin Ito Movement" of Philippine Veep Leni Robredo; Knights of Rizal -Canada Region raised Php100,000 for donation thru the Knights of Rizal Supreme Headquarters in Manila.

November 28: World Financial Group Senior Executive Vice-chair & Co-founder Agnes P. Miranda's "35 years of Amazing Journey" virtual celebration, a fundraiser for Gawad Kalinga, and "Bangon Pilipinas" for typhoon victims.

November 29: "Bonifest Festival 2020" online event in honour of national hero Andres Bonifacio, by Fil-

Can Writers & Journalists Network and Malaya Movement-Canada.

November 30: New Philippine Ambassador to Canada, Filipino lawyer Roberto D. Robles presented his "Letter of Credence" to the Governor-General of Canada.

December 1: Corneli Soberano, a Filipino-Canadian woman lawyer in Ontario and community advocate passed away, aged 68, in Reno, Nevada, USA.

December 5/6: PIDC Mabuhay Philippines Festival -Part 2 " Filipino Christmas Traditions-Paskohan 2020" online fundraising concert for Gawad Kalinga and disaster victims in the Philippines.

December 6: The Filipino Centre Toronto(FCT) in response to the financial and governance issues raised by Concerned Members of the Centre thru several press releases, has issued an official public message; the Concerned Members, on one hand, have made a rejoinder point-by-point to rebut the said FCT public statement.

December 8: PC MPP for York Centre Roman Baber introduced a private member's bill to establish a provincial registry to protect caregivers and homeworkers.

December 11: Philippine Chamber of Commerce-Toronto & Canadian Chamber of Commerce of the Philippines "Fil-Can Songfest for All " online concert fundraiser.

December 14: Anita Quindangen, a Pinay-Canadian Personal Support Worker, is the first recipient of the anti-COVID-19 vaccine in Ontario. Fil-Cans Lucky Aguila, an RPN, and PSW Cecile Lasco received vaccinations also. Britain A new variant of the coronavirus was identified and has emerged in Britain.

December 15-23: "Simbang Gabi and Novena" live streaming by PH 500 Year of Christianity Celebration Organizing Committee of the Archdiocese of Toronto.

December 16: Immigration, Refugees, and Citizenship Canada launched a platform for online citizenship tests for applicants aged 18 to 54 years old.

December 19: Philippine Canadian Cultural Foundation's "Paskong Pinoy", a virtual Christmas concert in celebration of the R.P. Quincentennial Celebrations.

December 26: Ontario moved into province-wide lockdown at 12:01 AM on Boxing Day until January 9, 2021, to control the 2nd surge of the coronavirus pandemic.

Isang Masaganang at Maluwalhating Bagong Taon Sa Inyong Lahat! (Tony A. San Juan, OCT-R #

From Page 7 What's different

international non-profit project to share genome data on viruses.

Poon said that the variants of concern show more mutations than scientists would expect.

"I think, sadly, we're going to see increasing frequency of this particular [B117] variant and disproportionate growth of this in other countries," he said of what's been seen so far in Britain.

Dr. Lynora Saxinger, an infectious disease specialist at the

University of Alberta in Edmonton, is also looking for more surveillance of variants, as well as other precautions.

Saxinger said she would like to see tighter controls at Canada's border with the United States, both by land and air. This includes checks to ensure international travellers obey requirements in the Quarantine Act and aren't carrying the infection unknowingly and spreading it, as well as possibly an interprovincial travel ban, which has been proposed by B.C. Premier John Horgan.

"We don't want there to be multiple importations of these difficult mutations before we have an opportunity to detect and control them," Saxinger said. "We should probably try to keep a tight lid on things until we sort out what's what, if this is a big deal, where it's a big deal and how it might be controlled."

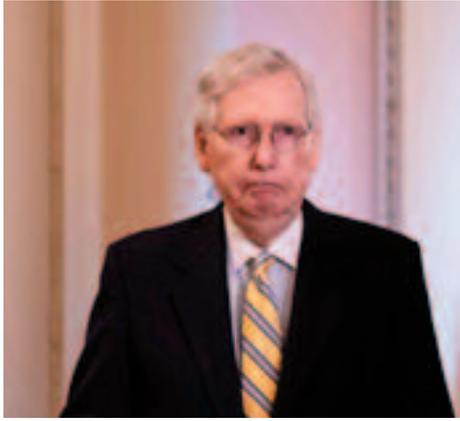
Limiting importations of the variants means less fuel for the fire. "If you're not having that many potential sparks hitting your tinder, you have a much better chance of being able to

control it," she said.

Saxinger is one of the signatories to a petition released Tuesday calling on the federal government to immediately act to reduce opportunities for variant entry by restricting international travel to essential travel, as well as other precautions. #

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McConnell pressures Democrats to keep Senate filibuster



**Senate Republican leader
Mitch McConnell**

By Maeve Reston, CNN
Updated 7:04 PM ET, Tue January 19, 2021

WASHINGTON -- In one of his final acts as majority leader, Senate Republican leader Mitch McConnell is pressuring Democrats to keep the filibuster -- the procedural tool that liberals and progressives are eager to do away with so U.S. President-elect Joe Biden's legislative priorities can be approved more easily over GOP opposition.

McConnell has told Senate Democratic leader Chuck Schumer that retaining the legislative filibuster is important and should be part of their negotiations for a power-sharing agreement in the narrowly divided Senate.

Schumer and McConnell met Tuesday to begin hammering out the details of organizing the chamber, which will be split 50-50, with Democrats holding the majority once three new senators are sworn in Wednesday and Kamala Harris is inaugurated as the vice-president.

"Leader McConnell expressed his long-held view that the crucial, longstanding and bipartisan Senate rules concerning the legislative filibuster remain intact, specifically during the power share for the next two years," McConnell spokesman Doug Andres said.

Andres said discussions on "all aspects" of the arrangement will continue.

Normally, a divided chamber would produce a resolution to equally share committee seats and other resources. But McConnell is driving a harder bargain by inserting his demand that Schumer keep the filibuster procedure in place.

Schumer faces pressure from the progressive flank to end the filibuster, but he has not committed to doing so.

A Schumer spokesman, Justin Goodman, said that the Democratic leader "expressed that the fairest, most reasonable and easiest path forward" was to adopt an organizing agreement similar to a 2001 consensus between the parties, the last time the Senate was evenly divided, without "extraneous changes from either side."

The group Fix Our Senate criticized McConnell for trying to prevent procedural changes. The group said in a statement that McConnell wants to keep the filibuster because he knows it is "the best weapon he has" to prevent Democrats from delivering on Biden's priorities.

"Senate Democrats must swat away this absurd attempt to undermine their majority and kneecap the Biden agenda before it even has a chance to get started," the group said in a statement.

The modern filibuster rules essentially require a super-majority threshold, now at 60 votes, to cut off debate in the Senate and bring legislative

bills or other measures to a vote.

The practice was changed as a way to wind down long-running speeches and debates, notably during the start of World War I, but quickly became a tool employed by minority factions to halt legislation that had majority support.

Opponents of civil rights staged several filibusters, including the longest in modern Senate history. Sen. Strom Thurmond, D-S.C., spoke against a 1957 civil rights bill for 24 hours and 18 minutes.

McConnell gutted the filibuster for Supreme Court nominees in 2017, a breathtaking move that enabled the Senate to easily confirm the first of three justices that President Donald Trump nominated to the high court with simple majority votes.

It's unclear the Democrats would even have support from their ranks to undo the legislative filibuster, which would require a vote in the Senate.

But McConnell is not willing to take any chances and is forcing Schumer into a negotiation that could delay organizing the Senate.

The Republican leader has also been talking privately with Republican senators about the importance of resolving the issue now, as part of the power-sharing talks with Democrats. McConnell sent an email Monday to senators outlining his concerns, as first reported by National Review.

Without agreement on this and other matters, the Democrats' ability to control committees and other aspects of Senate business may also be delayed as talks between McConnell and Schumer drag on.

Associated Press writer Mary Clare Jalonick contributed to this report.#

From page 5 Biden grieves victims

by the January 6 siege of the Capitol by Trump supporters, who shattered glass and ravaged the historic building, forcing the Secret Service to keep plans in flux to ensure that traditional transfer of power will transpire peacefully and safely. In that unnerving environment, the military has been intensely vetting the National Guard troops to make sure there are no bad actors who would do harm during this week's ceremonies.

With Trump's decision to duck out of Washington Wednesday morning to fly to Florida, he has dispensed with both with the traditional welcome of the incoming President and first lady at the North Portico and the joint ride over to the Capitol for the ceremony.

Instead, Trump took the unusual step of asking staff to arrange a sendoff of his own at Joint Base Andrews, suggesting that he'd like to see a red carpet, a Color Guard and a 21-gun salute.

On Wednesday, Biden will attend church at St. Matthews in Washington, DC, with all four top congressional leaders from both parties. The President-elect will also lay a wreath at the Tomb of the Unknown Soldier, joined by former President Barack Obama and first lady Michelle Obama, former President George W. Bush and first lady Laura Bush, and former President Bill Clinton and former Secretary of State Hillary Clinton.#

From Page 8 How the brain

see as upside-down. Eventually, a cold email to an office in New York revealed a promising model: professional fact-checkers.

Fact-checkers, they found, didn't fall prey to the same missteps as other groups. When presented with the American College of Pediatricians task, for example, they almost immediately left the site and started opening new tabs to see what the wider web had to say about the organization. Wineburg has dubbed this lateral reading: if a person never leaves a site—as the professor failed to do—they are essentially wearing blinders. Fact-checkers not only zipped to additional sources, but also laid their references side by side, to better keep their bearings.

In another test, the researchers asked subjects to assess the website MinimumWage.com. In a few minutes' time, 100% of fact-checkers figured out that the site is backed by a PR firm that also represents the restaurant industry, a sector that generally opposes raising hourly pay. Only 60% of historians and 40% of Stanford students made the same discovery, often requiring a second prompt to find out who was behind the site.

Another tactic fact-checkers used that others didn't is what Wineburg calls "click restraint." They would scan a whole page of search results—maybe even two—before choosing a path forward. "It's the ability to stand back and get a sense of the overall territory in which you've landed," he says, "rather than promiscuously clicking on the first thing." This is important, because people or organizations with an agenda can game search results by packing their sites with keywords, so that those sites rise to the top and more objective assessments get buried.

The lessons they've developed include such techniques and teach kids to always start with the same question: Who is behind the information? Although it is still experimenting, a pilot that Wineburg's team conducted at a college in California this past spring showed that such tiny behavioral changes can yield significant results. Another technique he champions is simpler still: just read it.

One study found that 6 in 10 links get retweeted without users' reading anything besides someone else's summation of it. Another found that false stories travel six times as fast as true ones on Twitter, apparently because lies do a better job of stimulating feelings of surprise and disgust. But taking a beat can help us avoid knee-jerk reactions, so that we don't blindly add garbage to the vast flotillas already clogging up the web. "What makes the false or hyperpartisan claims do really well is they're a bit outlandish," Rand says. "That same thing that makes them successful in spreading online is the same thing that, on reflection, would make you realize it wasn't true."

Tech companies have a big role to play in stemming the tide of misinformation, and they're working on it. But they have also realized that what Harvard's Wardle calls our "information disorder" cannot be solved by engineers alone. Algorithms are good at things like identifying fake accounts, and platforms are flagging millions of them every week. Yet machines could only take Facebook so far in identifying the most recent influence campaign.

One inauthentic page, titled

"Resisters," ginned up a counterprotest to a "white civil rights" rally planned for August in Washington, D.C., and got legitimate organizations to help promote it. More than 2,600 people expressed interest in going before Facebook revealed that the page was part of a coordinated operation, disabled the event and alerted users. The company has hired thousands of content reviewers that have the sophistication to weed through tricky mixes of truth and lies. But Facebook can't employ enough humans to manually review the billions of posts that are put up each day, across myriad countries and languages.

Many misleading posts don't violate tech companies' terms of service. Facebook, one of the firms that removed content from Jones, said the decision did not relate to "false news" but prohibitions against rhetoric such as "dehumanizing language." Apple and Spotify cited rules against hate speech, which is generally protected by the First Amendment. "With free expression, you get the good and the bad, and you have to accept both," says Google's Gingras. "And hopefully you have a society that can distinguish between the two."

You also need a society that cares about that distinction. Schools make sense as an answer, but it will take money and political will to get new curricula into classrooms. Teachers must master new material and train students to be skeptical without making them cynical. "Once you start getting kids to question information," says Stanford's Sarah McGrew, "they can fall into this attitude where nothing is reliable anymore." Advocates want to teach kids other defensive skills, like how to reverse-search an image (to make sure a photo is really portraying what someone says it is) and how to type a neutral query into the search bar. But even if the perfect lessons are dispersed for free online, anyone who has already graduated will need to opt in. They will have to take initiative and also be willing to question their prejudices, to second-guess information they might like to believe. And relying on open-mindedness to defeat tribal tendencies has not proved a winning formula in past searches for truth.

That is why many advocates are suggesting that we reach for another powerful tool: shame. Wardle says we need to make sharing misinformation as shameful as drunk driving. Wineburg invokes the environmental movement, saying we need to cultivate an awareness of "digital pollution" on the Internet. "We have to get people to think that they are littering," Wineburg says, "by forwarding stuff that isn't true." The idea is to make people see the aggregate effect of little actions, that one by one, ill-advised clicks contribute to the web's being a toxic place. Having a well-informed citizenry may be, in the big picture, as important to survival as having clean air and water. "If we can't come together as a society around this issue," Wineburg says, "it is our doom."

This appears in the August 20, 2018 issue of TIME.

(Editor's note: Due to the recent events in the U.S. Capitol building on January 6, 2021, we thought it would be important to make people aware of how to distinguish fact from fiction, and real news from fake news. It is an issue that all internet users must learn to do to avoid the tragic consequences of misinformation.)#

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