



FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ WEEKLY ◆ FEBRUARY 20, 2010 ◆

THE RACE IS ON FOR THE 2010 PHILIPPINE PRESIDENTIAL ELECTION

COVER STORY
PAGE

4



SOCIAL SECURITY UPDATE

10

To Tax Or Not To Tax: A Social Security Question

11

PHILIPPINE NEWS

GMA SIGNS LAW EXPANDING BENEFITS FOR ELDERLY

13

LEGAL NOTES
GREEN CARD THROUGH ADOPTION

6

HEART MONTH FEATURE

Why Ice Use Causes Heart Failure

HAWAII FILIPINO CHRONICLE
94-356 WAIPAHU DEPOT RD., 2ND FLR.
WAIPAHU, HI 96797

PRESORTED
STANDARD
U.S. POSTAGE
HONOLULU, HI
PERMIT NO. 9661

EDITORIAL

Comelec Grapples with New E-Voting System

The 2010 presidential election in the Philippines promises to be one for the ages. Adding to the excitement of electing a new president is a new automated voting system that voters as well as officials from the Commission on Elections, or Comelec, will have to contend with.

In the past, ballots were counted by hand in a tedious, multi-step process that was vulnerable to fraud and took weeks, if not months, to declare a winner. The answer, many hoped, was to automate the entire voting system. Now, when Filipino voters cast their vote, the results will be electronically sent to a central counting center, where the results should be ready within days.

However, there are bound to be kinks whenever new technology or a new voting system is introduced. Who can forget the 1998 election in Hawaii when a few vote-counting machines malfunctioned? Ultimately, the manufacturer paid \$250,000 to settle contract disputes and another \$280,000 to recount the ballots after complaints of poorly-trained poll watchers, malfunctioning machines and spoiled ballots. And Hawaii is only one of dozens of jurisdictions nationwide that have documented failures with electronic voting machines.

How prepared are Comelec officials to cope with such problems? Are there adequate resources (qualified personnel and technicians) and infrastructure (electricity and telephone lines) particularly in remote precincts? There are viable concerns that computer glitches and other hiccups could quickly turn the election sour. But if there is any consolation, a computerized election held in August 2008 within the Autonomous Region of Muslim Mindanao (ARMM) went reasonably smooth. Local contractors promptly fixed a handful of voting machines that did malfunction. Comelec officials say this election was a successful test-pilot for the Philippines' general election in 2010.

With the May 10 election a little over two months away, let's hope that Comelec has worked feverishly to address these concerns. At this point, it's too late to turn back. We can only hope for the best and pray that the government will be vigilant and do all it can to ensure a credible vote. If successful, the 2010 election could very well mark a new beginning and hope for politics in the Philippines.

Have a Heart—Take Better Care of It!

Acording to 2004 statistics from the National Heart Blood & Lung Institute (NHLBI), one out of every three Filipinos die from heart disease. The news only gets worse. NHLBI also says that Filipinos have the highest rates of hypertension, or high blood pressure, of all Asian Americans and Pacific Islander groups in the U.S. Locally, a 2009 study by the Hawaii State Department of Health showed that Filipinos have the highest mortality rates for stroke, coronary heart disease and major cardiovascular diseases, followed by Native Hawaiians.

Such statistics should be cause for concern, especially for Filipinos. While there are major risk factors for heart disease that you cannot change—such as family history, gender and age—other factors like tobacco use, alcoholic consumption and stress levels can be controlled. So if you are at risk for heart disease, take heart in knowing that better health may only be a few simple changes away. First of all, change your diet to a healthier one. Small things like eating more fruits and vegetables, reducing your salt intake, or cutting out fried foods can make a big difference. Next, change your lifestyle. Include regular exercise in your daily routine, avoid tobacco and encourage your children to spend more time playing outdoors. Children exposed to a healthy lifestyle do better in school and assure a more productive, prosperous future for themselves.

There is perhaps no better time than now to begin new and healthy habits. In case you did not know it, February is American

FROM THE PUBLISHER

A

loha and welcome to the very latest issue of the Hawaii Filipino Chronicle! We trust that you and that special someone in your life enjoyed a very memorable Valentine's Day. Most of you are probably unaware that February is American Heart Month and that heart disease

is a very real and serious health problem for the Filipino community. By observing American Heart Month, which was first established in 1963, we join the American Heart Association in helping to increase public knowledge of cardiovascular diseases and encouraging healthy habits to promote prevention. In keeping with the theme of American Heart Month, we have provided several heart-related articles written by Filipino physicians. On page 6, Dr. Daniel Canete explains why using ice, or crystal meth, can lead to serious heart problems—even heart failure. His advice? Quit now, while you still can. On page 7, Dr. Mark Joven discusses Broken Heart Syndrome, which only recently has been recognized as a disease mimicking heart attack. We hope you will find these articles informative and thought-provoking.

Our cover story for this issue, which can be found on pages 4-6, is written by Gregory Bren Garcia, who examines the backgrounds and credentials of the four leading presidential candidates for the upcoming Philippine elections—Joseph Estrada, Gilbert Teodoro, Manny Villar and Nono Aquino. Each has already hit the campaign trail. From now until the election, they will shake voters' hands, enlist the help of star-studded celebrities and make the usual campaign promises to stamp out graft and corruption, help the poor and improve education. We will stop short of endorsing a particular candidate but we hope that the 50 million eligible Filipino voters who will cast their ballots on May 10 will see beyond the rhetoric and choose wisely. Voters will not only select a new president and many others to lower offices, but will also for the first time ever use a fully automated election process. So whatever the outcome, 2010 will be a truly landmark election year.

In other news, the Filipino Chamber of Commerce of Hawaii is gearing up for its 16th Annual Scholarship Golf Tournament. Funds raised from the event will go towards providing scholarships for deserving Filipino students. Many generous sponsors have come forward to support the event, including title sponsor Farmers Insurance Hawaii and Robin Campaniano. Even if golf is not your game, we hope that you will be able to get involved and lend your support for this very worthwhile cause. If you wish to do so, please read more on page 8.

This jam-packed issue contains other informative articles, including "Legislative Connection" (page 3), "Social Security Update" (page 10), Legal Notes (page 13) and "Travel & Leisure" (page 14), which we hope you will enjoy reading. In closing, thank you once again for supporting the Hawaii Filipino Chronicle. Until next time, aloha and *mabuhay!*

Chava A. Montesines-Sonido

Heart Month. This month is usually filled with thoughts of love and of that special someone in your life. However, it should also be a time to start thinking about better heart health. Valentine's Day may be over but there is still time left in American Heart Month to start taking better care of your heart. Do it now and you will find a healthier and happier future!

**visit our websites @
www.thefilipinochronicle.com
and
www.efilipinochronicle.com
and enjoy the e-copy of
the hawaii-filipino chronicle!**

HAWAII FILIPINO CHRONICLE

Publisher & Executive Editor
Charlie Y. Sonido, M.D.

Publisher & Managing Editor
Chona A. Montesines-Sonido

Associate Editors
Dennis Galoto
Edwin Quinabo

Creative Designer
Junggol Peralta

Design Consultant
Randall Shrima

Photographer
Tim Lienna

Administrative Assistant
Alshimar Pagulayan

Columnists

Carlota Ader
Carlo Cadiz, M.D.
Sen. Will Espero
Grace F. Fong, Ed.D.
Mayor Muñi Hannemann
Governor Linda Lingle
Ruth Elmyra Mangabio, Ph.D.
J.P. Orias
Pacita Saludes
Reuben S. Seguritan, Esq.
Charlie Sonido, M.D.
Emmanuel S. Tipon, Esq.
Felino S. Tubera
Sylvia Yuen, Ph.D.

Contributing Writers

Belinda Aquino, Ph.D.
Clement Bautista
Teresita Bernales, Ph.D.
Linda Della Cruz
Fledes Doctor

Philippine Correspondent
Guillermo Franco

Big Island Distributor
Elmer Acasio
Ditas Utanani

Maui Distributor
Cecille Piros

Molokai Distributor
Maria Watanabe

Advertising/Marketing Director
Chona A. Montesines-Sonido

Account Executives
Carlota Ader
J.P. Orias

The Hawaii Filipino Chronicle is published weekly by The Hawaii Filipino Chronicle Inc. It is mailed directly to subscribers and distributed at various outlets around Oahu and the neighbor islands. Editorial and advertising deadlines are three weeks prior to publication date. Subscriptions are available at \$75 per year for Oahu and the neighbor islands, continental U.S. \$80, foreign country \$90. Copyright 2006. The Hawaii Filipino Chronicle Inc. is located at 94-356 Waipahu Drive, Waipahu, HI 96797. Telephone (808) 678-2000. Facsimile (808) 678-1929. E-mail: thefilipinochronicle@gmail.com. Opinions expressed by the columnists and contributors do not necessarily reflect those of the Hawaii Filipino Chronicle management. Reproduction of the contents in whole or in part is prohibited without written permission from the management. All rights reserved. Printed in the U.S.A.

www.thefilipinochronicle.com
www.efilipinochronicle.com

LEGISLATIVE CONNECTION



By Senator Will Espero

The 2010 Winter Olympics in Vancouver is underway. Millions of viewers around the world, including those in Hawaii, are experiencing the thrill of competition among elite athletes from around the globe. Small state that we are, both in size and population, Hawaii has itself produced its share of champions, a fact that should inspire our young people and their parents and coaches.

Honolulu Theatre for Youth's first offering for 2010 is coincidentally, the true story of Olympic swimming champions from Puunene, Maui. On the opening night for "The Three Year Swim Club," Hawaii Olympian Bill Smith proudly showed his two gold medals to the audience. More than 150 original "Swimming Club" members, their families and friends attended the performance. Albeit, swimming is a summer Olympic, not a winter one, but the play reminds us of the incredible achievements that can happen with hard work, encouragement, a spirit of belonging, and focus on a goal.

Teacher Soichi Sakamoto, founder of the "Three-Year Swimming Club," did not have any of the niceties that coaches on the mainland had. With no swimming pool in the sugar cane town of Puunene, he appealed to plantation managers for the right of his swimmers to train in the irrigation ditch. He had no formal swimming training himself, though he coached other sports after teaching school all day. An incredible man of vision, he set out to

Olympics First, Olympics Always

prove that a three-year, conscientiously worked out period was sufficient time to develop swimmers of Olympic caliber. He wanted to instill Americanism and give a sense of unity to these second generation children of Territorial Hawaii, and give young swimmers an ultimate goal towards which to work.

In June 1937, speaking to plantation laborers' children in a humble classroom in Puunene Grammar School, "Mistah Sakamoto" told boys and girls who had never even been to Honolulu, of his dream to build up swimmer for the American team that would compete in the 1940 Olympic Games in Helsinki, Finland. The "Three-Year Swimming Club" motto was "Olympics first and Olympics always." Twenty-year old Fujiko Katsutani promised Coach Sakamoto that she would train and train hard, saying "when you train, you train because you want to become a champion." Two years later at 14, she became the country's best breast stroke swimmer, and at 15 became a member of the 1940 U.S. Olympic women's swim team.

Every day after school, barefoot children scurried across the cane fields to the plantation irrigation ditches. About 120 children trained for one to three hours a day in waterways three feet deep by four feet wide. Coach Sakamoto ran alongside, shouting instructions as they swam downstream and back upstream. The children were poor and had to rely on support from the community to be able to afford getting to competitions in an era when the trip to the mainland was via a seven-day trip by ship across the Pacific Ocean. The championship record his swimmers accomplished is truly a miracle.

Soichi Sakamoto's swimmers went to the National

Championships 12 times and won the national title six of those times. His boys team captured the National team championship in 1939, 1940, 1941, 1946, 1949. In his time he developed more national champions than any other coach: 14 National AAU individual titlists, six National AAU champions, and several world record holders. One of his swimmers, Kiyoshi Nakama (who later became a Hawaii legislator) held 27 national titles in distances from 110 yards to 1,500 meters as well as world records.

The Three-Year Swim Club dominated the 1941 Nationals in what observers called a blitzkrieg. Bill Smith shattered a dozen world and American records, and captured the title in the 200 and 400 meter. Kiyoshi Nakama reprised his 800 meter victory and won the 1500 meter. Jose Balmores won the 200 meter breaststroke and 300 meter individual medley. Takashi Hirose placed first the 100 freestyle. Maui won the club relay for the third consecutive year.

The Swim Club's achievements opened the door of opportunity for these poor plantation youth. It was well known that Coach Sakamoto's ground work was directly responsible for many of Ohio State University's championship teams as his swimmers joined OSU's team. Coaches across the U.S. began adopting his unorthodox methods.

The 1940 Olympics for which the "Three-Year Swimming Club" was formed, was canceled because of World War II. Had the Games been held, the swimmers "Mistah Sakamoto" trained would have formed the backbone of the American team.

After Pearl Harbor was attacked in 1941, boys who he taught in school and who trained under him in swimming, football, track and field, baseball and basketball, or in his Boy Scout troop – all were sent off to war. He wrote to them long, inspiring letters to let them know they were not forgotten and to encourage them.

In the 1948 Olympic Games in London, former Three-Year Swim Club member Bill Smith was the underdog who fought his way to victory. He captured two gold medals, for the 400 meter freestyle and 800 meter freestyle relay. As the band played the Star Spangled Banner, and the crowd cheered wildly for Bill at the medal presentation, Coach Sakamoto stood quietly in the bleachers, his face

full of emotion.

Sakamoto became the assistant coach to the U.S. Swim Teams for the 1952 Helsinki and 1956 Melbourne Olympic Games. Among his Olympic champions: Bill Smith, Jr. and Thelma Kalama (1948), and Ford Konno, Yoshi Oyakawa and Bill Woolsey (1952). Anyone interested in seeing how many star athletes Hawaii has sent to the Olympics and other championships can peruse "Hawaii Sports: History, Facts, and Statistics" (1999) written by local librarian Dan Cisco.

Mahalo nui loa to Honolulu Theatre for Youth for commissioning and producing "The Three-Year Swim Club" to honor Coach Soichi Sakamoto of Puunene, and his championship swimmers. Their true story gives Hawaii's youth the hope that, even kids from a small state or without any of the advantages, can shoot for the stars and make their dreams come true. The play runs at Tenney Theatre Feb. 20 and 27 and March 6 at 4:30 pm.

Personal Injury Asbestos Mesothelioma

We can help you get justice.



Loreto M. Viloria, Paralegal

- Auto Accidents
- Industrial Accidents
- Wrongful Death
- Help you get to medical appts.
- Home and hospital visits
- Help with insurance forms
- Help you with legal forms
- Help with car and towing

If you've been seriously injured in an auto or industrial accident, please call Loreto M. Viloria at our Waipahu office. He has over 19 years experience working with attorneys to help injury victims understand their rights and insurance procedures. We speak fluent Tagalog and Ilocano at our Waipahu office and treat every client like family. There is no charge for an initial consultation and no fee if there's no recovery.

GARY GALIHER

GALIHER DeROBERTIS ONO
ATTORNEYS AT LAW / LAW CORPORATION

Call 24 hours Office: 676-5665 Cell: 227-2333

RETAIL/OFFICE SPACE FOR LEASE

Approximately

280 sq. ft of retail/office space;

ready to move in with restroom inside the unit.
Convenient location in the heart of Waipahu.
Near bus, church, shopping.

Call Shali at 678-8930

COVER STORY

A Look at the 2010 Philippine Presidential Election

By Gregory Bren Garcia

Along the 14-kilometer Commonwealth Avenue in Quezon City, the Metropolitan Manila Development Authority has installed lengthy, elevated footbridges that span the expansive, 20-lane highway. Draped over their sides are sizable tarpaulin streamers which read "Thank you, President Gloria, for this footbridge."

Manong Selmo, a cab driver who traverses the road daily, is disgusted.

"It's as if she paid for these infrastructures herself," he says, referring to incumbent Philippine President Gloria Macapagal-Arroyo. He is appalled by the fact that these footbridges are being painted green, which he suspects as a cheap scheme to make an association with presidential aspirant Gibo Teodoro, who has adopted the color for his May 2010 electoral campaign. "This government will do anything to give it an edge. They are all desperate," he says.

Indeed, the Philippine general election of 2010 is just beginning to heat up. As always, elections in the country are accompanied by contemptible political scheming, from the cheapest type to the downright horrifying.

On November 23, 2009, the country awoke news of a political massacre in the violence-tainted province of Maguindanao. At least 57 people

were abducted and killed by about hundred armed men, who stopped a convoy composed of members of a political clan, journalists, lawyers and aides. The group accompanied the family of Buluan town mayor Esmel Mangudadatu to file for his certificate of candidacy for the upcoming gubernatorial election.

The incident put pressure on the Arroyo administration to bring the perpetrators to justice. Datu Unsay mayor Andal Ampatuan, Jr., son of the powerful Maguindanao governor and Arroyo ally Andal Ampatuan, Sr., became the primary suspect of the massacre. He was arrested and will be tried in Metro Manila.

Political analysts expect that the Maguindanao Massacre and the trial of Ampatuan is just the beginning of a heated political battle that will culminate in what is thought to be the most pivotal elections in the Philippines to date. In compliance with Republic Act No. 9369 or the Amended

Election Modernization Act of 2007, the May 2010 elections will be the first fully computerized election in the history of the country.

Since early this year, the major presidential candidates have made their presence felt via the mass media, employing channels like outdoor advertising, print media, television, radio and the Internet to promote their candidacies. The Commission on Elections approved the presidential candidacy of 10 individuals, but only four names emerges as likely contenders based on several public opinion surveys: ousted Philippine President Joseph Ejercito Estrada, former Secretary of National Defense Gilberto Cojuangco Teodoro, Jr., Senator Manuel Bamba Villar, Jr., and Senator Benigno Cojuangco Aquino III.

Estrada: The Return of the King?

Very few things can be said of the former President Joseph "Erap" Estrada, who, following a fairytale-like ascent to the presidency in 1998, subsequently fell from grace after allegations of corruptions sparked the EDSA II non-violent uprising in January 2001 which toppled the president from power.

Estrada has previously served as a mayor of San Juan in Metro Manila, as a senator and as a vice-president. Serving as president of the republic, Estrada is said to have surrounded himself with a strong economic team. However, Estrada and his economic managers failed to leverage on the success of the preceding Ramos administration to protect the country against the impending Asian Financial Crisis of 1997.

Estrada's grip on the economy began to loosen after the stock price of BW Resources, a small gaming company listed on the Philippine Stock Exchange (PSE), skyrocketed. It wasn't



THE NEXT PRESIDENT? (clockwise from top left) Gilbert "Gibo" Teodoro of Lakas-Kampi-CMD, Former president Joseph "Erap" Estrada of PMP-UNO, Sen. Benigno "Noynoy" Aquino III of the Liberal Party, and Sen. Manuel "Manny" Villar of the Nacionalista Party

long before the incident became a full-blown scandal that linked the people behind BW Resources as close associates of Estrada. The events created a negative impression of the country among foreign investors. This scandal, along with the negative effects of the El Niño and La Niña phenomena, the exposés of his other shoddy political practices and the subsequent impeachment trial all undermined the capacity of Estrada to lead the country.

On September 12, 2007, the Sandiganbayan, a court which has jurisdiction over criminal and civil cases involving corrupt

government people, finally decided that Estrada was guilty of plunder, six years after he was detained. However, on October 25, 2007, President Arroyo granted executive clemency to Estrada, supposedly in the spirit of reconciliation.

Although members of the 1987 Constitutional Commission like Christian Monsod and Fr. Joaquin Bernas clearly stated that the Philippine Constitution does not allow any formerly elected president from seeking a second term at any point in time, Estrada still filed for his certificate of candidacy. Today, his platform of government essentially treads in the shadow of his

1998 version, which promises better education, health care services, livelihood programs and government assistance plans for the poor.

Despite being unclear about the direction in which he wants to take the country, Estrada still benefits from the backing of his unlikely supporting supporters who are willing to espouse his candidacy no matter what. A supporter of Estrada on his Facebook page, who wishes only to be identified by the name "Drew," says that he will be supporting the former president because his family was a lot better off when Estrada was still in office.

"During his term, we had a great life," he says. "Most of the goods were cheap and we could easily afford them. If Erap continued to be president, I believe our family will be wealthy now and the poorest of the poor will be able to survive."

Teodoro: Gloria's Surrogate or the People's Hope?

In March of 2009, Gilberto "Gibo" Teodoro, Jr. announced his intent to run for president. Originally a member of the Nationalist People's Coalition party, he earlier joined and later became president of the administration party Lakas-Kampi CMD. Malacañang officials cel-

TIRED OF PAYING HIGH COSTS FOR YOUR COMPUTER MAINTENANCE?

NOW, YOU CAN AVAIL OF LOWER COSTS AND FEES FOR REPAIR AND MAINTENANCE OF YOUR COMPUTER HARDWARE AND SOFTWARE



CALL US AT 636-4071
PLEASE LET US HELP YOU
IN THIS TOUGH ECONOMIC TIMES!

COVER STORY

ebrated his announcement, ac-
claiming his credentials and even comparing his energy and intellectual prowess to then newly-elected U.S. President Barack Obama. Political adviser Gabriel Claudio told the Philippine Daily Inquirer that Teodoro is the most capable among the candidates gunning for the presidency.

"There is no doubt that among our national leaders, including those touted as presidential material, Gilbert is among those with youthful idealism, outstanding intellectual capability, leadership, nationalism and a firm grasp of the problems that beset our country," he told the Inquirer.

Teodoro is the only son of former Social Security System administrator Gilberto Teodoro, Sr. and former Batasang Pambansa member Mercedes Cojuangco-Teodoro. In 1984, he graduated with a degree in Bachelor of Science in Commerce, Major in Financial Institutions from De La Salle University in Manila. He later took law at the University of the Philippines, where he was awarded the Dean's Medal for Academic Excellence in 1989, the same year he emerged top-notcher at the Philippine Bar Exams. Teodoro completed his master's degree at the Harvard Law School in Mas-

sachusetts and subsequently passed the New York Bar Exams in 1997.

For seven years, Teodoro practiced as a lawyer until his congressional candidacy in 1998. He served as Representative of the First District of Tarlac province for nine years, after which he was appointed as Secretary of the Department of National Defense in August of 2007. As the concurrent Chairman of National Disaster Coordinating Council, Teodoro actively participated in the relief efforts during the aftermath of Typhoon Ketsana (Ondoy) in September 2009, making him more visible to the public eye. He also actively took part the resolution of the Maguindanao Massacre.

More recently, Teodoro has earned positive reviews from his good performance during several public presidential debates, wherein he stressed that healing and conciliation will be the hallmarks of his administration. In his platform of government, he revealed that he will focus on reforms like providing excellent education for poor but deserving students, creating better incentives for government workers, and improving research and development in information technology. He also promised to modernize the Philippines' dis-

aster response capabilities, to develop the rural regions of the country in terms of infrastructure and communication and to encourage the growth of Filipino entrepreneurship.

Donna Austria, an accounts specialist in a multi-national IT and computer firm, is still torn on whom she will vote for. She says that in terms of leadership skills, Teodoro might be the frontrunner among all the candidates.

"He has good leadership skills and he has the necessary knowledge to lead the people. He appears very competent and can deal with the concerns of Filipinos," she says.

Despite his credentials, Teodoro's critics point to his allegiance with the current administration as his greatest weakness. Ostracized because of allegations of corruption against it, the administration's unpopularity seems to be rubbing off on its standard bearer. In the independent online survey site PhilippinesElections.com, one critic said she would not to vote for Teodoro because of his connections.

"I will not vote for him!" the reviewer writes. "He is every inch a trapo. He will just be another Gloria (Arroyo), the most hated president (who will be) returning favors left and right."

Trap is a Tagalog term for "filthy rag," which is also short for "traditional politician," a government person who engages in corrupt practices. Teodoro is also being criticized for allegedly being a balimbing or a political turncoat, deserting his party depending on the current status quo.

Villar as the New Hero of the Masses

Among all the presidential aspirants, no one is probably more visible than Sen. Manuel "Manny" Villar, Jr. Since late last year, Villar has stepped up his political campaigning on television. His advertisements trumpet himself as someone who comes from the ranks of the masses and who has successfully climbed the apex of the social pyramid through siag at tiyaga (hard work and perseverance).

In his website, Villar describes himself as being "born to a simple family in Moriones, Tondo," which is an underprivileged district of Manila. He is the second child of Manuel Montalban Villar, Sr. a govern-

ment employee and Curita Bamba, a seafood dealer, who raised eight other children.

Villar became a working student at the University of the Philippines and at the same time also worked as a fish and shrimp dealer. He obtained his undergraduate and master's degree in business administration and accountancy from UP. It didn't take long before Villar found himself working for the Philippines' biggest accounting firm—Sycip Gorres Velayo & Co.

Villar has a good number of titles under his belt, including being one of the biggest home-builders in Southeast Asia and garnering various awards like the Ten Outstanding Young Men Award in 1986, Agora Award for Outstanding Achievement in Marketing Management in 1989, Most Outstanding CPA by the Philippine Institute of Certified Public Accountants in 1990 and Most Outstanding U.P. Alumnus in 1991.

Villar debuted in politics in 1992 when he became the representative of the lone district of Las Piñas City in Metro Manila. In 1998, he was chosen to become Speaker of the House of Representatives and became popular when he presided over the impeachment trial of President Joseph Estrada in November 2000. He is known for having expedited the proceedings by sending the impeachment trial immediately to the Senate.

Glen Dimaandal, an SEO manager for a BPO company, says Villar's actions during the Estrada impeachment trial showed the senator's true capability as a leader.

"He's a man with vision and guts," he says. "This is proven by the choices he made during the impeachment trial of former president Estrada. He has excellent managerial skills too."

Villar won a seat in the Senate in 2001 and in 2006 became the Senate President. He also previously served as Senate President pro tempore from 2001 to 2002.

Villar prides himself in his website for having "shepherded into law" many landmark bills during his terms as a congressman and as a senator. These include the Clean Air Act, the Retail Trade Liberalization Act, the Overseas Absentee Voting Act and the Anti-Violence Against Women and their Children Act.

On November 30, 2009, he formally filed his certificate of

candidacy, along with his running mate, Senator Loren Legarda. As much as Villar has achieved many accomplishments, he is also now being accused as the main persona behind a scandal involving a major infrastructure project. According to the findings of a Senate committee, there is sufficient evidence that Villar exerted his influence on the Department of Public Works and Highways (DPWH) so that a project extending the length of the C-5 road, a major artery in Metro Manila, was rerouted to pass through the real estate developments he owned. The Senate is now asking him to return at least P6.2 billion (\$133.89 million) worth of wasted money that the government had to pay as right-of-way compensation for land that was no longer needed.

Villar is also being questioned about his political campaign spending. In February 2010, Nielsen Media Research revealed to BusinessWorld newspaper that from October to December 2009, the senator spent P543 million (\$11.73 million) on his television advertisements. This astronomical price tag made Villar the country's 14th biggest advertiser, the only individual in a list dominated by big multinational and local corporations. As of press time, Villar's advertisements continue to play on almost all of the major local television stations in the country.

Noynoy Aquino: Scion of the Cory and Ninoy Magic'

Benigno "Noynoy" Aquino III became a survivor of an assassination attempt when rebel soldiers stormed the Malacañang Palace and open-fired at Noynoy Aquino and his five bodyguards, four of whom died protecting him. Cory Aquino was then just 18 months into her presidency.

For a survivor of a serious shooting incident, Aquino still seemed too timid and low key, compared to his father, statesman Benigno Aquino, Jr., that very few people expected him to become one of the most popular candidates for the May 2010 presidential race.

It all changed in August 2009, however, when her mother passed away after a long struggle with colon cancer. What followed was a huge public clamor for Noynoy Aquino to run for

(continued on page <None>)

CHRONICLE PULSE

If the election was held today, who would you vote for president of the Philippines?



I will be voting for Gibo Teodoro because he has shown great intelligence during the candidates' debates. He also demonstrated his capacity to lead when he was still Defense Secretary. His being charismatic and rather handsome doesn't hurt either.

**Leah Lagman
Cainta, Rizal**



Noynoy (Aquino), for me, should be president because he is honest. Integrity and commitment are qualities that I look for in a leader.

**Melai Siose
Metro Manila**



I'm still deciding on whether to vote for Villar or Aquino but I believe the former has an edge when it comes to experience. It also helps that Villar is very popular because a leader can be efficient only as long as he can count on the cooperation of the populace.

**Ben Garcia
Metro Manila**



I'll probably go with Richard Gordon. He has vast experiences in job creation. More importantly, he demonstrated forward vision and leadership in converting Subic Bay from a big U.S. navy surplus facility into a multi-million dollar business center/hub. Sadly, many Filipinos have a very short memory of these things.

Virgil Gabriel

HEART MONTH FEATURE

Why Ice Use Causes Heart Failure

By Danelo Cañete, MD

It is a common notion that heart disease occurs only in two settings: In the very young with congenital heart disease and in the older population who have the usual risk factors such as obesity, smoking, high blood pressure, elevated cholesterol levels and diabetes.

There are those, however, in their 20s, 30s and 40s who use recreational drugs to have fun and end up developing heart disease. These young people unfortunately pay the price for partying and using ice, which affects the heart and causes heart failure.

A few months ago, I admitted a 23-year-old male to the intensive care unit because of severe heart failure. His lungs were flooded with water.

He was gasping for air and unable to breathe. That's what happens with heart failure. When his endotracheal tube was finally removed, I told him he might need a heart transplant. He started crying and I asked why. He said he just had a brand new baby and wanted to watch him grow up. He admitted using ice when he got together with friends. He also admitted that he liked his beer. Alcohol can also damage the heart and result in alcoholic cardiomyopathy.

But ice is especially dangerous because the damage it causes is usually irreversible. So, the days of playing basketball or surfing are no more. In fact, exerting effort beyond normal activities may be enough to provoke heart failure. And the only recourse left is a heart transplant.

Ice is a form of meth. It is meth in its purest form and



may appear as small crystallized rocks. Other terms for this type of meth include "crystal meth" and "glass." This meth is known to be even more addictive than regular meth because it is more pure when consumed. Ice or crystal meth is generally smoked. However, it can be crushed and snorted or crushed and made into a liquid form and taken intravenously.

The main difference between regular meth and ice or crystal meth is that ice is created in what are said to be "super labs" and on a much larger scale than home-cooked meth. The process in which ice or crystal meth is distilled can be very hard to create in the average meth lab. Most times, the average, cheaper meth sold on the street has been cut several times to stretch it further and allow the dealer to make more profit. The high is still the same, however it doesn't last as long nor does it feel as strong.

Ice is generally manufactured in larger labs that would be easier to detect here in the U.S. More times than not, the meth is imported from Mexico and other countries and smuggled into the states. However it got here, it found its way to your friend or to your loved ones.

COVER STORY (cont...)

(from page 5, A Look...

present to continue his parents' legacy. On September 1, 2009, his Liberal Party's former standard-bearer, Senator Manuel "Mar" Roxas II, formally announced his withdrawal from the elections and his support for Aquino. Eight days later, on September 9, Aquino officially announced in a press conference held in San Juan, Metro Manila, that he would be running for president.

The third among five Aquino children, Noynoy Aquino graduated with a degree in Bachelor of Arts, Major in Economics at the Ateneo de Manila University. Before joining politics, Aquino worked in the private sector, serving top positions in family-owned businesses. In 1998, he was elected as a representative of the Second District of Tarlac province, serving for nine years until 2007. In

the May 2007 midterm elections, he won a seat in the Senate and served under the coalition known as the Genuine Opposition, a group comprised of several political parties and individuals that opposed President Arroyo's moves to amend the constitution.

Critics of Aquino point at his limited experience as a senator and his alleged lack in leadership skills as his primary weaknesses. Particularly, critics point to Aquino's performance in the recent debates, which purportedly showed his superficial understanding of important national issues. "(The debates) exposed the weakness and lack of depth on the basic issues by the neophyte senator," said Ed Malay, director of the public polling body The Center, in an interview with the Philippine Star.

Others believe that Aquino's

vice-presidential running mate, Senator Mar Roxas, is a more experienced leader. Roxas is a graduate of the Ateneo and the University of Pennsylvania's Wharton School of Economics and has formerly served as a Secretary of Trade and Industry. Roxas has also served almost six years as a senator.

Nevertheless, Aquino's supporters believe in his platform of government, the basic essence of which is "transformational leadership." Aquino is calling for change in the structure of governance in the country and wants "a president who is the nation's first and most determined fighter of corruption." His platform is also calling for an impartial justice system as well as massive public investment in education, public health and employment.

Zeus Martinez, a Manila-based professional photographer, notes that Aquino's clean background alone is enough a reason why he is voting for him come May 2010.

"I like someone who is honest and up front with the people, someone who is bold enough to say something that will someday come back and bite him if he doesn't get his act straight. It would also be a good thing if the candidate did not have any hint of corruption in their history. Noynoy, for me, has those qualities," says Martinez.

Martinez also believes that

despite Noynoy's seeming lack of experience, he will do well simply because he was brought up a morally-upright person. "I believe character drives ability—not the other way around. Therefore if a moral, honest and God-fearing person decides to run the country, he will do a good job simply because he will eventually prefer the right choices," he says.

The Pulse of the People: Number Games and Sincere Hopes

The most recent surveys conducted by public opinion polling bodies during the latter part of January 2010 show that Villar is slowly cutting the lead in popularity previously enjoyed by Aquino. Pulse Asia's survey, conducted between Jan 22-26, 2010 shows that Aquino and Villar are statistically tied with 37 percent and 35 percent ratings respectively, while Estrada garnered 12 percent and Teodoro had 5 percent.

On the other hand, the Social Weather Stations' (SWS) survey conducted from January 24-28 shows a similar story, with Aquino enjoying a score just a few notches higher than Villar. Their rating is 42 percent and 35 percent respectively, while Estrada and Teodoro registered 13 percent and 4 percent respectively. Both surveys have a margin of error of 2 percent.

Quit Now—While You Still Have a Heart

The disease is called cardiomyopathy. "Cardio" is Latin for heart, "myo" for muscle and "pathos" for disease. So, translated, it means disease of the heart's muscles. In one-third of cases, cardiomyopathy is caused by coronary artery disease as with most older patients. But in two-thirds of cases and mainly in the young, the causes are either viral infection, alcohol or illicit drug use, mainly crystal meth.

So, this Valentine's Day, the best Valentine's gift you can give your love ones is to stop using ice if you're a user. You may be lucky that your heart has not been damaged enough yet to provoke heart failure.

And if you're not a user but know someone who is, you can help change his or her future by telling them this story.

The December 8-10, 2010 Pulse Asia survey shows Aquino, Villar, Estrada and Teodoro with scores of 45 percent, 23 percent, 19 percent and 5 percent respectively, while the December 5-10 SWS survey shows scores of 46.2 percent, 27 percent, 16.0 percent and 4.6 percent for the candidates respectively. Pulse Asia's survey has a margin of error of 2 percent, while SWS's survey has 2.2 percent.

Whatever the outcome of the 2010 presidential election may be, Filipinos are one in hoping and praying that this time around, it will be an affair unmarred by violence and fraud.

Austria hopes that all people involved in the polls, whether candidates, voters or poll watchers, will honor the values of decency and moral uprightness.

"All I wish for is a clean elections. I am hoping that honesty and integrity will prevail," she says.

Martinez agrees to this and says that he hopes for the candidates to put the welfare of the country first above all other loyalties.

"My hope for the May 2010 elections is that it would bring forth a revival in the Philippines. I hope that the chosen leader, whoever he is, will have the best interests of the country in mind without hoping for anything in return," he says.

ROY M. YOSHINO
A LAW CORPORATION

Auto Accidents, Personal Injury
Workers' Compensation,
Wrongful Death

Over 25 Years of Experience

CALL (808) 735-2331

HEALTHLINE

Broken Heart Syndrome

By Mark Joven, MD

Broken Heart Syndrome, also known as stress-induced cardiomyopathy, apical ballooning syndrome, or takotsubo cardiomyopathy, is a temporary failure of the heart muscles presenting like a heart attack but with no clogging of the heart arteries.

First described in Japan, it is taken from the Japanese terms *tako-tsubo*, meaning "octopus trap" because of the un-

usual shape of the heart. It is postulated to be caused by the heart's reaction to a surge of stress hormones, notably epinephrine and norepinephrine. It is usually preceded by a stressful situation like a death of a loved one, a gambling loss or a frightening medical diagnosis. It can also occur with numerous physical stressors in the body such as stroke or asthma attack.

Broken Heart Syndrome usually affects women more than men, usually at post-menopausal age. Often diagnosed in an emergency setting, it presents like a heart attack with acute onset of chest pains, shortness of breath or low blood pressure. Heart tracing is abnormal and blood tests such as heart enzymes are elevated sim-

ilar to heart attacks.

Most heart attacks occur due to blockages usually from cholesterol buildup and blood clots forming in the heart arteries cutting off its blood supply. If the loss of blood supply persists for a long time, the heart muscle cells die leaving the heart muscles permanently damaged. In Broken Heart Syndrome, on the other hand, the heart arteries are normal and do not have significant blockages or clots. Heart muscles are not killed but rather temporarily "stunned" from the adrenaline rush. Fortunately, this is only transient and most cases completely resolve in a couple of weeks without permanent damage to the heart.

Broken Heart Syndrome is

usually managed in the hospital setting with supportive measures. Depending on how it presents, physicians usually give short term medications such as beta blockers, ACE inhibitors, angiotensin receptor blockers, diuretics, or aspirin. An attempt to alleviate the triggering physical or emotional stress must also be made.

Resolution of the emotional and physical stress usually results in improvement of the symptoms, EKG findings and heart enzymes. Procedures such as a stent placement or coronary angioplasty are not necessary because the heart arteries are not blocked. Although a transient disorder, Broken Heart Syndrome

should not be taken for granted because of its resemblance to a heart attack, which has a high mortality if not treated promptly and properly.

Although discovered only recently, Broken Heart Syndrome is now being recognized more commonly as a disease mimicking heart attack often times requiring special testing such as angiograms to distinguish between the two.

In conclusion, we should try to avoid or control our emotions or stressors because heart breaks could literally break our hearts.

MARK JOVEN, MD is a graduate of the University of Santo Tomas School of Medicine who is currently doing preceptorship with Dr. Charlie Sondio. He will be starting his Internal Medicine residency training at the University of Hawaii in July 2010. For questions, email him at drjoven@gmail.com.

HAWAII-FILIPINO NEWS

RP Consulate Among Stops for Liliha-Nuuau Tour

The Philippine Consulate General served as the Final Stop for the Fourth Annual Liliha-Nuuau District Candlelight Tour held on January 28, 2010.

The candlelight tour brought residents and visitors alike to several historic sites in the Liliha-Nuuau area that are not usually accessible to the public, as well as the Philippine, Korean and Japanese consulates.

The tour allowed participants to connect with the beautiful buildings that add to the charm and historical value of the beautiful Liliha-Nuuau community.

The tour is an annual event organized by State Rep. Corinne Ching, who has championed the historic preservation of the community, which also includes Alewa Heights, Puunui and Palama.

"The purpose of the Festival is to bring the community of Liliha together, foster a sense of

pride in the area and showcase some of the schools, facilities, civic groups and businesses here," says Rep. Ching.

The historic sites visited included the Queen Emma Summer Palace and the Taipei Economic Cultural Center. Participants were transported via trolley and were treated to live entertainment and light refreshments at each site.

Philippine Consulate staff prepared a warm reception for visitors in the true tradition of Filipino hospitality. The Philippine Consulate General Chorale performed "Harana Sa Aming Bahay" featuring well-loved Filipino *kundiman*. Visitors also enjoyed Filipino-style savories and a program that included a guided tour of the building and a briefing on its mission and activities.

In his welcoming remarks, Consul General Leoncio R. Cárdenas thanked Rep. Ching on her initiative to nurture an inclusive

community in Nuuanu. He says that the Philippine Consulate has hosted many town hall meetings, cultural festivities, and other socio-cultural events since its opening.

History of the Consulate

Located at 2433 Pali Highway, the Philippine Consulate General has a distinct Southern

colonial style. The Consulate was officially dedicated on November 14, 1948 during a reception hosted by their Consul General Modesto Farolan.

The Philippine Consulate was formerly the home of Albert Homer, a sugar executive. Homer purchased the property in 1913 from the estate of William Pfotenauer, a German Consul and a vice president of Hackfeld & Company.

In October 1948, the Philip-

pine Memorial Foundation purchased the property, which originally consisted of 57,000 square feet of land. The Foundation sold a portion of the property to the territory of Hawaii for the construction of Pali Highway. The remaining 46,000 square feet and building were sold to the Republic of the Philippines in May 1961. Prior to its purchase, the property had been rented by the Republic of the Philippines.

Thank you for your continued support!



**DIAGNOSTIC
LABORATORY
SERVICES, INC.**

Great Science. Great People.

AFFORDABLE PHOTOGRAPHY

- WEDDINGS
- PORTRAITS
- FAMILY REUNIONS
- BIRTHDAYS

www.photosjm.com

PACKAGES START AT \$300

1-808-636-4580

HAWAII-FILIPINO NEWS

Honolulu to Receive \$24.5 Million in Funds

Honolulu will receive \$24.5 million in federal stimulus funds through the American Recovery and Reinvestment Act, according to U.S. Rep. Neil Abercrombie. The money will be used for improvements at Honolulu Harbor which serves as the state's primary entry point for goods and as a strategic link in international trade and commerce.

The money comes from the Transportation Investment Generating Economic Recovery (TIGER) Discretionary Grant Program, which has targeted \$1.5 billion to surface transportation projects across the country.

"This economic recovery funding helps create and sustain

Fil Chamber of Commerce Gears Up For Annual Golf Tourney

By Fiedes Doctor

About 100 college students are fulfilling their dream of a brighter future, thanks to the generosity of the Filipino Chamber of Commerce of Hawaii Foundation, which will hold its 16th Annual Scholarship Golf Tournament on Friday, March 19, 2010 at the Kapolei Golf Course.

Proceeds from the golf tournament will be used fund the Foundation's scholarship program, which has allowed dozens of young Filipinos to pursue their academic dreams.

"To date, the tournament has raised over \$199,000 which has

Arboleda to Lecture on Philippine Historical Film



Dr. Pia A. Arboleda, assistant professor with the University of Hawaii-Manoa's Filipino and Philippine Literature Program, will speak on the topic "Converging Texts: The Process, Challenges and Results of Subtitling Raymund Red's "Sakay" on March 10, 2010 in Moore Hall Room 319, from 2 pm - 3:30 pm.

"Sakay" is a historical epic on the life of Filipino revolutionary Macario Sakay. Released in 1993 and directed by Raymund Red, the film is set in the early 1900s in the Philippines, when it changed colonial masters from the Spanish to the Americans.

Arboleda's presentation will



examine the challenges in translating and subtitled "Sakay" in an effort to make it accessible to Filipino heritage language learners and non-Filipino language students in a classroom environment. In translating and subtitled "Sakay," Arboleda will try to "reproduce in the receptor language the closest natural equivalent of the source-language message, first in terms of meaning and secondly in terms of style."

The major challenge in translation is that many language equivalents are available be-



ber of Commerce officials

J & J Hawaiian Barbecue (lunch)

"You can participate by being a sponsor or by donating door prizes, cash to purchase door prizes, or items for the goody bags," says Chamber president Rosemarie V. Men-

Three different levels of sponsorship are available: Platinum (\$1,300 for six golfers) (\$700 deductible), Gold (\$750 for three golfers) (\$450 deductible), and Team (\$600 for three golfers) (\$300 deductible). Space is limited to the first 72 teams and based on early sponsor commitments and past successes, the tournament is expected to be a sell-out.

Other companies that have signed up for the tournament are: Hooters (special appearance),

**Now call the Philippines
for less than 2 cents a minute.**

Talk to friends and family every day with Oceanic's International OnePrice® calling plan.

The International OnePrice® calling plan from Oceanic Time Warner Cable is the revolutionary way to call internationally to the Philippines and many other countries. Forget about calling cards! It's easy. Just subscribe to Home Phone and qualify for a one-year service and add international OnePrice® for just \$19.95 more per month to enjoy up to 1,000 minutes of international calling.

Call today for a better way to call the Philippines: 643-2337
Or visit www.oceanic.com to learn more.

CABLE + HIGH-SPEED ONLINE + DIGITAL PHONE

Call for Router/Rooftop High-Speed Online. Offer valid for residential customers. International One-Phone™ service is available to calls terminating on a U.S. number or to a U.S. number terminating on an International One-Phone™ number.

Panama, St. Kitts and Thisted, International One-Phone™ provides unlimited international calling for the first 1,000 minutes per month and to



OCEANIC
TIME WARNER CABLE
THE POWER OF YOU™

International OneCall is available to customers who subscribe to Home Phone and Standard Cable and/or Broadband (reg. Simple) Only. Offer valid for new service or transfer of service from another provider. Premium rates apply to calls originating in North America and to premium rate numbers. Premium rates also apply to calls originating in Mexico and to premium rate numbers. Calls terminating to cell phones and mobile phone in most countries. Calls terminating to cell phones with a private provider listed as the following countries are included in the plan: Argentina, Australia, Bahrain, Barbados, Brazil, Brunei, Chile, Costa Rica, Cuba, China, Hong Kong, India, Italy, Mexico, Paraguay, Saudi Arabia, Thailand, United Kingdom, Venezuela, and Vietnam. International OneCall® premium rates apply to 1000+ countries with calling time per minute. The minimum charge will apply to all international calling after the first 1,000 minutes. Premium rates apply to calls originating in North America and to premium rate numbers. Premium rates apply for taxes, fees, Distance Anxiety, and Operator Services. International OneCall® premium rates do not apply to international cellular telephone, special service numbers, including toll-free numbers, and mobile subscriber numbers. Premium rates apply to calls originating in Mexico and to premium rate numbers. Other restrictions may apply. International OneCall® is registered trademark.

visit our websites @
www.thefilipinochronicle.com
and
www.efilipinochronicle.com
and enjoy the e-copy of
the hawaii-filipino chronicle!

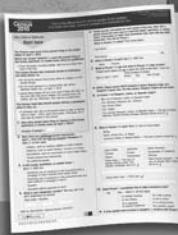
Tulungan ang inyong komunidad. Siguraduhing mabilang ang lahat ng kasambahay.



Napakahalaga talaga ng 2010 Census form. Nabibigyan nito ang lahat ng inyong kasambahay ng kakayahang makatulong mapabuti ang mga paaralan, madagdagang job training at marami pang pagbabago sa inyong komunidad. Sa pagsagot sa 10 simpleng katanungan na pagpatala via mail ng Census form, nasa inyo ang kapangyarihang paputihin ang inyong komunidad para sa susunod na henerasyon.

- Tulungang makhuha ng inyong komunidad ang bahagi nito sa higit \$400 billion in federal funds bawat taon.
- Ayon sa batas, kinakailangan makitahok ang lahat. Protektado rin ng batas ang inyong impormasyon.
- Darating via mail ang inyong Census form ngayong Marso. Pakisugutan ito at ibalik din via mail sa lalong madaling panahon.

Para makakuha ng assistance guide sa Tagalog, please visit 2010census.gov



PAKIBALIK ANG FILLED OUT CENSUS FORM VIA MAIL.

United States
Census
2010

NASA ATING MGA KAMAY



OCEANIC CABLE,
CHANNEL 11

**FAMILY ENTERTAINMENT
• INSPIRATIONAL
• COMMUNITY ISSUES**

**LOCAL AND NATIONAL
INSPIRATIONAL PROGRAMMING**

- SUPERIOR LIVING
 - Pacific Revival Center
- CHRISTIAN FELLOWSHIP
 - Wayne Cordero
- VOICE OF ZION
 - Lyons Welch
- TAP IN, NOT OUT
 - Jay Amina
- WORD OF LIFE
 - Art Sepulveda

SPORTS

Hawaii TV Bowling
HPU Basketball & Volleyball

CHILDREN'S TELEVISION

Go For It • Real Life 101 • NASA •
Ultimate Choice • Zone

BOOK'EM DANO

HAWAII 50

**MONDAY THRU FRIDAY
7 PM**
**THE BEST OF HAWAII
TV CLASSICS**

For advertising, call

Tel: 538-1414 (office) • 772-3374 (cell)
or email: dwhitelaw@lesea.com

SOCIAL SECURITY UPDATE

**To Tax or Not to Tax:
A Social Security
Question**

By Jane Yamamoto-Burgisay



hen it comes to Social Security benefits, you may be wondering who must pay taxes on them and who does not. Let's look at the numbers.

If you file a federal tax return as an "individual" and your total income is more than \$25,000, then the answer for you is "yes"—you'll have to pay federal taxes on your benefits.

If you file a joint return and you and your spouse have a total income more than \$32,000, you'll be expected to pay federal taxes as well. If your taxable income is below those thresholds, there is no need to pay taxes on your Social Security benefits.

If you need to pay taxes on a portion of your benefits, you will need your SSA-1099. This form shows the total amount

of benefits received in the previous year and is used to find out whether any benefits are subject to tax. You will need to submit it when you complete your federal income tax return.

You already should have received your SSA-1099 for tax year 2009 in the mail — they were automatically mailed to all beneficiaries by January 31, 2010. If you receive Social Security and have not yet received a Form SSA-1099 for 2009, you can request a replacement online at www.socialsecurity.gov/onlineforms. Or you can call Social Security's toll-free number, 1-800-772-1213 (TTY, 1-800-325-0778) and ask for a replacement SSA-1099 to be mailed to you.

If you would like more information about paying taxes on your Social Security benefits, please visit www.irs.gov and read Publication Number 915, "Social Security and Equivalent Railroad Retirement Benefits." You also can call the Internal Revenue Service toll-free at 1-800-829-3676 (TTY, 1-800-829-4059).

PHILIPPINE NEWS

Half of Pinoys Believe Comelec Ready for Auto Polls - Survey

By Helen Flores/
Thursday, Feb. 18, 2010

MANILA, Philippines - Barely three months before the May elections, about one out of every two Filipinos thinks the Commission on Elections (Comelec) is prepared to effectively implement the automated election system (AES) despite setbacks, a recent Pulse Asia survey revealed.

"Despite the delay in the delivery of the Precinct Count Optical Scan (PCOS) machines and other setbacks faced by the Comelec in connection with the automation of the coming elections, a small majority of Filipinos (52 percent) still believes in the preparedness of the poll body to effectively implement the new system," Pulse Asia said in its January 2010 Pre-Election Survey.

It said this view is articulated by "big pluralities to sizeable majorities" across geographic areas (44 percent to 67 percent) and socio-economic groupings (50 percent to 52 percent).

Nineteen percent of Filipinos express the opposite view while 30 percent are ambivalent on the matter.

The survey, released yesterday, showed that Visayans are most inclined to believe in the preparedness of the Comelec (67 percent), while Metro Manilans are most likely to have a contrary opinion (31 percent).

In the meantime, indecision levels

across geographic areas range from 20 percent in the Visayas to 34 percent in the rest of Luzon, while in the different socio-economic groupings, figures vary from 24 percent in Class ABC to 32 percent in Class E. 71 percent know little about automation Pulse Asia also said seven out of 10 Filipino voters still have "little or no knowledge at all" about the automated election system (AES).

The survey found that 71 percent of Filipino adults still have little or no knowledge at all about the new system, while 46 percent claimed they know a little about it and 25 percent admitted not knowing anything about the automated election system.

"Little/no knowledge about the AES is reported by majorities in the different geographic areas (62 percent to 80 percent) and socio-economic groupings (61 percent to 79 percent)," Pulse Asia said in a statement.

"In contrast, only eight percent of Filipinos know a great deal about the AES while 20 percent know enough about it," the survey firm added.

Pulse Asia said "great/sufficient knowledge about the new system" is more pronounced in Metro Manila and Class ABC (both at 39 percent) than in the other geographic areas and socio-economic classes.

The non-commissioned survey used face-to-face interviews of 1,800 representative adults 18 years old and above. (www.philstar.com)

PHILIPPINE NEWS

GMA Signs Law Expanding Benefits for Elderly

**By Marvin Sy /
Wednesday, Feb. 17, 2010**

MANILA, Philippines - President Arroyo has signed into law Republic Act 9994 or the Expanded Senior Citizens Act, ending weeks of speculation on whether or not she would act on this measure.

Deputy presidential spokesman Gary Olivar, quoting Executive Secretary Eduardo Ermita, said that the President received the enrolled copy of the bill last Monday night.

Mrs. Arroyo apparently did not have to scrutinize the bill too much since she signed it yesterday morning before going on her tour of the Mindanao agribusiness super region.

There were speculations the President did not want to act on

the bill because of its revenue implications as indicated by the Department of Finance (DOF), which recommended that Mrs. Arroyo veto the bill.

According to the DOF, the law would result in a revenue loss of P1.68 billion for the government and complicate the administration of the value added tax (VAT).

However, in spite of the DOF's recommendation, the President said two weeks ago that she would not veto the measure.

"With the signing of the expanded senior citizens' benefits act, our elderly can now expect additional financial assistance to help them weather the uncertainties of old age in an uncertain global economy," Olivar said.

Olivar noted that the President was fully aware of the fiscal costs of the measure but she

wanted to provide sectors such as the senior citizens with the social services and safety net programs "that have been created precisely to spread the benefits of our fiscal recovery to the neediest of our citizens."

"The President intends to continue looking after the most vulnerable members of society as she continues to protect the economic gains in her legacy," he said.

The law would exempt senior citizens from the 12 percent value added tax imposed on goods and services.

While the original senior citizens act, Republic Act 7342, gave the elderly a 20 percent discount on goods and services, they were not exempted from the VAT, which effectively brought down the level of discount to only eight percent.

Now that the law has been

amended, senior citizens would be able to enjoy the full 20 percent discount.

The VAT exemption will apply to medicine and essential medical supplies, accessories and equipment; fees of attending medical, dental and diagnostic and laboratory fees; fares for buses, jeepneys, taxis, AUVS, shuttle services, public railways, domestic air transport and other vessels; utilization of services in hotels, restaurants and similar establishments; admission fees in cinemas, theaters and other places of culture, leisure and amusement; and funeral and burial services.

Indigent senior citizens will also be given a monthly stipend of P500, subject to the periodic review of Congress in coordination with the Department of Social Welfare and Development.

In case of death of an indigent senior citizen, an amount of P2,000 will be awarded to his or her nearest kin as death benefit assistance.

Senior citizens may also enjoy a five percent discount on their water and electric bills on the condition that the utilities

are in the name of the senior citizen residing in the household, and that the consumption for electricity and water does not exceed 100 kilowatt-hours and 30 cubic meters per month, respectively.

Establishments that refuse to grant the mandated benefits, including their owners, managers and personnel may be fined P10,000 to P50,000 or face imprisonment of one to six months.

Sen. Pia Cayetano, principal author of the expanded Senior Citizens Act, welcomed the President's move to sign the law.

"As a principal author of the Expanded Senior Citizens Act, I wish to express the gratitude of the country's six million lolos and lolas to the President for finally acknowledging the urgency to sign this measure," said Cayetano, who is seeking re-election under the Nacionalista Party.

Meantime, last Feb. 12, the President signed the Coast Guard Law of 2009 or Republic Act 9993, formally transferring the Philippine Coast Guard (PCG) from the Department of National Defense (DND) to the Department of Transportation and Communication (DOTC). (www.philstar.com)

OFW Inflows Hit Record \$17.35 Billion in 2009

**By Lawrence Agcaoili /
Wednesday, Feb. 17, 2010**

MANILA, Philippines - Money sent home by overseas Filipino workers (OFWs) hit a new monthly record high of \$1.567 billion in December, enabling the Bangko Sentral ng Pilipinas (BSP) to register a stronger-than-expected growth in remittances for the whole of 2009.

Data released by the BSP yesterday showed that OFW remittances surged by 11.4 percent in December, or \$160 million more than the \$1.407 billion registered in December of 2008. The amount eclipsed the previous monthly record high of \$1.531 billion registered in October 2009.

For the whole of 2009, BSP officer-in-charge Diwa Guinigundo said remittances went up by 5.4 percent to a new record high of \$17,348 billion from \$16,426 billion in 2008 and exceeded the revised four percent growth forecast set by the BSP for 2009.

"The 2009 level exceeded the BSP's forecast of \$17.1 billion remittance flows or a four percent growth for the year," Guinigundo stressed.

Major sources of remittances included the US, Canada, Saudi Arabia, United Kingdom, Japan, Singapore, United Arab

Emirates, Italy, and Germany.

Guinigundo pointed out that the remittance level accounted for about 10.8 percent of the country's gross domestic product (GDP) that expanded by 0.9 percent last year from 3.8 percent in 2008.

"Remittances remained resilient amid the recent global financial crisis, providing strong support to domestic demand," he added.

The BSP official attributed the steady growth of OFW remittances to the sustained demand for skilled Filipino workers overseas particularly engineers, medical practitioners, and teachers.

According to him, the stronger-than-expected growth could also be traced to the decision of the Philippine government to conduct bilateral talks with host countries that continue to open up new employment opportunities abroad for Filipinos and to facilitate the hiring of displaced workers who were affected by the global economic difficulties.

Guinigundo said also noted the continued expansion of remittance transfer facilities that has helped capture a large share of the global remittance market.

"The steady remittance flows from overseas Filipinos were underpinned by the continued expansion of bank and non-bank service providers"

international and domestic market coverage to capture a larger share of the global remittance market as well as the introduction of innovative products and services that cater to remitters' specific needs," he added.

Commercial banks' established tie-ups, remittance centers, correspondent banks, and branches or representative offices abroad increased to 4,192 as of 2009 from 3,015 as of 2008.

Date from the Philippine Overseas Employment Administration (POEA) showed that the government processed about 41.6 percent or 221,548 of the total job orders that reached 532,214 last year. These jobs comprised mainly of service, production as well as professional, technical, and related job categories in Saudi Arabia, Qatar, UAE, Kuwait, and Hong Kong.

"The geographical diversification of OFWs has also contributed to the resilience of remittance flows," Guinigundo said.

The BSP was originally looking at a zero growth last year but later revised the outlook to a growth of four percent due to the steady deployment of Filipino workers abroad and the increase access to formal remittance channels.

This year, the BSP sees OFW remittances growing at a faster rate of six percent. (www.philstar.com)

Goodwill's NEW AS-IS SURPLUS STORE

1297 KAUMUALI' STREET
(located off Waiaikamilo Road behind the Kapalama Shopping Center)

**Monday-Saturday: 9:00 a.m. - 6:00 p.m.
Sundays: 10:00 a.m. - 5:00 p.m.**

CALL 845-7071 FOR MORE INFORMATION.

Goodwill
Industries of Hawaii, Inc.

higoodwill.org

CLOTHING • HOUSEWARES • BOOKS • TOYS • CDs • MORE!

we see the GOOD, we see the WILL. GOODWILL works.

PHILIPPINE NEWS

NEWS FEATURE

'God Must Be Getting Confused'

**By Jaime Laude /
Wednesday, Feb. 17, 2010**

MANILA, Philippines - God must be getting confused because religious leaders are endorsing different presidential candidates, Lingayen-Dagupan Archbishop Emeritus Oscar Cruz said yesterday.

"I am very happy I'm not God because if I were God I would not know what to do. Here is the son of God, my son, endorsing this, and here is the leader I do not know... endorsing this," Cruz said when asked by reporters to comment on re-

ligious leaders giving their blessings to different presidential candidates.

"Me, I am entertained, I do not feel bad about it. I do not really take it seriously. I just think it's funny that religious leaders will endorse this and this and God must be having a very, very hard time," he said in a forum in Intramuros, Manila.

Candidates running for president in the May elections have begun courting influential religious leaders in the hope that they would be endorsed to their members.

Among those being wooed are El Shaddai servant leader

Bro. Mariano "Mike" Velarde; Davao-based Christian sect Kingdom of Jesus Christ, the Name Above Every Name Pastor Apollo Quiboloy who is said to be appointed Son of God; and the Iglesia ni Cristo (INC).

But the religious leaders have different bets. Bro. Mike Velarde has been rumored to have already given his blessing to Nacionalista Party (NP) standard-bearer Sen. Manuel Villar, while Quiboloy openly favors Lakas-Kampi-CMD candidate Gilbert Teodoro.

"I think God must be having fun, maybe the Guy upstairs is laughing," Cruz



laughed, adding that aspiring presidents run to these religious organizations but not to the Catholic Bishops' Conference of the Philippines (CBCP) since it is the policy of CBCP leaders not to endorse politicians.

On the matter of celebrity endorsements, Cruz advised candidates not to rely only on celebrity endorsers even if they play a significant part in getting the public's attention, es-

pecially the poor masses.

"I think they should reach to all five social classes of their audience. If I am the candidate I would target all classes of society," he said.

Cruz also said that Villar should consider using better celebrity endorsers and not those who are known to have affairs with different women like Willie Revillame and comedy king Dolphy. (www.philstar.com)

PICTORIAL NEWS



RUN MUFI, RUN!

Mayor Mufi Hannemann (middle holding microphone) surrounded by supporters at a rally held at Pearl Restaurant in Ala Moana Center on February 8, 2010. The boisterous audience of nearly 300 urged Hannemann to run in the 2010 race for governor. Several leaders in the Filipino community were among the many business leaders, healthcare executives and community activists in attendance. They included: Eddie Flores, Jr., Maggie Domingo, Eddie Agas, Theresia McMurdy, Dr. Danilo and May Abian, Amelia Casamina Cabatu, Annie Corpuz, Joe Lazo, Luis and Belen Butay, Vergil Adonis, Jean Jeremiah and State Rep. Joey Manahan.

RP Must Not Abandon Claim Over Spratlys - Teodoro

**By Jaime Laude /
Wednesday, Feb. 10, 2010**

MANILA, Philippines - The Philippines must not abandon its territorial claim over the disputed Spratlys group of islands in the South China Sea, Lakas-Kampi-CMD standard-bearer and former defense secretary Gilbert Teodoro Jr. said.

Teodoro said the government may use the recently enacted baseline law as basis for asserting its territorial claim over the Spratlys or the Kalayaan Group of Islands.

"We have secured our baselines already before the international community. We have to use that as a starting point," Teodoro said at a forum for presidential candidates at the Mandarin Oriental organized by



the Foreign Correspondents Association of the Philippines (FOCAP) last Monday.

"At the end of the day we must agree as a country that we will not relinquish the institutionalization of our territorial claims no matter how powerful any country is," he said.

Teodoro's pronouncement

was in response to a question on what he thought could be a potential flashpoint in Southeast Asia.

China, Vietnam, Taiwan and Malaysia also have claims over the potentially resource-rich island group.

The Philippines has a small military contingent in Kalayaan, as do the other claimant countries.

"We must stand our ground and build up ourselves in order to credibly assert our claim," he said.

He said the country must build a "legal infrastructure in order to prosecute these claims" before an appropriate international body.

The "expertise to pursue these claims," he said, "is with specific people who other countries probably would hire or have already hired." (www.philstar.com)

MAINLAND NEWS

Filipino Selected as San Francisco's Newest Commissioner

Filipino-American community leader Alfonso S. Perez, Jr. was recently appointed as San Francisco Entertainment Commissioner by Mayor Gavin Newsom, according to the Philippine Consulate General in San Francisco.

The seven-member commission has overall oversight of San Francisco's entertainment industry and has the power and duty to accept, review and con-

duct hearings for entertainment-related permit applications.

Perez has been actively involved with the Filipino-American community for over a decade. Some of his many programs include the annual Pistahan Parade and Festival; the Filipino Heritage Nights that celebrate Filipino culture at major professional sports events with the San Francisco Giants (baseball), Sacramento Kings and

Golden State Warriors (basketball), Oakland Raiders (football) and San Jose Earthquake (soccer); and various fundraising activities, with the most recent ones to benefit the victims of typhoons Ondoy and Pepeng in the Philippines.

"As an active leader of the Filipino-American community, Mr. Perez represents the best qualities among the younger generation of Filipino Americans," says Marciano A. Paynor, Jr., Philippine Consul General to San Francisco. "He has shown leadership and initiative in all of his undertakings for the benefit of our community." (DFA)



BOARD CERTIFIED
FELLOWSHIP-
TRAINED
EYE SURGEON

Same Day
Appointments
Available

MCMANN EYE
INSTITUTE

- COMPREHENSIVE EYE CARE
- CATARACT SURGERY
- GLAUCOMA
- DIABETIC EYE CARE
- PTERYGIUM
- MACULAR DEGENERATION
- LASIK VISION CORRECTION
- ADVANCED CORNEAL TRANSPLANTATION
- SUNGLASSES, EYEGLASSES & CONTACT LENSES

Hawaii Medical Center West • St. Francis Med. Plaza West
91-2139 Ft. Weaver Rd. # 202 • Ewa Beach

677-2733

FREE Parking / Next to The Bus Stop
Staff speaks TAGALOG & ILOCANO

LEGAL NOTES

Green Card Through Adoption

child's sixteenth birthday. Evidence of a full and final adoption is required.

If the child is the brother or sister of another child who was adopted by the same parent, said child may be adopted even before the sixteenth birthday but before he turned twenty-one.

The adopting parent must demonstrate that he had legal and physical custody of the child for at least two (2) years while the child was a minor.

Legal custody means that there was a final adoption decree or a custody award by a court or a government entity. Sworn statements attesting to

custody are not sufficient to prove legal custody.

The legal custody and the two-year residence may be waived if the child had been battered or abused by the adopting parent or by a family member of the adopting parent residing in the same household.

If the adopting parent is a relative of the natural parents, the United States Citizenship and Immigration Services (USCIS) may require proof of the bona fides of the adoption. And if the child resides with his natural parents even after the adoption, the adoptive parent must submit adequate proof that

he has parental custody.

An adoptive child cannot petition his natural parents for immigration benefits. But if the child did not obtain immigration benefits through the adoptive parent and the adoption had been terminated, the natural parent-child relationship is re-established and the natural parent may petition for the child. An adopted child cannot obtain immigration benefits for his siblings even if the child did not obtain immigration benefit from his adopted parents.

A U.S. citizen may file a relative petition for an adopted child if the child is unmarried

and under 21 years old, or is an unmarried son or daughter over the age of 21, or is a married son or daughter.

A permanent resident may file a petition for an adopted child who is unmarried and under 21 or is an unmarried son or daughter over the age of 21.

An adopted child may enter the U.S. as a derivative beneficiary of a parent who is applying for an immigrant visa.

The child's priority date for purposes of obtaining a visa number will be same as the parent.

REUBEN S. SEGURITAN has been practicing law for over 30 years. For further information, you may call him at (212) 695-5281 or log on to his website at www.seguritan.com

MAINLAND NEWS

Strong Dollar Hurts US Exports

that."

All this may sound somewhat illogical. Usually stronger means better, right? At times, that's true, but not now.

Today, it takes about \$1.36 to buy one euro. Three months ago, it took \$1.51 to buy one euro. That means a dollar will now go 10 percent further than in November if you were exchanging the two currencies.

If you're planning a trip to Europe, then this is good news because you'll get more for your money. It's also a boon to U.S. consumers who can buy foreign goods for less. Investors like when the dollar is strong because it tends to bolster dollar-denominated assets like U.S. stocks and bonds.

The flip side is that foreigners will have to spend 10 percent more to purchase U.S. goods. An American automaker who wants to sell a \$20,000 car abroad would charge €14,700 at today's rates compared with €13,245 in November.

That's why a weak dollar, not a stronger one, would be better for U.S. exporters. American companies could charge less than the local competition in foreign markets, and imports to the United States would be more expensive, which would make U.S.-made goods more competitive at home, too.

Instead, we have U.S. goods costing more abroad, and imports costing less here, which means American companies have to discount everywhere in order to compete.

And yet top U.S. officials still support a strong dollar.

"When the world was most

at risk and most scared, people were still putting their resources in dollars and Treasuries, and we want to preserve that," Treasury Secretary Geithner said during a Senate Finance Committee hearing on Feb. 2.

Federal Reserve Chairman Bernanke has also voiced his support for a strong dollar in recent months.

They've gotten what they've wanted. A rebounding U.S. economy, which rose 5.7 percent in the fourth quarter, has helped ignite a dollar rally.

A bigger force behind the dollar's rise has been economic woes in other parts of the world, namely Europe. Worries that Greece could default on its debt, and other countries including Spain and Portugal could also be vulnerable to collapse has knocked down the euro to its lowest level since last May.

Investors don't want to hold currencies in markets where there could be financial turmoil. The dollar has long been considered the market's favored safe-haven currency.

The U.S. Dollar Index, which tracks the greenback against a trade-weighted basket of currencies, has risen about 7.5 percent since November.

The trouble with the dollar's gains is that it puts a major driver of U.S. economic growth at risk. The United States sells about \$1.5 trillion worth of goods and services annually to the rest of the world, according to the Peterson Institute.

Of the 5.7 percent growth rate in the overall U.S. economy in the fourth quarter, exports added 1.9 percentage points.

"We are a country that is now counting on export growth to lead us," says Nigel Gault, chief U.S. economist at the consulting firm Global Insight in Lexington, Massachusetts.

A rising dollar also hurts businesses reliant on foreign markets. Standard & Poor's 500 companies derive on average about half their sales from abroad.

It's not just the higher prices for their goods that affects companies with foreign operations, but they also stand to make less when they convert what they've earned abroad back into dollars and bring their profits home.

A company that makes €600 million in sales in Europe would see that convert to \$882 million at the current exchange rate. Three months ago, it would have valued at \$906 million.

Pfizer Inc., the world's largest pharmaceutical company, was among the first to warn about the effect of the rising dollar. It's estimating that the hit from the dollar's gains could shave as much as 6 cents from its 2010 earnings. That will push its projected full-year earnings to \$2.10 to \$2.20 a share, below analysts' expectations.

The company derived 57 percent of its \$50 billion in 2009 revenues from international markets.

Analysts at Morgan Stanley lowered their 2010 and 2011 earnings estimates by 11 percent for beer-maker Molson Coors Brewing Co., in part because of the recent strength in the dollar.

The strong dollar is a boon to other nations. What's good for them certainly isn't for Americans. (www.philstar.com)

Joseph M. Zobian, M.D.



Board-certified ophthalmologist
U.S. Peace Corps Volunteer,
Philippines
San Marcelino, Zamboanga
1988 to 1990
Tagalog and Ilokano spoken

SPECIALIZING IN:

- CATARACT AND LASER SURGERY
- COMPLETE EYE CARE
- EYEGLASSES AND CONTACT LENSES
- CATARACT •GLAUCOMA •PTERYGIUM SURGERY

Call (808) 678-0622 for appointments

94-307 Farrington Highway, Suite B7a

Waipahu, HI 96797



By Reuben S. Seguritan

A U.S. citizen or lawful permanent resident who wants to adopt a child abroad has to comply with certain laws both in the U.S. and in the country of the child.

U.S. immigration laws require that the child must be adopted by the U.S. citizen or permanent resident before the

NEW YORK (AP) — Ben Bernanke and Tim Geithner keep saying that they support a strong dollar. Now that we have it, they should eat their words.

The dollar has surged to a 9-month high against the euro, and is also rising against other major currencies. If it keeps strengthening, that could damage the already fragile U.S. economic recovery.

Gains in the U.S. currency will hurt exports, which are big contributors to the U.S. economy right now. American companies will find it more expensive to sell goods and services abroad, and imports here will be cheaper — good for consumers, but bad for businesses.

President Barack Obama, in his State of the Union address in late January, set out a goal of doubling exports over the next five years, which he said would create 2 million jobs.

A strong dollar would wreck that plan. Every 1 percent increase in the dollar, averaged against other major currencies, knocks U.S. exports down by about \$20 billion annually and destroys some 150,000 jobs, according to the Peterson Institute for International Economics, a Washington-based nonpartisan research group.

Ouch is right.

"Americans are spent out, unemployed and can't use their homes as ATMs," said David Gilmore, a partner at Foreign Exchange Analytics in Essex, Connecticut. "We need foreigners to pick up the slack, but a strong dollar certainly won't help

TRAVEL & LEISURE

Loving Life at Mogambo Springs

RENDEZVOUS
By Christine S. Dayrit

The cool mineral-enriched Thalasso saltwater pool blankets my body in frothy bubbles as I alternate between solitary soaks in the warm jet pool and icy dips in the cascading waterfalls. Then on to an invigorating visit to the dry sauna or steam room to break up this refreshing water routine. Truly, this "bathe and let bathe" kind of spa is a sanctuary for the senses where exposure to contrasting temperatures is at the heart of aqua therapy's curative aspects. This process moves blood and lymph from one part of the body to another, causing an irrigation and oxygenation of the tissues and finally drainage from the body. The body then becomes the sole subject of pampering as blissful massage treatments are performed.

What's with a touch that lets us realize that we are not alone? At Mogambo Springs, the Spa at Plantation Bay in Cebu, such loving therapies work wonders for the soul.

Sometimes, I am baffled by the reality that we can actually be too busy or callous to feel. The Taoists have a response to this as they advocate that "to the

mind that is still, the whole universe surrenders."

In this chaotic world of appointments and deadlines, we have a tendency to be numb, to deny ourselves the opportunity to be in touch with our inner selves, to introspect, evaluate what has been, what is and where we wish to go.

Mitch Albom says it best: "The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."

However, as we share of ourselves, we sometimes forget that we also need to replenish our energies. How then do we refill and recharge to be able to continue giving?

I recently embarked on a four-day wellness program called Loving Life at the Mogambo Springs, voted by the Asia Spa and Wellness Festival 2009 as the Best Spa Experience in Asia. At the heart of this luxuriant resort, which was also selected by Conde Nast Traveler as one of the top 25 resorts in Asia, I didn't just have five stars as the rating of the resort. As I embarked on its delightful holistic program, I was blanketed by a thousand more.



Mogambo Springs Spa resembles a 17th-century Tokugawa village

Imagine a 17th-century Tokugawa village replete with romantic pathways, lush gardens, charming footbridges, spacious Zen gardens of white river stones and bamboo trees. In this ambience, a healing spa is created, where you are taught how to love the life you have been gifted with. Here, you will learn how to make it your own personal philosophy to take control of what is most essential.

To reach the spa, one must cross a wooden bridge over lush gardens and reflecting waters that connect to the custom-designed entrance. This passage experience somehow aids the mind to shift from the outside world into this inner sanctuary. Treatments such as organic body scrubs using fresh kiwi, mango and melon, seaweed and Dead Sea mud wraps are inspired by ancient rituals, but there is nothing old-fashioned

about the luxurious suites, outdoor showers, modern massage beds and the free flowing Thalasso pool that synergizes modern technology in old world charm.

The Loving Life Program is a responsibility that must be taken seriously. While the West tends to look at spas as cures for the excesses of daily life, the Japanese regard spas as contemplative retreats where cleansing of the spirit to ward off disease is a serious preoccupation. No wonder, innovative Plantation Bay owner Manny Gonzalez chose such a theme for his new Mogambo Springs, nearly half a hectare of well-landscaped grounds that thoroughly adhere to the tenets of an authentic Japanese-themed spa.

The Loving Life Program is a wellness routine of nutrition, exercise and detoxification that includes colonic cleansing. Tai chi — the art of dancing meditation that focuses on internal health, relieves stress and improves blood circulation — is taught here by master Luke Cartegena. Yoga, the union of the mind, body and spirit, is also recommended in this program, as well as tennis, wall climbing, cardiovascular exercises at the gym and duo-decathlon around the resort.

You can actually enjoy delectable dishes like poached salmon with herbed butter, mango and prawn salad with pomegranates and blueberries and dark chocolates. The program advocates that healthy eating doesn't mean boring or bland. It's also not about calorie counting; it's about getting the body in balance, inside out. In spite of all the sumptuous cuisine, you can still shed two pounds of real fat and learn to jumpstart the right physical and mental attitudes to keep losing weight long after the program. After this magical nurturing moment, you realize that miracles don't happen overnight. At Mogambo Springs, they take just four or seven days.

Winsome spa manager Colleen Barcelona, who graduated from Cornell Management School in New York and Chivasom Academy in Thailand, alludes to this retreat paradise as "a sanctuary that offers you the chance to learn how to eat the right food at the right time. The Fit for Life philosophy is based on the idea that eating foods in specific combinations at certain times of the day will result in weight reduction, increased energy levels and improved digestion.

Colleen stressed, "There are certain food groups that should not be eaten together because their combination is hard to digest. Fruits are breakfast fare and midday snack; one can eat as much fruit as one likes. Superfoods used in the Loving Life program are avocados, apples, blueberries, cabbage, fish and oil, garlic, mushrooms, almonds, eggs, flaxseed, pomegranates and dark chocolates."

Traditional healer Bibiana Boy Fajardo introduced the spa's traditional Filipino hilot massage, a deep-tissue massage employing long and fast strokes with virgin coco oil and ending with a herbal compress from over 10 organically grown herbs. Interesting to note, the Philippine spa hilot was given global prominence during the international I-Spa exposition in Singapore in 2004, side by side with the well-established Thai massage and Japanese shiatsu.

I had a luxurious facial pampering that was followed by a heavenly Thai massage. Jovie, a physical therapist, lovingly taught me the Dorn Method. Mogambo Springs is the only resort in the country that offers this unique treatment. The Dorn Method is focused on spinal alignment. By correcting the joints, muscles and nerves are relieved of tension. The method is highly recommended for individuals suffering from chronic back pains related to poor posture, scoliosis, unequal leg length and joint pains.

There is nothing more gratifying than a colonic cleanse in Mogambo Springs, the only five-star resort spa that gives this kind of treatment in Cebu. Their machine is unique because the therapist can gently control the flow of water. You are cleansed comfortably as years of accumulated toxins and waste are hygienically removed.

(continued on page 15)

philstar.com
The Filipino Global Community

*shines even brighter
for the Filipino Global
Community*



Join us as we journey into a new home!



Log on to www.philstar.com

CLASSIFIED ADS

BIG ISLAND LAND FOR SALE

The Big Island, Fern Forest, \$1000 down

\$400 per month, 10% int.

\$35,000 an 3 acre lot

Bob Riley, Realtor,
Hawaii Land Realty,
959 1117, or 895-3434, jairus@interpac.net

NEW THRIFT STORE KALIHI

Large Collection Of Military Camouflage Clothing. Shirts \$7.99 Pants \$10.99 Quantity Discounts Available 1327 N. School St., near Houghtaling

NEED EXPERIENCED BABYSITTER

for toddler in my Ewa Beach home
M-Th. Call 554-7444.

FREE UNLIMITED INTERNATIONAL CALLING

Send money globally using cell phone.
<http://hugeprelaunch.com/5660578>

COMMUNITY CALENDAR

SARILING GAWA YOUTH COUNCIL'S 30TH ANNUAL LEADERSHIP CAMP

Open to all high school students statewide
March 19-21, 2010 • Camp Erdman • For details, please call Geordan Arenal at (707) 246-4058 or email: g_arenal@hotmail.com; Evanita Billon at (808) 699-4386 or email: evanita.billon@sarilinggawa.org

2010 FILIPINO FIESTA'S "LAKBAY KULTURA" / SATURDAY

May 8, 2010 • Kapiolani Park • 8 am - 5 pm • For more information and reservations (parade, booth and food vendors), please call the FilCom Center at 680-0451

GLOBAL NEWS

DFA Warns Jobseekers of Fake Job Offers in Spain

By Pia Lee-Brago /
Thursday, Feb. 18, 2010

MANILA, Philippines — Filipinos are being recruited for non-existent jobs in Spain using the e-mail address of the Philippine embassy in Madrid as contact point, the Department of Foreign Affairs said yesterday.

Reporting to the DFA, the Philippine embassy in Madrid said the illegal recruiter is operating under the business name Previso Ferrocarril Guiscoana-

gin, with address at Calle Placentino 18B, 32005, Barcelona, Spain.

The syndicate is using the email address espanolconsultate@europe.com to make Filipinos believe that this is the e-mail address belonging to the Philippine embassy in Madrid, the embassy added.

The DFA said the Philippine Consulate General in Barcelona has verified that there is no such address in Barcelona.

There is a Calle de los Placentinos in the province of Salamanca, while the zip code 32005 corresponds to the province of Ourense, not Catalonia, the DFA added.

The DFA advised the public to be wary of job offers from this company and to first check the veracity of any job offer and company with the Philippine Overseas Labor Office in the country concerned, the Philippine Overseas Employment Administration or the Department of Labor and Employment. (www.philstar.com)

(from page 14, Loving ...)

eliminated. Your blood gets purified as it is in an alkaline state. Your own soldiers within your body are strengthened and immunity system is fortified.

The Loving Life program is certainly a declaration of loving yourself, giving your body mind and soul prime significance. It is taking some precious time away to listen to your inner recesses, chase a moonbeam, whisper a prayer as a falling star approaches and find that answered prayer in the palm of your hand.



To this day, I still dream of my unforgettable massage. The masseuse's fingers drenched in blended aromatherapy oils gently knead the spine then curves around the shoulders to melt away accumulated tension and

pain. Fingers and palms calmly assuage the muscles of the weary body — the arms, rumps, the lower and upper back, calves — until it succumbs to healing and relinquishes control. Your body yields to a complete rest as a hot compress of various herbs and scents cloaks the shoulders. When the seemingly sacred ceremony is over, a soft blanket is unfurled over you and you surrender to sleep.

Mogambo Springs is perhaps the closest to the blessings heaven brings. (www.philstar.com)

BUSINESS DIRECTORY

Mabuhay Cafe

Serving Hawaii Since 1963

Homestyle Filipino Cooking

Phone: 545-1956

1049 River St., Honolulu, HI 96817
Fil & Jean Lumauag, Owners

LEEWARD OAHU REHAB SERVICES

- Work and No-Fault Related Injuries
- Reconditioning
- Orthopedic Evaluation and Rehabilitation
- Neck Pain
- Back Pain

(808)671-5928

VILMA D. FUENTES
Registered Physical Therapist



LEEWARD OAHU PHARMACY



A FULL SERVICE PHARMACY

Call us for your prescriptions and refills. Always low prices with good service. Come in and meet us.

We are located on the Second Floor of Dr. CHARLIE SONIDO's Medical Clinic

94-827 WAIPAHU ST., 2ND FLOOR
WAIPAHU, HI 96797 • PHONE (808) 677-9611
M, TU, TH, FRI 8:00 A.M. TO 4:00 P.M.
WED, SAT 8:00 A.M. TO 12 NOON

CARLOTA FAJARDO—Manager
MILTON CHANG—Pharmacist

RENTAL

OFFICE SPACES FOR LEASE

CONVENIENT LOCATION IN WAIPAHU
ESTIMATED 110, 300 AND 1,000 SQ. FT
READY TO MOVE IN
AFFORDABLE RENT

FOR MORE DETAILS, PLEASE CALL SHALI AT
678-8930 OR 284-4185

Meron kaming exciting taste
para sa Olympic Winter Games!



chicken **McNuggets**

Ang paboritong McDonald's® Chicken McNuggets® – tender, juicy, at gawa sa white meat.
Dip it, dunk it, share it, love it, kasama ng bagong Asian-inspired Sweet Chili Sauce*.
May dagdag na extra zing to celebrate our Olympic Winter Games. Sige na, dive in na!



For more excitement, punta na sa www.mcdonalds.com/mcnuggets

*For a limited time only. At participating McDonald's. 36USC220506
©2010 McDonald's