

HAWAII

FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ MAY 5, 2012 ◆

BEN CAYETANO

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Photography by Tim LLENA



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EDITORIAL

Social Media and Political Campaigns

Recording artist Bob Dylan penned the lyrics to a song entitled 'The Times They Are A-Changin.' For political campaigns, times are indeed no longer the same, especially when it comes to getting candidates' message out.

Political campaigns work is to market a candidate, his or her ideals, experience and platforms to voters. Nowadays, email and static websites just doesn't cut it anymore, especially when there is Facebook, Twitter, YouTube and other social media platforms to reach out to constituents. Facebook has been a fantastic campaigning tool for Michigan legislator Justin Amash and helped him to gain credibility with voters. In 2009, Amash began posting on Facebook every one of his votes from the floor of the Michigan House of Representatives, gaining him significant media attention and fans from across the political spectrum.

Social media is indeed a carrier of information and a connector of people. It opens up possibilities previously constrained by logistical issues. According to Banking.com, social media marketing has grown by 55 percent in the last year alone. Social media can also make or break a political campaign. Take for example, Barack Obama, a little known senator from Illinois, whose presidential campaign effectively harnessed social networking tools and an interactive political website to reach out to the masses. On the flip side, Sarah Palin is a good example of social media breaking a political campaign. Palin's political gaffes went viral on YouTube and resulted in negative publicity, ultimately turning the tide of public opinion against her.

It's amazing that some campaigns have yet to fully utilize social media. A handful of old guard, veteran politicians are sticking with tried-and-true methods like sign waving and going door-to-door but to reach an even greater audience, savvy campaigns are effectively utilizing social media.

The fact is, technology is defining this current generation. Innovation is becoming synonymous with technology and innovative technological ideas are a must for successful campaigns. Those campaigns that ignore technology run the risk of becoming obsolete and worst yet, irrelevant to voters.

Walking Your Way to Better Health

Obesity has become a severe public health crisis in the U.S. Diseases associated with obesity like heart disease, cancer and diabetes have surged. Experts fear that at this rate, the costs associated with these illnesses will be astronomical and could one day break the bank of the nation's healthcare system.

While there are many reasons for obesity, one of the main culprits is inactivity. Due partly to shifts in society in how we live and work, many of us simply don't get as much exercise as previous generations once did.

Researchers say ramping up one's physical activity levels can help fight obesity. The key is to find an activity that's as seamless and effortless as possible—and walking fits that bill. Those who walk consistently can delay or prevent many symptoms of aging, like aches, pains and increasing immobility. Walking also has more immediate health benefits. It can help manage weight, improve mood, ease depression, boost your immune system, maintain mental efficiency, lower blood pressure, improve cholesterol levels and prevent osteoporosis. Several studies have also shown that walking greatly reduces the risk of developing Type 2 diabetes, stroke and heart disease.

Walking is as a perfect form of exercise as it gets. Walking is easy on your joints, nearly everyone can do it and there is mini-

FROM THE PUBLISHER

W

elcome to the latest issue of the Hawaii Filipino Chronicle! We have included in this issue a special healthcare supplement in conjunction with the Community Health Fair, which is among the numerous activities



available for attendees at the 20th Annual Filipino Parade & Fiesta, scheduled for this weekend at Kapiolani Park. We hope you and your family enjoyed this wonderful annual event that celebrates Filipino culture and traditions. Our special supplement, which begins on page 15, offers many articles written by medical health experts that pertain to taking better care of your health. We encourage you to read the stories and take them to heart.

In this issue is the final in our series of face-to-face interviews with the three leading Honolulu mayoral candidates. We conclude with former Gov. Benjamin Cayetano, who remains a formidable opponent, despite being out of the public eye for several years. At age 72, Cayetano is as spry and alert as ever. He is also unbeaten in elections and as the lone anti-rail mayoral candidate of the leading contenders, has the backing of a wide variety of voters, including Republicans and Independents. More information on Cayetano, his background and vision for the City are available on page 4.

Our condolences go out to the family of the boxing champion Andy Ganigan, who passed away this week from injuries suffered in a brutal assault in Waipahu two years ago. Ganigan was an icon in the local boxing scene during the 1970s and early 1980s, amassing a record of 34 wins and 5 losses. What's sickening is that his attacker was sentenced to five years probation and 18 months in jail with early release for substance abuse treatment. To quote Shakespeare, something is rotten in the state of Denmark.

In our last issue, we highlighted a group of history students from Waipahu High School who were seeking financial support from the Filipino community in their efforts to raise funds for a national competition in Maryland. They had won the State History Day Competition at Windward Community College last April 14, 2012 and are slated to represent Hawaii on the mainland. If you would like to help sponsor these students, please call Waipahu's history teacher Emelda Keola at 382-9555.

In closing, I'd like to once again thank our readers for their faithful support. We encourage you to provide feedback, story ideas, tips or concerns via email at: filiplinochronicle@gmail.com. We'd certainly love to hear from you!

Until next time... *aloha* and *mabuhay!*

Chona A. Montesines-Sonido

mal equipment needed to participate. Fitness experts recommend buying a pedometer that counts your steps throughout the day. Slowly increase your physical activity levels and work towards a goal of 10,000 steps each day—which is about 5 miles or about 60 minutes worth of walking, depending on your fitness level. If 60 minutes of walking sounds too much, simply divide it into two 30-minute walks or even three 20-minute sessions. The most important thing is that you reach your daily goal of 10,000 steps.

Do it and watch the weight come off—and stay off. But the journey, as they say, begins with a single step. If you're a couch potato, we encourage you to get up and moving! There's no better time than now to begin.

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OPINION



By Senator Will Espero

Senate Passes the Invest in Hawaii Act of 2012

On February 21, the State Senate unanimously passed the Invest in Hawaii Act of 2012 (SB 2012). The bill is being considered in the House. SB 2012 is a \$500 million, bond-funded capital improvement program package to create jobs by investing and stimulating our statewide economy. “We are proud of this legislation, which has united all members of the Senate. This bill will get our economic en-

gine going and create much-needed jobs that will get thousands of people off the bench and back to work,” State Senate President Shan Tsutsui. With Hawaii having low interest rates and significant savings from the State’s most recent bond authorization and issuance, now is the time to invest in our State. The Act will fund shovel-ready projects that will create jobs for all trades in the construction industry, from carpenters to consultants.

By conservative estimates from the Department of Business, Economic Development, and Tourism, the bill could cre-

ate or sustain more than 5,000 jobs. Senator David Ige, Chair of the Committee on Ways and Means, said “We have an opportunity to address long-standing needs in a cost effective manner. Interest rates are at a historic low and bids for contracted work are currently coming in at in at discounted rates. These factors makes now the prime time to aggressively invest in Hawaii’s infrastructure.”

Projects being considered will focus on repair and maintenance for aging infrastructure, extending the useful life of state-owned assets and facilities, and addressing health and safety code issues. Funds will be allocated depending on each

department’s needs and ability to commence work immediately.

Another priority is investing in renewable energy and investing in upgrades to information technology in schools, hospitals, and office buildings. These projects will lead to cost savings and reduce the state’s carbon footprint. SB 2012 would revise the state’s permitting, approval and procurement processes to expedite the backlog of repair and maintenance projects. This will speed up the creation of jobs and facilitate the return to work for many residents.

All companies are encouraged to register with the State Procurement Office’s online system to be eligible to bid on projects. The process is fair and transparent, with bids posted publicly for everyone to see. If the bill passes the House and the Governor approves it, projects could begin immediately. For more information, see www.capitol.hawaii.gov.

Highlights of the funding for the Invest in Hawaii Act:

- \$150M repair, maintenance, & infrastructure projects such as science and technology, electricity, and other utility infrastructure improvements in public schools
- \$3M State Library repair & maintenance
- \$90M for capital renewal & deferred maintenance for UH Manoa and Hilo
- \$25M for capital renewal and deferred maintenance for UH community colleges
- \$60M for Department of Accounting & General Services repair & maintenance
- \$40M for Department of Human Services repair & maintenance projects
- \$40M for Hawaii Health Systems Corporation repair & maintenance projects

OPINION

All By Our Lonesome

SKETCHES By Ana Marie Pamintuan

Our government appealed Monday to the United States and other countries for help in developing “minimum credible defense” capability.

The SOS was sent to the international community amid our territorial dispute with China.

Within the foreign diplomatic community in Manila, a common reaction to such calls for help is to change the subject.

When we run to anyone for help in our territorial dispute with China, it is useful to bear in mind that every country will act based on its own interests.

And let’s face it: if compelled to take sides, many countries, including several western democracies, will consider their national interest to be better served if they pick China over the Philippines.

In most countries, foreign policy is set by politicians, who must satisfy the needs of their constituents. Those constituents include businessmen, a number of whom are campaign donors of the policy makers, as well as workers in industries that feed the demand for consumer goods of China’s population of nearly 1.35 billion (as of Dec. 31, 2011).

China may be the world’s largest prison for journalists, and it may have its own interpretation of human rights. Its foreign aid in several countries is undermining efforts by the international donor community to fight corruption and promote good governance. Some governments may even concede – although only in private – that claiming waters way beyond one’s coastline, leaving other countries with enough coastal areas only for beaches, is territorial greed.

But for the past decades, such concerns have not stopped the world, led by the United States,

from doing business with China. That business has been hugely profitable. No one is going to rock the boat at this point.

Violations of intellectual property rights, not a territorial dispute involving the Philippines, are more likely to elicit a howl of protest from these countries.

Foreign governments can argue - validly, it must be stressed - that engagement has worked to bring dramatic reforms in China.

Unless China nukes us or opens fire at Philippine targets – which I don’t think it is foolish enough to do – most foreign governments will stay out of the overlapping territorial claims in the South China Sea.

They regard poking their nose into the territorial dispute as unnecessary provocation of the world’s second largest economy.

In asserting our sovereignty over those spits of rock and coral in the West Philippine Sea, we should move on the assumption that we’re all by our lonesome in those waters, with the international community interested only in preventing armed confrontation and ensuring freedom of navigation and commerce (particularly theirs) in disputed waters.

In this conflict, it’s better to move on the assumption that we’re all alone: *tayo ay nag-iisa*. (www.philstar.com)

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Interview with Mayoral Candidate Ben Cayetano

By Carlota Ader and HFC Staff | Photography by Tim Llana

Former Gov. Ben Cayetano is back in the spotlight as a candidate for Honolulu mayor. Like a former heavyweight boxer, Cayetano came out of retirement to answer the bell one more time. This time, the opponent that has him itching for a fight was not an individual but rather Honolulu's \$5.3 billion fixed rail project.

A vocal critic of Honolulu's rail project, Cayetano is among several plaintiffs who filed a lawsuit challenging the project. If elected mayor, he has pledged to halt the project. It's a fight that Cayetano believes he can win.

We're familiar with Cayetano's rags-to-riches story. How he—a poor Kalihi boy—rose through the ranks to become the nation's first governor of Filipino ancestry. Many have drawn inspiration from his accomplishments, which broke down barriers and opened doors for people of all races, not just Filipinos, to achieve their dreams.

Prior to serving as governor for two terms, he was also a member of the State House of Representatives and the State Senate. During his combined 28 years in elected office, Cayetano was a politician who rarely sugarcoated an issue, choosing instead to "tell it like it is." As governor, he fought many battles, championed numerous causes, won as many friends as he did enemies, but never backed away from controversial issues or difficult decisions.

Cayetano has drawn the support of not only those in the anti-rail camp but also scores of Filipinos. He graciously took time to answer several questions from the Chronicle. His responses have been edited for space and clarity.

Q: In January of this year,

Q: Sen. Dan Inouye was quoted by the media as saying

you decided to run for mayor. What finally pushed you over the edge?

A: No one was standing up to challenge the rail issue or the mayor on how he's running the City. I was a little bothered by what was happening. When no one stepped forward, I decided to run.

Q: You've been described as a politician who tells it like it and won't sugarcoat the issue. Is that trait more of a hindrance or helpful as a mayoral candidate?

A: It's always been helpful for me because I think that the people are entitled to know the truth. When politicians speak, they should not sugarcoat anything because the public is smart and mature enough to accept information as it should be.

Q: What is your vision for the City & County of Honolulu?

A: We have to realize that our city is dependent on tourism, so it's important to maintain and preserve its beauty. And certainly, it's important to make sure that the City's infrastructure is upgraded to a point where it can support economic growth and prosperity. We need a vision of the city which is consistent with our core values, our lifestyle, our relationship to the environment and to each other.

that the rail project has solid support from the feds and that only thing that can stop it is "World War III." How would you respond to that?

A: I respect Senator Inouye. He has done many good things for our state but recently on rail, he's resorted to exaggeration. He does not speak for the Congress which has to approve the money for Honolulu's rail system, if it ever gets that far. It's somewhat unbecoming of him to guarantee anything. From what I've seen in Congress, there are many members who have serious doubts about New Starts funding for rail and congressional spending.

Q: What is wrong with the rail project as you see it?

A: First of all, it's really 19th century technology with a cosmetic makeover. My opponents cannot name one city our size that has built or is planning to build a "steel on steel" elevated heavy rail system. Other cities are building other transit systems, such as bus rapid transit, for example. It's much less costly, will allow us to use existing freeways and roads and won't require a lot of construction that could disrupt the character of our city. Second, a fixed rail system will not reduce traffic congestion. The City admitted it in its EIS and the Federal Transit Administration admitted it in its Record of Decision. The FTA sees the rail system as an alternative for people who cannot afford to drive their cars to work. If that's the case, we should look for ways to improve our bus system which is the top system in the nation. In 2003 when Jeremy Harris was mayor, he proposed what he called the



Mayoral Candidate Ben Cayetano

"This election is not just about rail, it is about restoring common sense and fiscal responsibility..."

BRT. At that time, Parsons Brinckerhoff, which is the same company that's doing the rail now, did the Alternatives Analysis. They examined all the systems and determined that the BRT was a better choice than rail because it could do basically the same things but at a much lower cost. When Mufi Hannemann became mayor, he junked the BRT and decided to go with a "steel-on-steel" elevated heavy rail system. When the Alternatives Analysis was done in 2006, they left out the BRT and concluded that rail was best. This was one of the big points of our lawsuit—that the law requires all the alternatives to be looked at, not just one or two. (Rail) will run right down to the waterfront along Nimitz Highway. You won't be able to see Aloha Tower or the waterfront. It's outrageous. You don't do this in a city where the main economic driver is tourism.

Q: Briefly describe your proposal for a transit system.

Why is this the best option for the City?

A: My proposal is a system that uses Bus Rapid Transit like Mayor Harris proposed except that I'd make some changes. Most people agreed that Harris' proposal was fine coming in from Kapolei on the freeway. Where it met some opposition was when they decided to run the bus line down Kapiolani Boulevard. It was to be a dedicated bus lane, which faced opposition. We'll revisit the system and look at alternatives. The beauty of a bus system is that it has the flexibility to change. So we'll look at running it down King Street or Beretania Street. We may have to elevate it in certain areas but it'll run on the freeway, so we won't have to create a new elevated structure. When it enters Downtown, it will need a dedicated lane which may require taking away some parking here and there. It's a system that's worked in Europe, South America and Japan. It's now starting

(continued on page 5)

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COVER STORY

(from page 4, INTERVIEW...)

to catch on in the U.S.

Q: Most media reports say rail will be the defining issue for the mayoral race. Do you agree?

A: Yes because rail affects many other issues. Rail is so big and so costly. For example, we have about 260 public schools. If we were to tear down each one and rebuild at a cost of \$100 million each, it would cost a total of \$2.6 billion, which is about half the cost of the rail project. It's five times the cost of H-3. When they say that I'm a single issue candidate, they don't know what they're talking about. This single issue will affect and has already affected fire, police and repairs of our roads. It will drain the City of its capacity to provide other essential services.

Q: Your opponent Kirk Caldwell has said you don't know much about the inner workings of the City government. How would you respond to that?

A: When Kirk talks like that, he sounds more like a managing director than a mayor. A mayor has to step back and develop policies. Once you develop those policies and define your objectives, you tell your subordinates 'This is what I'd like for you to do. Go find a way to do it.' Kirk will bring a different type of governance to the City. He'll be involved in the littlest things. I don't think the mayor should do that. As governor I never did that. I always looked at the big picture, set goals and instructed my cabinet members how to accomplish these goals.

Q: Your other opponent, Peter Carlisle, was a former City prosecutor who oversaw a department of some 500 deputy prosecutors. As mayor, he has had to oversee a staff of over 10,000 employees.

A: Well, he doesn't have executive experience. As governor, I oversaw 50,000 full-time employees and another 15,000 part timers. I have that broad experience. Peter was a prosecutor who tended to take the high profile cases. He generated a lot of publicity that way. As a prosecutor, it was either black or white for him—no showing of compassion or willingness to

understand what really happened. If you're going to be a chief executive, you have to have the skills and talents to understand the nuances of government because not everything is black and white.

Q: Other than rail and infrastructure upgrades, what are other major issues facing the City?

A: One big issue is the poor condition of our roads. If I recall, the American Association of Roads rated Honolulu's roads as third worst in the nation. Kirk Caldwell did not address our roads when he had the opportunity to do something about it. Take water as another example of how the City lacks leadership. The City suffers an average of more than 250 water main breaks every year for the past five years. It will cost about \$5-6 billion dollars to upgrade the system. The Board of Water Supply has a plan that requires the City to upgrade 30 miles a year. In 2011, the Board of Water Supply did one mile. If I were the mayor, I would go to the Board of Water Supply and say "Listen, how about we work together to speed up construction? You can't do one mile a year when you're supposed to do 30." The public doesn't know about this.

Q: Should the Waimanalo Gulch Landfill be shut down? If not, what is your alternative plan?

A: A blue ribbon committee is studying the issue and will make its proposal. As mayor, I would look at the proposal and if I agree with it, then okay. In the long run, I'd approach people who have knowledge in the area and ask them if Oahu can ever be landfill-free. I think we'll always need a landfill but there is technology we can employ to reduce the amount of waste going to the landfill. But it will cost money. I'd go to the people and make the case that for the long run, we need to invest in technology that will reduce the amount of garbage that will be put in the landfill and also convert waste to energy. That would be my approach. But I cannot say that we should close Waimanalo Gulch because we will need a landfill. The question is where will it be?



Mayoral candidate Ben Cayetano explains his vision for Honolulu

Q: What is your plan to solve Oahu's homeless problem?

A: This is a very difficult question. Studies indicate that the homeless population is basically divided into three groups. About one third suffers from emotional and mental problems. We need to provide medical and other services and a better place for them. Another one third are those who have lost their jobs, are unable to pay rent and provide for their families. We should help this group by providing retraining for them to get a new job and by providing affordable housing. That's where our focus should be. The other one-third are those, especially young men, who like being on the streets. Gov. Abercrombie offered them shelter at an institution but they didn't like it because of the rules. We need to separate these types so we can assist those who really deserve to be helped.

Q: What will it take for you to win this election?

A: I just need 50 percent plus one vote. We feel good about our chances.

Q: Several public worker unions are still upset with you for stances that you took while governor. Will you try and reach out to them? How vital is union support in this election?

A: It's nice to have union support. The unions can provide organization, for phone banking and things like that, so there are advantages. One thing about unions I've found out is that the overwhelming majority of their rank and file votes just like the general population. There's 1 or 2 percent who do whatever the union wants. Public worker unions

times. I made what I thought was the right decision regardless of the political outcome. I think that's why the Filipino community should support me—not because I'm Visayan and Ilocano, although I'm very proud of the fact that I am.

Q: How is your health? At your age, are you physically fit to campaign and carry out the demanding duties of mayor?

A: I'm 72 years old and a few pounds overweight but my stamina is good and my mind works better now than when I was younger. I don't think they'll make my age an issue.

Q: Any final words for the Filipino community?

A: Honolulu will cease to be a great city if our roads, sewers, water systems and basic infrastructure to continue to be neglected as they have been by the current and past mayors. Our cost of living is one of the highest in the nation. Reckless spending and higher taxes will hurt retirees on fixed incomes. Too many of our young people move to the mainland where the cost of living is much lower. Hawaii has the highest percentage of people who hold two jobs, which is true especially among Filipinos who live here. This election is not just about rail—it's about restoring common sense and fiscal responsibility to City government. You can help me do this with your vote on August 11th.

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HAWAII-FILIPINO NEWS

State Senate Straps Cable Cost to Public

State Rep. Cynthia Thielen soundly criticized the Senate after it approved a bill to implement an interisland electric cable transmission system. Senators Suzanne Chun-Oakland, Les Ihara and Sam Slom voted 'no.'

Senate Bill 2785 SD2 HD2 establishes a regulatory structure for the installation and implementation of a cable system and for the construction of on-island transmission infrastructure. The bill includes language to allow Hawaiian Electric to recover the cable's capital costs via an automatic rate adjustment clause.

"How much can the people bear? According to Hawaii's elected officials, apparently a lot," says Thielen. "The Senate voted to make the public shoulder the burden of a \$1 billion cable system. This is on top of the \$5 billion Honolulu rail project which taxpayers are already funding. Soon people will sink under this load."

Thielen says the bill protects a private company and its shareholders from financial risk by placing the burden of that cost on the ratepayers even if the cable is not completed. A long-time proponent of renewable energy technologies and



State Rep. Cynthia Thielen (inset) during lawmakers deliberation

reducing Hawaii's dependency on fossil fuels, Thielen disagrees with the bill's revenue recovery provisions.

"We do not want to reach our renewable energy goals through a costly and unnecessary scenario such as aid out in the bill. We should not be guaranteeing an interisland venture when our islands have the ca-

capacity to generate their own energy through sources such as wave and solar," she says.

According to the U.S. Department of Energy, Oahu has more than enough available wave energy to meet its electricity needs. The DOE's 2011 report "Mapping and Assessment of the United States Ocean Wave Energy Resource"

found that Oahu's total annual available wave energy is 22 TWh per year (terrawatt-hour per year). Oahu requires on average, according to HECO, of about 7.7 TWh per year. Therefore, Oahu's total annual available wave energy could provide almost three times the energy needed to satisfy its energy requirements.

The Marine Corps Base Hawaii at Kaneohe Bay (MCBH) understands the power of the ocean. MCBH is in the permitting stage of constructing a Wave Hub. Thielen says that the State should focus on renewable energy legislation that supports sound development of this industry sector, rather than mandate that the public pay for a costly undersea cable project with questionable power output.

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StateFarm

Hawaii Receives Federal Approval for Med-QUEST Eligibility Changes

The Centers for Medicare and Medicaid Services (CMS) has approved Hawaii's request to reduce the eligibility income limit for its QUEST-ACE and QUEST-Net programs to 133 percent of the federal poverty level (FPL) or \$16,678 per year for a single adult.

Currently, the State Department of Human Services (DHS) Med-QUEST Division (MQD) administers health coverage for 285,000 clients—an increase of 35 percent since July 2008 when 211,000 people received services.

MQD began sending a series of letters to QUEST-ACE and QUEST-Net enrollees informing them of their status. Individuals enrolled in the QUEST-ACE and QUEST-Net programs not losing eligibility will receive a notice reassuring and informing them that no further action is required to maintain their eligibility.

QUEST-ACE and QUEST-Net are optional expansion programs that currently offer limited healthcare benefits to non-pregnant adults. CMS is the federal agency that oversees Medicaid.

A separate notice will be sent to individuals who, based on their current MQD records, may lose eligibility. A description of



eligibility changes is online at: http://hawaii.gov/dhs/health/hand%20out%20for%20community%20meetings_kr-kf.pdf.

"We have options for those who lose eligibility," says DHS Director Patricia McManaman. "Affected individuals can purchase an individual health policy or receive services on a sliding scale from a federally qualified health center."

A list of options has been provided to individuals who may lose eligibility. The list is also posted on the DHS website at: <http://hawaii.gov/dhs/health/medquest/MQD%20List%20of%20options.pdf>.

As a result of the eligibility reduction, an estimated 3,500 people may lose their health coverage on July 1, 2012. However, with the concurrent increase in QUEST-ACE asset limits from \$2,000 to \$5,000 for a single adult, as many as 12,000 individuals will receive a significant increase in benefits, including unlimited outpatient visits and

unlimited prescription drugs. All adult QUEST, QUEST-ACE, and QUEST-Net members will receive the QUEST-Adult benefits package beginning July 1, 2012.

Individuals who receive notices that they may lose eligibility should contact MQD if their circumstances have changed. This includes becoming pregnant or disabled, or experiencing an increase in household size or decrease in income. MQD will re-determine eligibility based on the updated information.

Adults affected by the eligibility change but who did not respond to the first notice will receive a second MQD notice in mid-May 2012. It will remind them to contact the MQD if their circumstances have changed. A third notice will be mailed in mid-June to notify recipients who did not respond to the first two notices that their healthcare coverage will be terminated as of July 1, 2012.

The MQD received substantial public input from two forums and an open comment period earlier this year. That feedback was carefully reviewed and incorporated into the plan to address a \$150 million budgetary reduction over the biennium.

LEGAL MATTERS



By Atty. Emmanuel Samonte Tipon

Consular Visa Denials – Are They Subject to Judicial Review?

Many aliens, disappointed by the decisions of United States consular officials denying visas to them, their relatives, or friends, have wondered whether a suit may successfully be brought in United States courts to review such consular denials.

DOCTRINE OF CONSULAR NONREVIEWABILITY

As a general rule, the doctrine of consular nonreviewability prevents courts from reviewing the decisions of consular officials in granting or denying a visa (whether immigrant or nonimmigrant) on the theory that the courts do not have subject matter jurisdiction over such cases. The power to regulate the admission or exclusion of aliens is vested in Congress and it has chosen to grant the executive department (which includes consular officials) the authority to enforce congressional policy.

Thus, in most cases, attempts to overturn the decisions of consular officials with respect to the grant or denial of visas by invoking certain provisions of the Immigration and Nationality Act, the Administrative Procedure Act, and Declaratory Judgment Act have been unsuccessful because of the doctrine of consular nonreviewabil-

ity. See *Sabatayte v. Powell*, 2004 WL 2203708 (E.D. Pa. 2004) (court has no jurisdiction of mandamus action by alien visa applicant to compel Secretary of State to adjudicate immigrant visa application). Similarly unsuccessful have been attempts to obtain review of consular decisions on the denial of visas by appealing to the Secretary of State. *Saavedra Bruno v. Albright*, 197 F.3d 1153 (D.C. Cir. 1999) (Immigration and Nationality Act confers upon consular officers exclusive authority to review applications for visas, precluding even the Secretary of State from controlling their determinations). However, resort to diplomatic channels to reverse consular denials of visa applications has sometimes been successful.

APPLICATION OF CONSULAR NONREVIEWABILITY DOCTRINE

The doctrine of nonreviewability of consular decisions has been applied so as to preclude judicial review of the denial of a visa to a spouse, other family members, or a fiancé of a United States citizen on the ground there was no petitionable relationship or the relationship was invalid. See *Hermina Sague v. U.S.*, 416 F. Supp. 217 (D.P.R. 1976) (no jurisdiction over declaratory judgment action directing that visa be granted to petitioner's husband, rejecting a claim that the denial of the visa prevented them from enjoying a family life together, since there is no constitutional right of a cit-

izen who chooses to marry an alien outside the United States to have the alien spouse enter the U.S.). The nonreviewability doctrine has also been applied to preclude judicial review of decisions denying a nonimmigrant visa. *Centeno v. Shultz*, 817 F.2d 1212 (5th Cir. 1987) (consular officer's denial of visitor's visa to Filipino not reviewable by federal court).

EXCEPTIONS TO DOCTRINE OF CONSULAR NONREVIEWABILITY

The courts disagree on whether there are exceptions to the doctrine of consular nonreviewability. For instance, where a consular official has unduly delayed making a decision on whether to grant or deny a visa, some courts have held that the doctrine is inapplicable and the courts have ordered the consular officer to act. See *Patel v. Reno*, 134 F.3d 929 (9th Cir. 1997). But there are also courts holding that the doctrine remains applicable and have declined to review a consular officer's delay in deciding a visa application.

A number of courts have

held that the doctrine of consular nonreviewability did not apply where a U.S. citizen complained that the denial of a visa to an alien violated the citizen's constitutional rights. See *Kleindienst v. Mandel*, 408 U.S. 753, 92 S. Ct. 2576, 33 L. Ed. 2d 683 (1972). However, other courts have refused to grant an exception to the doctrine of nonreviewability in cases raising constitutional claims. See *Udugampola v. Jacobs*, 795 F. Supp. 2d 96 (D.D.C. 2011) (no judicial review of the denial of an immigration visa for alien wife because it did not infringe upon the wife's marital relationship with the petitioner, since the only effect was that one of the parties to the marriage could not live in the U.S., and the daughter had no constitutionally protected interest in maintaining a relationship with her father).

There may be judicial review where the visa was denied without a facially legitimate and bona fide reason. See *Patel v. Reno*, 134 F.3d 929 (9th Cir. 1997). However, consular nonreviewability precluded judicial review of a claim that a consular

officer misapplied the law in denying a visa to a citizen's adopted child. See *Nsiah v. Perryman*, 129 F.3d 119 (7th Cir. 1997).

RECOMMENDATION:

People seeking to petition relatives or loved ones have a better chance of obtaining a visa for them if they have a lawyer to guide them in going through the immigration "labyrinth." After a visa application is denied, it is extremely difficult (and expensive) to overturn the decision. It can be done without resorting to judicial review, but by asking for reopening and reconsideration with the presentation of a plethora of evidence and convincing arguments, as we have successfully done in a number of cases.

(ATTY. TIPON has a Master of Laws degree from Yale Law School and a Bachelor of Laws degree from the University of the Philippines. Office: 800 Bethel St., Suite 402, Honolulu, HI 96813. Tel. (808) 225-2645. E-Mail: filamlaw@yahoo.com. Websites: www.MilitaryandCriminalLaw.com, and www.ImmigrationServicesUSA.com. Listen to the most witty, interesting, and informative radio program in Hawaii on KNDI at 1270, AM dial every Thursday at 7:30 a.m., rebroadcast at www.iluko.com.)

PICTORIAL NEWS



Postscript on the recent Fourth Annual Filipino Film Festival at Doris Duke Theater, Honolulu Museum of Art. (L-R) Drs. Dan and May Ablan, JP Orías, Benito Bautista, Director Boundary and Gift of Barong, Emma Francisco, producer

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HAWAII-FILIPINO NEWS

Fil-Am Vets Ask Sen. Akaka to Introduce Companion Bill for Full Equity

World War II Filipino-American veterans have asked U.S. Sen. Daniel Akaka to introduce a Senate companion bill to HR 210, "The Filipino Veterans Fairness Act of 2011." The bill aims to provide full recognition of the U.S. military service and full benefits for Filipino veterans.

Lobbyist Ago Pedalizo has led delegations of veterans and supporters to Washington, D.C. to gather support for HR 210. He is currently in town to drum up more support from the local Filipino community. Pedalizo is



Commander Francisco Obina scheduled to speak at the Philippine Consulate at 10 am on May 4 and the following day at the Filipino Fiesta & Parade. He will discuss on-going efforts in

the U.S. House to push for a sub-committee hearing of HR 210.

Veterans and families will also be at the Filipino Fiesta for community outreach and to collect petitions. Veterans are pleading with Sen. Akaka for his support.

"Senator Akaka cannot turn his back from full equity when Filipino WW II veterans on the ground are still fighting for their dignity to the last drop," says Fil-Am veteran Commander Francisco Obina.

Currently, 91 bipartisan members of the U.S. House

Representatives, including Reps. Mazie Hirono and Colleen Hanabusa have co-sponsored HR 210. U.S. Rep. Jeff Miller, who chairs the Committee on Veterans Affairs, fully supports the bill.

Another team of lobbyists from New York will gather in Congress on May 23-24, 2012 to push for a committee hearing on the bill, while youth and students will lead efforts in New York and Hawaii to rally public support.

In 1946, Congress enacted the Rescission Act that took away full recognition and benefits of the Filipino veterans. The Filipino Veterans Equity Com-

penensation was approved by Congress in 2008 and provided one-time compensation for "human suffering." However, pro-veterans groups say some veterans were disapproved for benefits because the Department of Veterans Affairs used an incomplete and reconstructed list of U.S. Army personnel. Most widows were also disqualified.

"We cannot allow our veterans to bleed dry," says Pedalizo. "The momentum is there and the time to rectify this injustice is now. We will keep pushing for the sake of the veterans, and for the sake of their widows."

PHILIPPINE NEWS

Chinese Boats Crowding Shoal

by Alexis Romero
Thursday, May 3, 2012

MANILA, Philippines - Fourteen Chinese vessels and fishing boats were monitored in Panatag (Scarborough) Shoal on Tuesday night, the military said yesterday.

Armed Forces Northern Luzon Command spokesman Capt. Aurelio Kigis said seven

Chinese fishing vessels, three fishing boats, three maritime surveillance vessels and a fisheries and law enforcement vessel were sighted inside the shoal as of 8 p.m.

"The continuing monitoring being undertaken by the AFP (Armed Forces of the Philippines)... is meant to protect (the country's) territorial integrity," he said.

Kigis said Chinese Maritime Surveillance (CMS) vessel 71 was located 13.6 nautical miles away from Philippine Coast Guard ship BRP Edsa 2.

CMS 75 is 3.3 nautical miles away from Edsa 2, while the distance between CMS 81 and the Philippine ship is 11.9 nautical miles, he added.

Kigis could not tell whether Filipino fishing boats have re-



Philippine flag hoisted over the disputed Panatag (Scarborough) Shoal

mained in the area.

Last Sunday, Armed Forces Northern Luzon Command chief Lt. Gen. Anthony Alcantara said six local fishing boats had entered the shoal.

"Our Coast Guard is ready to protect the interest of our fishermen in that area," he said.

Edsa 2 and the Bureau of Fisheries and Aquatic Resources vessel MCS 3008 are continuously monitoring the situation.

Panatag Shoal is 124 nautical miles from the nearest base point in Zambales.

The area is within the Philippines' 200-nautical mile exclusive economic zone based on the United Nations Convention on the Law of the Sea.

The standoff with the Chinese began on April 10 when Chinese surveillance ships placed themselves between the BRP Gregorio del Pilar and Chinese fishing vessels, preventing the Philippine Navy from arresting the fishermen, who were found with illegally harvested corals and other endangered marine products.

The Philippines protested the Chinese vessels' action but China insisted that it has sovereignty over the area.

The eight vessels eventually left the area, bringing with them their illegal catch.

China has rejected a Philippine invitation to bring the dispute before an international body. (www.philstar.com)

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LEGAL NOTES



By Reuben S. Seguritan

Tracking Overstaying Aliens

not departed the United States and who have overstayed their visas.

While the enforcement priorities of the current administration are directed to criminal aliens and public safety threats, the government notes that 36 individuals who have been implicated in terrorism-related crimes since 2001 were visa overstays.

The arrest a few months ago of a suspected terrorist who allegedly plotted to bomb the U.S. Capitol building renewed the government's interest in visa overstays. Amine El Khalifi, a Moroccan native, entered the U.S. on a visitor visa in 1999 and resided here since without a valid visa.

It is estimated that 40% of the country's undocumented immigrant population entered the U.S. through a port of entry and overstayed their visas, such as tourist visas and student visas.

Between 2009 and 2011, about 37,000 overstays were removed from the United States.

In 2011, the DHS undertook a review of 1.6 million cases of visa overstays who came into the country since 2004. Using automated means, the DHS determined that 843,000 already left the United States or changed their immigration status. More than 2,000 cases were recommended for further review, possibly after being flagged as an enforcement priority. For the remaining 757,000, their overstay status was noted in the electronic files in case they become a priority for deportation someday.

The former Immigration and Naturalization Service operated a database that tracked border crossings before 2001, but law enforcement officials had no access to it. Another problem that compounded the

overstay situation was the lack of a biometrics collection system prior to 2004. As a result, unless an undocumented immigrant committed a crime, immigration authorities usually found it difficult to locate him/her.

Under the proposed plan, law enforcement authorities would be able to pull up any immigrant's records and biometric markers. The individual's immigration status would be one of the things checked if he/she is arrested for any type of offense, whether serious or minor.

In other words, the system could be used to track undocumented immigrants who do not have criminal records and are not public safety threats.

There is therefore a danger that the planned biometric system could become unduly invasive. While the goal of thwarting

terrorist attacks is undeniably reasonable, the acts of 36 terrorists are in no way representative of the rest of the undocumented population.

Not only does it have civil liberties implications, but an overreaching system could be an "overkill" and an unwise use of limited resources.

Nevertheless, if an individual is found to have overstayed, it does not mean that he/she would be automatically deported. The enforcement arm of the DHS, the Immigration and Customs Enforcement (ICE), will determine what action is appropriate. As previously discussed in this column, the agency has been directed to use prosecutorial discretion and the action it takes must be in line with the government's enforcement priorities.

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

PHILIPPINE NEWS

P-Noy, Cabinet Get Labor Day Pay Hike, Too

by Aurea Calica
Wednesday, May 2, 2012

MANILA, Philippines - President Aquino, Vice President Jejomar Binay and Cabinet secretaries will also receive salary increases.

But unlike government workers who will receive the fourth tranche of the Salary Standardization Law 3 (SSL 3) a month ahead of schedule, the pay increase for the President and his Cabinet will be implemented starting July 1.

"Kami po on schedule sa Hulyo ho kami madadagdagan, Hunyo po hindi kami kasama sa advance (We are scheduled to re-

ceive our salary increase in July as scheduled... We are not among those who will get it in advance)," the President said yesterday in his speech during the Tripartite Dialogue and Labor Day breakfast with labor leaders and employers at Malacañang.

The President said he instructed Budget Secretary Florencio Abad to release the budget for the pay increase.

Abad said his department would release P2.7 billion for the salary increase starting June 1 until Dec. 31.

"The advanced implementation of the pay increase is a gesture of appreciation by the

Aquino administration to all government workers. They are, after all, our partners in reform, laboring tirelessly with us to institute good governance and promote accountability, transparency and efficient leadership in government," Abad said.

The pay increase for government agency employees will be charged to the Miscellaneous Personnel Benefits Fund in the 2012 General Appropriations Act as well as from available savings.

The pay increase for government-owned or controlled corporations and government financial institutions will be charged against their respective

corporate funds.

The pay increase for local government units, on the other hand, will be charged against their respective local government funds.

"President Aquino pushed for the pay hike to help government employees keep up with the rising cost of living and the effects of inflation on the local economy. The increase will also

enable them to cope with the recent spike in oil and commodity prices. The fund boost is also very well-timed, especially since tuition fees will need to be paid around June, when schools will be reopening," Abad said.

Abad, meanwhile, said the fourth tranche of SSL 3 would not cover individuals and groups employed through job orders, contracts of service and other similar agreements. (www.philstar.com)

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PHILIPPINE NEWS

**Fingerless Painter Inspires
 Other Artists**

by Dino Balabo
 Sunday, April 29, 2012



Jason Dequillo, who was born without fingers, participates in an on-the-spot painting contest in Malolos, Bulacan

MALOLOS CITY, Philippines – Jason Dequillo was an inspiration for other visual artists who joined yesterday's on-the-spot painting contest sponsored by the Diocese of Malolos.

Like other visual artists, 34-year-old Dequillo is meticulous in mixing his colors and his strokes are careful and calculated.

But unlike other painters, Dequillo was born without fingers and holds his painting tools with both hands.

"I prefer to compete in the regular category because I want to be treated as a normal person," he said in Filipino when interviewed by reporters while working on his painting at the plaza of the Malolos Cathedral Basilica Minore.

Dequillo started painting at age 15.

"I think it is more of my perseverance than talent that really helped me," he said.

At first, he said he was not taken seriously but some veteran artists like Vincent Ramos and Fred Villanueva saw his courage and perseverance and took him on as their apprentice.

"I'm so glad they took me as I am. They didn't look at me as a handicapped person, they took me as a person willing to go the extra mile," Dequillo said.

He said the assistance given to him greatly improved his skills and enhanced his talents.

Earlier, Dequillo made it to the top three of the prestigious Government Service Insurance System (GSIS) sponsored na-

tional painting competition, and as finalist in last year's Art Association of the Philippines' Harvest painting contest.

As a painter, Dequillo said that his forte is more on portraits and realism.

He was commissioned by Sen. Panfilo Lacson to do his family portrait. He also has commissions from several mayors in southern Metro Manila.

Dequillo said he joined the church-sponsored painting contest not just for the prize but to further improve his skills.

His participation in the contest has also become an inspiration to fellow artists.

Nards Gomez of Malolos and Don de Dios of Pampanga said Dequillo's perseverance is not just inspiring, but stimulating as well.

"He can inspire you, but his perseverance will also stimulate you to work harder," Gomez said.

Fr. Dars Cabral, head of the Commission on Social Communications of the Diocese of Malolos, said the contestants' artworks will be auctioned to raise funds for the church's 50th jubilee celebration.

(www.philstar.com)

GLOBAL NEWS

**US Consumer Spending
 Slowed in March, Income Rose**

WASHINGTON (AP) — Americans increased their spending more slowly in March, a sign that scant pay increases may be causing consumers to become more cautious.

Their spending rose 0.3 percent last month, just one-third the increase in February.

Slow wage growth and softer consumer spending gains are the latest evidence that the economy might be weakening after a strong first two months.

Economists say a warm winter made the economy look better because it caused some activity that normally occurs in spring — from hiring to home sales — to occur in January and February. That made March's gain smaller.

A more troubling factor in the long run is that Americans are receiving little or no pay raises. "Real" income — income adjusted for inflation — has been growing too slowly to sustain healthy increases in con-

sumer spending, many economists say.

After-tax income rose just 0.6 percent in the first three months of 2012 compared with a year earlier. That was the smallest gain in two years.

"Real incomes will need to grow at a faster rate to prevent consumption growth from slowing," said Paul Dales, senior US economist at Capital Economics.

Before the Great Recession, a healthy gain in consumer spending was between 5 percent and 6 percent a year. March's increase was roughly half that pace.

And if income, adjusted for inflation, continued to grow at March's rate, the annual growth would be roughly 2.5 percent. While that's better than a decline, economists consider it a weak figure.

The US economy depends on consumer spending for roughly 70 percent of activity. Many people have been increasing their spending by saving less.

(continued on page 11)

PHILIPPINE LANGUAGE



DAYASADAS
By Pacita Saludes

Maikaduapulo A Tinawen A Filipino Fiesta Iti Hawaii Pagdiriwang at Pasasalamat (Celebration and Thanksgiving)

Umuna a lawas ti kada tawen ti panagselebrar tayo iti fiesta a panangipakita tayo a Pilipino ti gagangay nga aramid ti pagilian tayo. Mayo 5, ti dati a rota ti parade iti tinawen.

Babaen ti wardas ti City and County of Honolulu, Hawaii Tourism, Western Union, Hawaiian Airlines, Etrata Foundation, Lynn Gutierrez President, OFCC, FILCOM CENTER.

Ni JEOFFREY CUD-IAMAT isu ti Chair, ni Dr. Ray-

mond Liongson ken dadduma pay ti mangur-urnos ken mangiwanwanwan ti nasayaat a pan-naka iwanwan ti Parada. Masapul a masurot dagitipagan-nurotan ti parada tapno napintas a mabuya agraman dagiti agbuy-buya ti television kdp.

Pito laeng dagiti FLOAT (naarkosan a lugan a maiparada a maibalballaet kadagiti magmagna. FLOAT 11-UFCH, 14 COVO 1, Float 18-FCC, Float COVO 2, 26. ANNAK TI KAILOKUAN, 32 FALEA ken Float 38 International Asian Cultural Association

of Hawaii.

Umuna iti PARADA ti JAYCEES (Welcome Banner) Marching, sarunuen ti grand Marshal Vehicle da Eddie Flores ken Roland Casamina, U.S. Army Band, Mayor Peter Carlisle, Filcom Board President Edmund A. Torres, Float ti URCH Ati-atihan, Politician John Mizuno, Float COVO 1, Little Miss Philippines, Filipino Women League, Vigan Float OFCC, Hawaii Escrima, GMA Stars Sinulog marching music, Float COVO, El Shadai, Kirk Caldwell, Float 26-ANNAK TI

KAILOKUAN, Pas Deux, ED CASE-Marching Politician, Miss & Mrs Kalayaan, St. Anthony, Knight of Columbus, Float 32 FALEA, SIP & Cycle, Jollibee, BEN CAYETANO Politician, New York Life, Float-INTERNATIONAL, FIL-AM ASIAN Assn., Ayaland, LBS, Martin Han, & FIL-AM Club. Dagitoy ti pakasaritaan ti Fiesta Filipino iti Hawaii. Adu dagiti maipabuya iti entablado kalpasan ti parada ket adu met dagiti makan a magatang a partuat ken sagana dagiti Filipino iti dayta nga aldaw.

ITA TA NASAPA PAY

Katibker dagiti ramramay
Agsukay iti daga inka mulaan
Dika agsulit agitukitka naimbag a gagem
Usarem ta panawen, bigat aldaw malem

Agmulaka tapno adda apitem
Linaon 'ta utek iganaganmo tapno di nakuriteng
Nainsiriban a pampanunot inka aramaten
Pangpasagneb natikag a pakinakem

Adda iti kinaregatang ti talingengen
Kinadalus ta puso ti mangpasimbeng
Partuat ta isip ti manglapped tubeng
No adda ublag palapalen ida ti isem

Agmulaka latta dimo sardayan
Aglabas ti aldaw dagitanto ti pagapitam
Agdildilpatto dagiti di nagtigtignay
Matada nakamulagat, eppes a panawen, itattapay

Agmulaka latta dika denggen ublag
Namaraymay, natikagman daga a pagirukitam
Ala latta, amangan ta nasagsagneb ti matamaam
Gasanggalat adda agbunga adda met saan
Salukagmo addanto latta masupapapkan

MAINLAND NEWS (cont.) (from page 10, U.S...)

For the full January-March quarter, consumer spending rose at an annual rate of 2.9 percent, the fastest pace in more than a year. The increase was a bright spot in an otherwise sluggish quarter. Dales noted that spending in January and February drove the quarterly increase.

Without better pay, that trend isn't sustainable. The savings rate edged up to 3.8 percent in March, after dropping to a 30-month low of 3.7 percent of after-tax income in February.

And income, adjusted for inflation, inched up just 0.2 percent after declining for two straight months.

In the January-March quarter, the economy grew at an annual rate of 2.2 percent. That was down from a 3 percent annual

growth rate in the October-December period. The weakness mainly reflected slower gains in government spending and weaker business investment.

An inflation gauge tied to consumer spending rose a modest 0.2 percent in March. Over the past 12 months, the index has risen just above the Federal Reserve's 2 percent inflation target.

A healthy job market could reinvigorate consumers because more jobs mean more money to spend. But the economy created just 120,000 jobs in March — half the pace of the previous three months.

Economists predict that employers will have added 163,000 jobs this month, below the pace from December through February. (www.philstar.com)

GLOBAL NEWS

Manila Ranked One of Asia's Greatest Street Food Cities

Manila is one of Asia's greatest street food cities, according to the travel news website of the Cable News Network (CNN).

In an article titled "Asia's 10 greatest food cities," CNNGo cited Manila for being "a city filled with street food options."

"Most vendors are mobile and can be found walking up and down Manila's busy streets, crying out their specialties. It all makes for a delicious, if fattening, affair. Whenever possible, foods are deep-fried, which make them much more mouth-watering and as a bonus, kills germs," CNNGo says.

The travel news website also

listed 10 must-try street food items in Manila:

- Chicharon (deep-fried pork rinds)
- Taho (fresh soft/silken tofu, sago pearls and arnibal, or brown sugar and vanilla syrup)
- Balut (fertilized duck egg)
- Kwek-kwek (hard-boiled, battered, deep-fried quail eggs)
- Silog (garlic fried rice, fried egg and a meat dish)
- Isaw (barbecued intestines)
- Kikiam (ground pork and vegetables wrapped in bean curd and deep fried)
- Sago't gulaman (sago with caramelized sugar water and

red gulaman or agar jelly)

- Banana cue (deep-fried banana coated in brown sugar)
- Fish ball (small, white balls of minced fish)

"Cold drinks and sweet desserts are also popular snacks in Manila's tropical heat. Whenever you are in Manila, it's worth stopping for a few minutes and sampling the cuisine of the streets," CNNGo said.

Other cities on CNNGo's list include Penang, Malaysia; Taipei, Taiwan; Bangkok, Thailand; Fukuoka, Japan; Hanoi, Vietnam; Singapore; Seoul, South Korea; Xi'an, China; and Phnom Penh, Cambodia. (*Good News Pilipinas.com*)

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TRAVEL & TOURISM

A Heritage Tour of Cavite

By Ana Marie Pamintuan

MANILA, Philippines - The ancestral home of Emilio Aguinaldo, now a shrine to commemorate the Declaration of Independence, looked exactly the way it did the first time I visited it ages ago.

What was new for me during a recent visit was the Aguinaldo Park in front of the house. The park has two pools and full reproductions, inscribed in black granite, of the Declaration of Independence, in Filipino, English and Spanish.

War counselor Ambrosio Rianzares Bautista had read the declaration, which he authored, on June 12, 1898 from the window of the grand hall. The flag of the first Philippine Republic was also formally unfurled from a front window. On the grounds the marching band of San Francisco de Malabon (now General Trias in Cavite) played the Philippine National Anthem for



the first time, although still without lyrics.

Years later, Aguinaldo built a decorative "Independence balcony" in his house, from where the flag is hoisted by government officials every Independence Day.

You will learn all these details at the shrine, one of the most popular tourist destinations in this part of Cavite. From the southern tip of Coastal Road in Las Piñas, the drive to Kawit is less than five minutes through the newly opened Cavite.

The drive through the road built on the water bypasses the narrow, traffic-choked streets of

Cavite, and offers a panoramic view of the fishing villages and resorts of the province. This traffic-saving road, unfortunately, is not for the poor to enjoy on a regular basis, with the P64 toll each way collected by the Public Estates Authority Toll Corp.

"Heritage tours" in Cavite may also provide disappointing reminders to Pinoys of the turf wars, disunity and betrayals that doomed the Philippine revolution against Spain.

The wording of the Declaration of Independence itself, immortalized in that memorial in Kawit, may raise doubts about our revolutionaries' con-

cept of independence. It proclaimed, by virtue of a decree issued "by the Egregious Dictator Don Emilio Aguinaldo y Famy..." Philippine independence "under the protection of the Powerful and Humanitarian Nation, the United States of America..."

It also cited the use of red, white and blue in the Philippine flag to commemorate the US flag, "as a manifestation of our profound gratitude towards this Great Nation for its disinterested protection which it lent us and continues lending us."

When the declaration was written, the US Navy fleet under George Dewey had just

obliterated the entire Spanish naval armada in the Philippines, and Dewey's guns were trained on the coastal areas of Manila Bay, so perhaps those lines were understandable.

The declaration, which reads like a short story, also mentions the abuses of friars and the "Religious corporations" at the time, whose sowing of intrigue led to the execution of Filipino priests Jose Burgos, Mariano Gomez and Jacinto Zamora. The three priests were garroted for involvement in the 1872 mutiny of Filipino workers in the Cavite naval shipyard over a pay cut due to higher taxes.

Cavite was a hotbed of armed unrest against colonial rule and was a natural choice as the seat of the revolutionary government, with its leadership dominated by sons of the province. Caviteños staged several successful attacks against Spanish troops and targets. The significant battles are commemorated in memorials and markers across the province.

A heritage tour of Cavite can be a painful reminder of the

(continued on page 14)

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FACT # 2:

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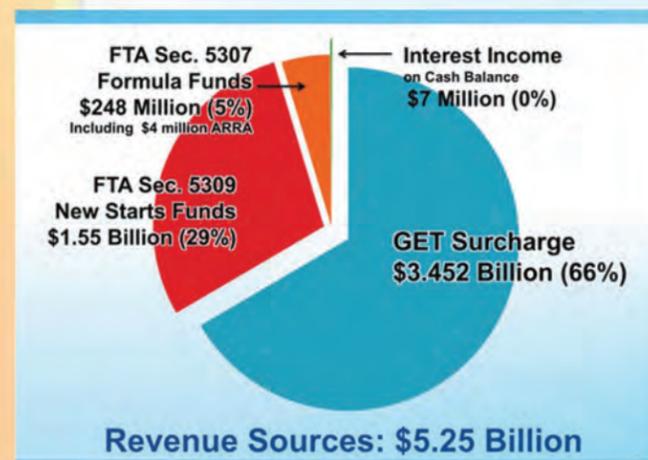
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Filipinos for Rail is a coalition of Filipino community leaders who are committed to making rail a reality. It is a non-partisan group, which accepts support from all pro-rail stakeholders regardless of political affiliation. It was formed to highlight messages of project benefits and to counter misinformation. Seven of the 12 communities directly served by the rail line have large Filipino populations.

COMMUNITY CALENDAR

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TRAVEL... (from page 12, A HERITAGE...)

human failings of our revolutionaries. But it also celebrates the courage, born of centuries of oppression, of people who were prepared to face the might of the Spanish empire armed with little more than bolos, bamboo spears and arrows. National hero Jose Rizal disapproved, and was executed anyway, giving the revolution its most famous martyr.

From the Aguinaldo Shrine, signs pointed to the site of the Tejeros Convention in General Trias, so that was my next stop. The town is also home to the church where the marching band of Malabon practiced the National Anthem before it was played in Kawit.

The original friar estate called "Casa Hacienda de Tejeros" unfortunately was not restored after it was destroyed during the war. It has been replaced with a three-story convention center within a spacious compound. But the original foundations are still visible by the river, including an underground passage that a caretaker told me led to Aguinaldo's home in Kawit. The passage has been sealed.

General Trias is named in honor of Mariano Trias, who together with Diego Mojica and Nicolas Portilla staged the first Katipunero armed attack in Cavite against Spain, on Aug. 31, 1896. Their target was the town tribunal.

At the Tejeros Convention, whose 115th anniversary was celebrated last March 22, Trias was elected vice president of the revolutionary government.

This part of the convention many Filipinos remember from our history lessons: Bonifacio of the Magdiwang faction presided over the election of officials in the new revolutionary government that would replace the Katipunan, which he had founded. The Magdalo faction, with its roots in Cavite, picked its head, Aguinaldo, over Bonifacio as president.

Bonifacio would have kept his peace after being elected as director of the interior. But when his qualifi-



The view of Cavite's coastal villages from the Cavite. | Photo by RUDY SANTOS

cations for the post were challenged by Daniel Tirona, Bonifacio nullified the election results and stalked out with his men.

The next day, they went back to the friar estate and left a document declaring the reasons for the nullification. Then they went to Naic, planning to set up a separate government.

Aguinaldo at the time was said to be preparing for battle but was persuaded by his brother to first take his oath as president. After dropping by Casa Hacienda and finding it closed, Aguinaldo proceeded to a convent in Sta. Cruz de Malabon (now Tanza) where he and the other newly elected officials took their oaths before a cross that was believed to be miraculous.

Aguinaldo subsequently ordered the arrest of Bonifacio and his brother Procopio. The brothers were taken to Maragondon and tried by a military court headed by Brig. Gen. Mariano Noriel.

The "Bonifacio Trial House" has been preserved, a few blocks from the 18th century Maragondon Church, which served briefly as headquarters of Aguinaldo's government. With its ornate carved wooden doors, the church is classified as a National Cultural Treasure.

After being found guilty of treason and sedition, the Bonifacio brothers were brought to Mount Nagpatong in Maragondon, in the shadows of Mount Buntis. Procopio

was hacked with bolos while Andres was shot.

An impressive shrine has been built, presumably on the exact spot of the execution, although for some time the precise location of the killings was not publicly known.

The memorial is large and built in a spacious eco-tourism park, but it may be hard to find for visitors. Locals seem to confuse the shrine with the Trial House. There is only one sign, scrawled on a small board attached high up on a lamppost at the end of a narrow road in Barangay Ulong.

You follow the arrow to a dirt road, drive up the hill until you hit a grassy clearing. It's not the end of the road so keep driving a bit further up. When you reach a bamboo gate, just open it and continue on, making sure you don't hit any of the grazing cows, until you reach a narrow stretch of paved road. At the end of the road is the main gate to the shrine, where you pay P20 per head to enter.

Across the memorial is a pavilion where you can rest a bit before returning to the Maragondon town proper.

There are still several other points of historical interest in Cavite, where Aguinaldo spent the days and months before he had to move his government across Central and Northern Luzon when the Philippine-American War broke out. Those next chapters in our history can be re-

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membered in other provinces.

The events commemorated in Cavite celebrate the courage of Filipinos. They also show what the nation can achieve in unity, and what happens when egos and personal interests get in the way.

For the valuable lessons that remain relevant to this day, every Filipino should take a trip to these historical sites. (www.philstar.com)

COMMUNITY HEALTH FAIR

Supplement

▼ articles inside

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THINGS TO KNOW BEFORE YOU TAKE YOUR BLOOD PRESSURE

by RICHARD KUA, M.D.

Blood pressure is one of the basic physiologic parameters used to assess body functions commonly referred to as vital signs. It is measured by an instrument called a sphygmomanometer which was invented in 1881, modernized in 1901 and gained popular use in the medical community. Manual sphygmomanometers are used together with another instrument called a stethoscope.

Sphygmomanometers come in three basic types: mercury, aneroid and automated (electronic/digital). Mercury manometers are the most consistent and accurate, require little maintenance and do not need to be recalibrated. However, they are slowly being phased out from clinical office settings (they are already banned in Veterans Hospitals) because mercury is a toxic substance and there are health and environmental concerns about contamination



from breakage/spillage.

Aneroid manometers, which are mechanical types with a dial, may become unre-

liable over time, are susceptible to damage when dropped and need to be recalibrated on a regular basis usually every 3-

6 months. They can either be checked for calibration with a mercury manometer using a "Y" connector, returned to the manufacturer for testing or brought to a local facility that provides calibration services.

Automated BP monitors are easy to operate, do not require a stethoscope and are practical even in noisy environments. Home use devices designed for self monitoring have the added advantage of being portable. Larger commercial versions can be seen in malls, supermarkets, pharmacy chain stores and retail

(continued on page 16)

DOH PARTNERS WITH HEALTH CARE PROVIDERS TO IMPROVE BLOOD PRESSURE MEASUREMENTS

by HFC STAFF

The State Department of Health (DOH) is implementing new initiatives to support the Million Hearts campaign—a Centers for Disease Control and Prevention project introduced last year to prevent one million heart attacks and strokes.

In partnership with healthcare organizations across the state, DOH is launching a blood pressure program that improves measurement accuracy and reduces errors in every day diagnosis and treatment.



High blood pressure is one of the leading risk factors of heart disease and stroke that affects 1 in 3 adults in Hawaii.

With support from private sector partners including the

(continued on page 17)

Aloha and Mabuhay to the Community Health Fair Organizers!



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HEALTH FAIR COVER STORY *(from page 1, THINGS TO KNOW...)*

outlets. But accuracy and long term reliability are questionable. Wrist devices are less accurate while finger devices are not recommended. Treatment decisions should not be based on the results obtained from these monitors and it is advisable to manually retake abnormal results.

With so many different

brands and types sphygmomanometers available in the market deciding which one to purchase/use can be difficult and confusing. A list of blood pressure measuring devices that have been evaluated independently for accuracy and validated by the three most widely used protocols - the British Hypertension Society

(BHS) Protocol, the Association for the Advancement of Medical Instrumentation (AAMI) Standard and the International Protocol of the European Society of Hypertension (IP)- is available at www.dableducational.org.

Blood pressure measurements must be done properly in order to obtain readings that reflect the individual's correct or true resting BP. Factors that contribute to inaccurate BP measurements may be attributable to equipment, the screener, or the client.

Equipment failure or defects like air leaks in the inflation system due to damaged cuff, bladder, pressure bulb, control valve or rubber tubing can cause erroneous BP readings. Cuff selection is also important because using a cuff that is too small will result in a higher reading and a cuff that is too large will give a reading that is lower than the actual BP. A cuff is correctly sized if the inflatable bladder encircles 80% of the arm in adults and the width of the bladder covers 40% of the arm circumference.

Factors that contribute to

screener error include inattention, carelessness, poor eyesight, hearing loss, use of wrong cuff size, manometer not at eye level, failure to follow guidelines and poor technique such as inappropriate cuff placement, applying cuff over clothing, stethoscope touching edge of cuff resulting in extraneous sounds and talking during measurement.

During BP measurement the client should be mentally and physically relaxed; sitting comfortably with the back supported, arm resting on an even surface at heart level with palm facing upward and should not be leaning on the arm. Legs should be uncrossed and flat on the floor. Client must have not smoked or exercised for at least 30 minutes and preferably should abstain from caffeine prior to measurement. Other client factors that can contribute to variations in BP readings include use of medications (decongestants, appetite suppressants, asthma medications, pain killers like ibuprofen or naproxen, dietary supplements, steroids, illicit drugs), full urinary bladder, emotional state,

time of day (readings may be higher in the late afternoons or evenings), fatigue (after working the whole day) and room temperature (too hot or too cold).

Blood pressure measurement is a straightforward and relatively easy test to perform but it can prone to errors. The good news is that these potential sources of inaccuracy are avoidable. The impact of erroneous BP readings can be expensive and even lethal. The American Heart Association estimates that it costs \$1000/person/year if treatment was started unnecessarily, not to mention the possible side effects of medication. A 5mmHg error in BP reading due to equipment defect or faulty technique could leave 21 million people with high blood pressure undetected leading to 125,000 cardiovascular disease related deaths, 20% of which could have been prevented. Regular monitoring of blood pressure plays a key role in overall health maintenance and accurate blood pressure measurement helps ensure the best possible health care.

Joseph M. Zobian, M.D.



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ALL IDEAS CONSIDERED

Seriously, Is Listening a Health Issue?



by FELINO S. TUBERA

My wife of 42 years tells our 42-year old son that she has a lingering health issue—grudge with me—listening. I don't understand what that means. My son asks me if I'm hard of hearing. No, I'm not. Listening and hard of hearing are like day and night. Two different things. How can listening, or is it not listening, be a health issue between us? The fact is I don't talk while she's talking and hardly say anything because I'm a man of few words. She agrees assertively that I'm a person with a limited vocabulary. I am wordless for that. I take it as a compliment. Thank you.

But alas, what she really means about listening as a health issue is that by giving her the "silent treatment," I am creating an unhealthy environment in our marital relationship. My man-ship is in turbulent seas.

Now I get it! To her, my sparing use of words is synonymous with not listening enough. To me, profit from the word economy is economizing word-usage in a meaningful conversation. Words are either building tools in language architecture or weapons of destruction, depending on the way they are used. There is a sense of fitness or propriety that words provide in meaning to whatever the user wants to express or impart. Sadly, words themselves cannot complain or fight back if they

are used wrongly; neither would words be able exclaim with glee when used correctly.

So here comes the function of language—to monitor, police, judge, enforce and implement its inherent virtue—to communicate. By and for the communicator(s). Words, as part of language, must be recognized, understood and have audio and visual effects. The presence or absence of these characteristics gives form and substance to their meaning.

Take the words *knife*, *knowledge*, *knave*, *pneumatic*, *pneumonia* and *psychology*. The first letter of each word is silent. Take these first letters away from their visual affinity with the other letters that follow and their meaning fades away with their disappearance. But when spoken, granted that the silent letters were removed, the words would sound the same. The k's and p's, although voiceless, have a solid integrity of importance arbitrarily. The silent k is the soft handle to the sharp knife. The patent p is the soft cushion of psyche in psychology.

An analogy of sorts for this kind of audio and visual effects in words also exists in human relationships. Take away our soundless or implied silence and you scrape away the naked beauty of our natural tenderness. From our knowledge, understanding, familiarity and intimacy with these nuances can we validate our humanity. We have much to learn about our human condition. To explore and discover ourselves is a healthy living thought.

Unless someone comes up with a new word that begins and ends with *und*, there is only one



word in the English language with this unique attribute—the word underground. Like the mystery of life, there are a lot of imponderable mysteries to our humanness that remain hidden underground. Above it, we *see* and *hear* what's happening. But to the soundings of the human soul, let us beg to listen. Silently, but knowingly.

Seriously speaking, listening or not listening can be a health issue because health is not merely physical. Ask yourself: Am I emotionally or spiritually healthy? Do I listen to other people well? Do I hear or listen to myself? Do I need a "health audit" of my intangible assets or resources? Do I keep mental receipts of the blessings I receive from whatever source? Do I make inventory of body language slips, sign gesture slaps or lapses of some kind?

My wife's grudge, after all, has a legitimate basis for pointing out the void in the spectrum of our day-to-day understanding and interpretation of life. Crossing the river of reality over which the bridge of communication separates us because it is not there. An inner measure of understanding is missing if it were to serve as a "hearing aid." There is no exit door. Or there is, maybe?

Do the fun things. Or don't take life too seriously. Laugh at

have an un-invited guest at home. "Who is she?" My answer: O you the girl I married, for you, it's not a she. He's Senior Gout. End of Act One.

Act Two: But as opposites, we are also allies. Mutual allies. We individually and dually assume leadership role-modeling when it comes to spending time and money for our mutual comfort and benefit. We are friendly facilitators of change, both in perspective and in real-life scenarios in dealing and coping with problems. We are a couple conjugated to accept pain and suffering with resolve and both rejoice in our littlest of triumphs, whatever these might be. We are ally-rivals, rival-allies, which in our cup of tea is a healthy ingredient to our married life.

Definitely, we do listen to the sound of silence in loud appreciation of what mutual understanding does to our lives. We might both be hard of hearing but we can feel the soft vibrations of unspoken words of love or the pain of longing with our inner ears, the sound of music playing in the deeper chambers of our hearts. We both want to be happy, feel happy in order to be able to bring happiness to the lives of other people. What we have and what we get is what we give away to share. That, in our dictionary of unwritten words, is our definition of healthy, healthful living!

HEALTHLINE (from page 1, DOH PARTNERS...)

Hawaii Medical Assurance Association (HMAA), University Health Alliance (UHA), AlohaCare and Hawaii Medical Service Association (HMSA), blood pressure measurement training sessions will begin this week. The Hawaii Primary Care Association, the Hawaii Independent Physicians Association, and the Philippine Medical Association of Hawaii also contributed valuable assistance with the development of the program and the recruitment of

participants.

"Taking a blood pressure reading is a routine procedure, yet so critical to identifying life-threatening conditions," says DOH director Loretta Fuddy. "I've seen clinical studies that show a surprising number of healthcare professionals in the U.S. who take a blood pressure incorrectly and we wind up with unnecessary costs, inappropriate treatment and missed diagnoses. This training initiative is a perfect example of where public

health can step in and make changes that will benefit our residents."

The DOH is conducting training sessions with the goal of establishing a sustainable process for ensuring all healthcare professionals in Hawaii are well-trained in taking blood pressure measurements.

For more information on the training sessions, please call DOH's Heart Disease and Stroke Prevention program at 285-2567.

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ASK A DOCTOR

Is Eating White Rice Dangerous to One's Health?

by RONEE ROAQUIN, RN., MD.

Rice is the staple food for more than half of the world's population, especially among Asians. It is the main source of calorie and nutrition among these people particularly the poor. It is a complex carbohydrate or starch containing a longer molecule of simple sugars digested by the body at different rates. Some, like white rice, burn quickly leading to a sudden

rise in blood sugar while others, like brown rice, take longer to digest causing less blood sugar elevation over a longer period.

Brown rice is partially milled where only the outer inedible chaff or hull is removed. Once the bran and the germ are removed, only the endosperm remains resulting in white rice. Brown rice, in addition to containing more insoluble fiber, also contains more nutrients, vitamins and minerals.



Recently, studies have shown that eating white rice is associated with higher risk of developing Type 2 Diabetes Mellitus especially among Asians. The higher the intake of

white rice, the higher the risk. This is especially important to Filipinos living in Hawaii who have one of the highest incidences of Diabetes Mellitus in the state. Together with hypertension, high blood cholesterol levels, obesity and physical inactivity, diabetes can lead to early heart attacks and strokes. Of course consuming large quantities of other refined carbohydrates such as pastries, white bread and sugar-sweetened beverages can lead to the same risk of developing high blood sugar. Other studies also showed that replacing white

rice with brown rice and other whole grains reduces the risk of Type 2 Diabetes Mellitus.

Lately, there are also reports that consuming a lot of rice and other rice-based products can lead to higher levels of inorganic arsenic which could be carcinogenic (cancer-causing) especially among infants who can ingest more arsenic for their weight compared to adults. However, the results are preliminary and other experts disagree.

In summary, there are good studies showing that higher intake of white rice but not brown rice is associated with higher risk of developing Type 2 Diabetes Mellitus.



Michael A. McMann, M.D.

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LASIK: How Safe Is It?

by MICHAEL A. McMANN, M.D.

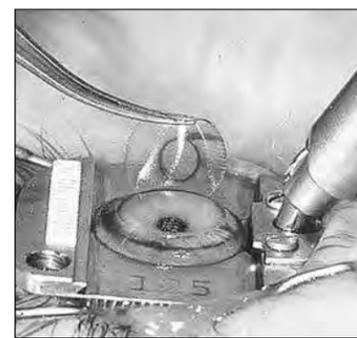
Gances are, you know someone who has had LASIK surgery, or you may have considered the procedure yourself. Despite the allure of ditching daily eye-wear, the decision to undergo this elective surgery is one that most people deliberate on for quite a while. Below are answers to some of the most common questions about LASIK surgery.

Q: I've heard LASIK described as quick, easy and painless. Is it?

A: Make no mistake—LASIK is surgery and anyone who implies otherwise is not entirely forthcoming. The surgeon creates a flap in the cornea and a laser is used to reshape the underlying cornea. The surgery takes less than half an hour. Patients feel pressure but no pain. However, that does not mean it is a simple procedure that just anyone can perform. Like any surgery, the experience of the surgeon is the most important factor in achieving the best results.

Q: In addition to the experience of the surgeon, what other factors are important?

A: A number of factors are crucial to success with LASIK surgery. It starts with a thorough pre-operative exam by a qualified surgeon and staff to ensure



you are a good candidate. The quality of the surgical tools, such as the laser, is also very important. Having dedicated, on-site laser machines in a controlled operating room environment, where temperature and humidity are constantly monitored, contributes to better outcomes. To ensure the best vision possible, the procedure is customized to each patient's eye measurements.

Q: How common are complications?

A: The complication rate for LASIK surgery is very low, making it one of the safest surgical procedures around. A full comprehensive examination is performed to identify factors such as dry eyes and thin corneas that may increase the risk for complications. The rate of complications is extremely low, with the majority of them occurring less than 1 percent of the time and rates of enhancement (the need for additional laser adjustments) are usually under 2 percent.

Q: Who really shouldn't

have the surgery?

A: There are people who are not good candidates for LASIK surgery. In fact, roughly 20 percent of the prospective patients who come in for an evaluation are turned down. Some of the more common reasons include high refractive errors (nearsightedness or farsightedness), dry eyes, thin or abnormally shaped corneas, cataracts and retinal problems from diabetes.

If you do not qualify for LASIK, there are alternative surgical procedures, such as PRK or LASEK, corneal implants, phakic intraocular lenses and cataract surgery with presbyopia- or astigmatism- correcting intraocular lenses.

Q: What's the bottom line for anyone considering LASIK?

A: LASIK is not for everybody. Those who are good candidates can experience a vision-changing and life-changing experience. As with any surgery, people should do their homework beforehand and choose a surgeon and facility they have every confidence in.

(MICHAEL MCMANN, MD, is a Fellowship-Trained eye surgeon specializing in cornea and refractive surgery. To make an appointment for an eye exam to determine if you are an appropriate candidate for LASIK, call 677-255E or 677-2733 or go online at: OahuLasik.com).

HEALTHLINE

Social Determinants of Health

by RAMON LORENZO LUIS R. GUINTO

We live in a much healthier world today. In the 20th century alone, life expectancy increased by 30 years as a result of major discoveries and improvements in public health, such as vaccination, injury prevention, access to clean water and safe food, and advances in maternal and child health.

The 21st century should work toward improving health further and making it equitable. Country life expectancies range from 82 in Japan to 34 years in Sierra Leone—an almost 50-year gap that no biological or genetic reason can explain.

In the Association of Southeast Asian Nations, life expectancy ranges from 81 in Singapore to 56 in Myanmar. The Philippines is somewhere in the middle, 71 for both sexes.

Inequities in health can also be noted within countries. For example, there is a 30-year gap in life expectancy between the most and least advantaged populations even in the rich city of Glasgow, Scotland.

In the Philippines, inequities among regions and income groups are glaring, spanning all known health indicators. For example, the most recent National Demographic and Health Survey showed that even if the national infant mortality rate was halved from 1990 to 2008, the rate in rural areas (35 per 1,000 infants) remained almost double that in urban areas (20 per 1,000).

Health is social

These health inequalities remind us that action is needed be-

yond medical interventions. Health, as defined by the World Health Organization (WHO), is the “complete state of physical, mental and social well-being,” but the “social” part is oftentimes the missing component in the equation.

Even as early as the 19th century, Rudolf Virchow, a German physician regarded as the father of “social medicine” and was a good friend of our national hero, Dr. Jose Rizal, asked: “Do we not always find the diseases of the populace traceable to defects in society?”

But it is not just the diseases themselves, but more so the unacceptable gaps in health that are products of a “toxic combination of poor social policies and programs, unfair economic arrangements and bad politics,” said the WHO Commission on Social Determinants of Health.

Social determinants of health refer to the conditions in which people are born, grow, live, work and age. They fall into two general categories: structural and intermediary determinants.

Structural, intermediary

Structural determinants generate stratification and divisions in society and define individual socioeconomic position within hierarchies of power, prestige and access to resources. They are embedded in key institutions and processes of the socioeconomic and political context. Examples include income, education, occupation, social class, gender and race.

Intermediary determinants are factors that directly shape in-



dividual health choices and outcomes and through which structural determinants operate. They span material circumstances, psychosocial circumstances, behavioral factors and the health system.

Examples include the nearby shop that sells cigarettes and alcohol, tensions among local leaders in a slum community, or the nonfunctioning rural health center that lacks essential medicines and health personnel.

For decades, the most successful public health interventions have dealt with intermediary determinants such as lifestyle changes and provision of food and medicine. However, global evidence now shows that structural determinants such as macroeconomic policies and cultural belief systems exert a huge influence on intermediary determinants and eventually widen inequalities.

WHO recommendations

Backed by substantial amount of evidence on global health inequities and their social determinants, the WHO commission came up with a set of recommendations on how to “close the gap in a generation,” the title of its 2008 report.

The three overarching rec-

ommendations were:

- Improve daily living conditions
- Tackle the inequitable distribution of power, money and resources
- Measure and understand the problem of health inequity, and assess the impact of action.

So what social determinants do we need to tackle in the Philippines?

PH situation

As emphasized by the commission’s report, daily living conditions need to be dramatically improved.

Rapid urbanization in Metro Manila, for example, has led to overcrowding, massive air pollution, garbage-clogging waterways, unsafe roads and growing squatter areas. Thirty-one percent of Filipinos in rural areas and 20 percent in cities have no access to improved sanitation.

All these determinants bring about mental health problems, respiratory and diarrheal diseases, and road injuries, especially to vulnerable populations. They also worsen the human impact of natural disasters, as shown by the aftermath of Tropical Storm “Ondoy” in 2009, and cause greater disease burden on

the local health system.

Employment

Although the Philippines claims to have reduced the unemployment rate to 7 percent last year, there remains a continuing trend of short-term employment. Contract workers suffer from low and unstable incomes and are vulnerable to unemployment in the long run.

The unemployed are more prone to catastrophic expenditures during an illness, have a reduced capacity to bring healthy food to the family table and ultimately suffer a much higher risk of premature death.

Finally, workers with no job security or social protection are at high risk of mental and emotional stress, which may give rise to violence and dysfunctional families.

Lifestyle

Noncommunicable diseases such as hypertension, diabetes, cancer and chronic obstructive pulmonary disease account for 60 percent of adult deaths yearly.

Fortunately, these diseases are highly preventable through tackling intermediary determinants such as availability of healthy food in markets and stores, provision of open spaces to increase daily physical activity and stricter implementation of the provisions of the Tobacco Regulation Act.

Early childhood

Global evidence has shown that interventions in early childhood, from prenatal care to primary education, increase life expectancy and ensure lifelong well-being. Aside from improving access to maternal and child care in primary care facilities,

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HEALTHLINE

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health concepts must be explicitly included in primary education.

Education should also emphasize development of life skills needed for healthy and responsible living. The Department of Education should incorporate these reforms into its new K-12 program.

The intermediary determinants are also symptoms of deep-seated structural determinants and therefore both levels need to be addressed.

Governance

Governance in the country is characterized by factors detrimental to overall population health: lack of policy coherence and political will; weak accountability and implementation; corruption; lack of motivation and skills among government workers; and limited participation of citizens and civil society groups in decision-making, especially in health governance.

Peculiar to Philippine governance is the enormous clout of Catholic Church groups in influencing public and health policy, the best example of which is the reproductive health bill—a measure which seeks to reduce the inequities in access to maternal and reproductive health services.

Economic inequality breeds health inequities. Ninety-percent of families belong to classes D and E, the lowest socioeconomic levels, according to a Pulse Asia survey in 2010.

It is established that further down the social ladder, more diseases are common, access to health care is more difficult and ultimately, life expectancy is much shorter.

If we are serious in “closing

the gap” in wealth and health, mechanisms that aim to redistribute wealth among various segments of Philippine society have to be put in place immediately.

Trade

In this era of increasing globalization, countries such as the Philippines actively participate in the crafting of bilateral and multilateral agreements and treaties. In 2011, for example, the Philippine government expressed interest in joining the Trans-Pacific Partnership and the larger Free Trade Area of the Asia Pacific during the summit of the Asia Pacific Economic Conference in Hawaii. Like previous trade agreements, these new instruments are expected to ease the flow of goods and services among member countries.

Certainly, these pacts will have a huge impact on the health of the people of member countries—directly through health products and services, and indirectly through food trade that will adversely affect farmers’ incomes.

To address these challenges, the WHO commission called for the institutionalization of “consideration of health and health-equity impact in national and international economic agreements and policy-making.”

Disaster-risk reduction

Our vulnerability to disasters may be partly due to unchangeable environmental determinants such as geography, but certainly much of that vulnerability has a social dimension—from the planning of our cities and towns to the implementation of the logging ban and early warning systems.

Furthermore, the Philip-

pinos, being the third most disaster-vulnerable and the sixth most climate-vulnerable country in the world, has to take climate change seriously, as it will worsen health conditions and exacerbate existing health disparities.

A “social determinants” understanding of disaster management and climate mitigation can prepare our society for the grave health impact, prevent the widening of social inequities and preclude us from solely blaming the forces of nature.

Elevating debate

Health is placed considerably high on the political agenda of the Aquino administration compared with the attention it received from previous administrations. In 2010, President Aquino committed in his first State of the Nation Address to achieve universal PhilHealth coverage by 2013.

The “Aquino health agenda” that was launched during the election campaign later metamorphosed into the Department of Health’s Kalusugang Pangkalahatan (Universal Health Care), which now looks into attaining the health-related Millennium Development Goals, public-private partnerships (PPPs) in health-facility enhancement and expanding PhilHealth coverage as ways to achieving health equity.

However, it is important that debates in health-care reform, particularly toward achieving universal health care, should be placed in the context of action on social determinants of health. Even the WHO commission report identified the health system as just one of the major determinants of health, so the discussion should not stop there.

US experience

Studies in the United States show that medical measures have contributed little in the decline of overall mortality. There are claims that health-sector interventions account for only 20 percent of health improvements, while the remaining 80 percent can be attributed to enhancements in daily living conditions—food, housing, clothing and access to socioeconomic services such as education and employment.

The Philippine health sector itself should adopt a social determinants framework, from the Department of Health to the various medical schools that train our future physicians.

The health department in particular should strengthen its stewardship role in advocating “whole-of-government” approaches to combating health inequities and addressing social determinants.

Australian model

A model that the Philippine government could use is the “health-in-all policies” approach. Pioneered in South Australia and now replicated in other countries, this government mechanism ensures that all government programs and policies, whether from the department of agriculture or foreign affairs, are assessed through a “health-lens analysis” of their impact on health outcomes and their contribution to reducing health inequities.

Coherence in governance results in policies and programs that complement each other to produce health and health equity. It is “unhealthy” to have, for example, an agriculture program providing assistance to tobacco

farmers in tandem with a public health policy that bans use of tobacco products.

Never isolated

Furthermore, addressing the broader structural determinants is vital for the success of health sector reform. The health system is never isolated from the larger society, whose social determinants shape the structure and functioning of the health system. We need to look at how wage policies affect workers’ contributions to PhilHealth, or how bilateral trade agreements result in maldistribution and shortage of health workers in our communities.

Finally, the Philippine government should broaden the scope of public-private partnerships and include action on social determinants of health as a venue for collaboration. PPPs for health may go beyond from mere medical interventions and health-facility enhancement to building healthy cities and investing in social protection schemes. Private enterprises can also apply the social-determinants approach in protecting the health of their employees through internal reforms in business practices and employment policies.

Everyone a health worker

Ultimately, health is an outcome of the distribution of multiple determinants in a society, from the policies governing daily activity to the resources used to provide social services. The more these determinants are inequitably distributed, the sicker we become as a whole.

In the same way as society can make us sick, it can also bring good health, not just to

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HEALTHLINE

REGULAR EXERCISE CALMS BEAST INSIDE YOU

by CHRIS RANES

Do you sometimes feel frustrated by events or circumstances beyond your control but don't know how to blow off steam in a healthy and constructive manner?

If so, you will be interested to know that regular exercise provides a positive outlet for all those pent-up emotions that are eating you up inside and ready to explode.

A new study from Northern Illinois University shows that stressed bosses are less likely to vent their frustrations on their employees—if they get regular exercise.

“These findings don't only apply to a workplace but to life in general,” says Chris Ranes, a personal trainer at Fitness Ranes Training Studio. “You don't have to be a manager or a supervisor to feel pressured or stressed out. We all do, to a certain degree, at one time or another.”

other.”

Learning to vent frustration in a positive, rather than a destructive way, is crucial. If left unmanaged, frustration and stress can lead to emotional, psychological, and even physical problems. It could be a factor in heart attacks, strokes, depression and other ailments.

However, new research confirms what health and fitness professionals have known for a long time—regular physical activity has a calming effect on the nervous system.

According to Ranes, exercise can help you handle stressful and frustrating situations in the following ways:

- It gives you a sense of control: Frustration is often borne out of the feeling that we are at the mercy of others and have no say in our own lives. A fitness routine gives you the power over your own body and health, which is a very empowering.

- It releases “feel-good” chemicals: Feeling stressed out and unable to handle pressure also leads to pent-up frustration. Exercise produces endorphins and raises the body's levels of dopamine, serotonin, and norepinephrine, all of which are proven stress-busters and mood lifters.

- It makes you more resilient: When exercising, you build up strength—not just physical but also the mental strength and confidence that help you better handle the curveballs life throws at you in a calmer and more rational manner.

“Remember, you don't have to be a boss in a work environment to benefit from physical fitness,” Ranes says. “Just be your own boss and exercise your way out of frustrating and stressful situations.”

Ranes can be reached via email at chris@fitness-ranes.com or at 398-4931.

AND NOW, A WORD ABOUT TOOTH DECAY

MANILA, Philippines - If you have ever had the misfortune of suffering from tooth decay, you understand exactly how excruciating the pain is. But you are not the only one who is familiar with that mind-numbing ache. Roughly 95 million other Filipinos feel your pain — literally. Tooth decay affects 92.4 percent of the Philippine population, making it one of the most common oral problems in the country.

learned in Chemistry class, where there is acid, there is erosion. And so the inevitable happens: The surface of your tooth starts to erode, allowing the bacteria, sugar, and acid to penetrate deeper into your tooth. Internally, the bacteria continue to bore holes into your tooth, exposing it to even more bacteria. Externally, you feel an almost paralyzing pain from toothache.



Cavities are the end-result of the three-step process of tooth decay. This process begins when bacteria in your mouth cling to the sugars left behind by the food you eat. This combination of bacteria and food sticks to your teeth and produces acid. As we

There are ways to prevent decaying teeth from happening in the first place:

- Clean your mouth of the bacteria and food particles that started it all. A complete oral care routine of brushing, flossing, and rinsing will effectively clean your entire mouth — even the hard-to-reach places where bacteria could be

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HEALTHLINE

EVERYTHING YOU'VE ALWAYS WANTED TO KNOW ABOUT ANEMIA BUT WERE TOO WEAK TO ASK

AN APPLE A DAY

by TYRONE M. REYES, M.D.

Do you sometimes feel frustrated by events or circumstances beyond your control but don't know how to blow off steam in a healthy and constructive manner?

Many people recognize the classic symptoms of anemia: pale skin, fatigue, shortness of breath, and weakness. In an older person, however, the first sign of anemia may be a fainting spell, chest pain or confusion. Anemia results when you don't have enough red blood cells, which carry life-giving oxygen to your body. Many different tissues and organs may suffer, causing a range of signs and symptoms, including dizziness, cold hands and feet, headaches, and a fast heartbeat.

Though not a normal part of aging, mild anemia becomes fairly common with older age and can leave those with it more frail, weak, and prone to falls. More than one in 10 adults has anemia and by age 85, about 20 percent of women are anemic. Here's what you should know about this blood disorder.

Red blood cells

Anemia occurs if the number of red blood cells in your blood drops below normal, or your red blood cells do not contain enough hemoglobin—the iron-rich protein that gives blood its red color. Hemoglobin is the carrier of oxygen from your lungs to the rest of your body.

Doctors identify anemia by measuring the amount of hemoglobin in your blood. In adults, a hemoglobin (HGB) concentration of 12.3 grams per deciliter or less is considered anemia, although normal values vary between 11 and 15. Another measurement,

called hematocrit (HCT), refers to the percentage of blood occupied by red blood cells. By this definition, generally speaking, a person with an HCT of 41 percent or less has anemia.

Causes and types

Anemia isn't a disease in itself but rather a sign of an underlying problem. Blood loss is one of the most common causes of anemia. Chronic bleeding—bleeding in small amounts over a long time—depletes the body of iron, causing what's known as iron-deficiency anemia. That's the most common type of anemia, but there are many others.

- **Iron deficiency anemia.** Your bone marrow needs iron to make hemoglobin. People with iron-deficiency anemia lack adequate stores of iron to make enough hemoglobin and red blood cells. Women can lose iron and red blood cells during heavy, long menstrual periods, during childbirth or with bleeding from uterine fibroids. In older adults, blood loss usually stems from intestinal diseases, such as ulcers, colon polyps, diverticulitis or cancer. Aspirin or nonsteroidal anti-inflammatory drugs can also cause bleeding.

- **Vitamin deficiency anemia.** Your body needs the vitamins B-12 and folate to produce adequate healthy red blood cells. If your diet lacks one of these vitamins or your body can't absorb B-12 from food, you may develop megaloblastic anemia. With this type, the red cells are large and immature-looking.

- **Anemia of chronic disease.** Some long-term illnesses can cause anemia by affecting the body's ability to produce red blood cells. Chronic kidney disease curtails production of a hormone called erythropoietin, which signals the bone marrow to make red blood cells. Inflammatory dis-

eases such as rheumatoid arthritis reduce the bone marrow's response to erythropoietin, leading to a decrease in red blood cells. Other chronic diseases that can cause anemia include HIV/AIDS, cancer, cirrhosis, and other forms of liver disease.

- **Other types.** In hemolytic anemia, red blood cells die or are destroyed faster than the bone marrow can replace them. Cancers and cancer-like disorders of the bone marrow, including leukemia and myelodysplastic syndrome, can cause anemia. Other causes include alcohol abuse and severe untreated underactive thyroid (hypothyroidism). Occasionally, there may be multiple causes of the anemia, especially in older people.

Test options

To understand what's causing anemia, your doctor will do a physical exam and talk about your symptoms, diet, alcohol use, medications, and medical, surgical, and family history. You may be referred to a specialist in blood diseases, called a hematologist. Tests and procedures used to learn about anemia include:

- **Complete blood count.** This is usually the first test to diagnose anemia. A sample of blood is drawn and checked for the amount of hemoglobin (HGB) in your red blood cells; the number of red blood cells, white blood cells and platelets in your blood; the portion of your blood taken up by red blood cells (hematocrit or HCT); and the average size of your red blood cells (mean corpuscular volume or MCV).

- **Blood smear.** This test examines a blood sample under a microscope for changes in the number, type, size, and shape of blood cells.

- **Gastrointestinal tests.** To diagnose anemia related to blood loss, your doctor may visually examine your upper or lower digestive tract,

or both, using a long, flexible tube with a tiny camera on the end (these tests are called upper

endoscopy and colonoscopy). Sometimes an x-ray or special examination with a tiny camera that you swallow (capsule endoscopy) is needed to examine the small bowel, which a scope can't reach.

- **Bone marrow aspiration and biopsy.** If the cause of your anemia isn't clear, or your doctor suspects cancer or another bone marrow disease, he/she may perform a bone marrow biopsy to take a direct look at what's happening within the "factory" where blood is produced. This involves inserting a hollow needle into your pelvic bone and is usually done under local anesthesia. The sample is examined under a microscope to see if your bone marrow is healthy and making enough blood cells.

Treatments

Treatment for anemia depends on what's causing it and how severe it is. Your doctor will start by addressing the underlying cause, whether it's blood loss, inflammation, nutritional deficiencies, infection, alcohol abuse or kidney disease. The goal is to get your red blood cell counts or hemoglobin levels back to normal so that your blood can carry enough oxygen to your body.

Most cases of iron deficiency anemia can be successfully treated by identifying and then correcting the iron loss. That can be done by foods rich in iron, such as fortified cereals and breads, red meats,

peas, beans, lentil, eggs, spinach and other dark green leafy vegetables, dried fruits (such as raisins), tofu, fish and shellfish, chicken and pork. Vitamin C helps your body absorb iron. Many fruits and vegetables, including oranges, strawberries, broccoli, peppers, and tomatoes, are good sources of vitamin C.

Some people take iron pills in combination with multivitamins and other minerals that help their bodies absorb iron—however, talk to your doctor before taking iron supplements. If your anemia is caused by a lack of vitamin B-12 and folate, your doctor will recommend supplements.

Treatments for more severe forms of anemia may include blood transfusions, medications to prevent the body's immune system from destroying its own red blood cells, or a synthetic version of the hormone erythropoietin to stimulate your bone marrow to make more red blood cells.

A more energetic life

Anemia is often mild, but it can take a toll on your quality of life. If you're feeling tired a lot especially if you have a chronic medical condition, work with your physician to monitor your complete blood count. Even a small bump in your blood count numbers can give you more energy, help you stay active, and possibly lengthen your life. (www.philstar.com)

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some people, but to everyone—that is health equity. Making society conducive for health requires efforts, not just from the health sector, but from all segments of society.

There has to be a conscious declaration at the high-policy level that health is a universal-social goal, not just a resource for economic progress and social development but an end in itself. Other sectors will then follow suit and strive to positively contribute toward achieving this end.

A Norwegian health minister once said, "Every minister is a health minister." Everyone is a health worker when it comes to acting on the social determinants of health.

(A final year medical student at the University of the Philippines Manila, RAMON LORENZO LUIS R. GUINTO is the regional coordinator for the Asia Pacific of the International Federation of Medical Students' Associations [IFMSA], a global network of 1.2 million medical students. He led the IFMSA delegation to the WHO World Conference on Social Determinants of Health in Rio de Janeiro, Brazil, on Oct. 19-21, 2011.)

(from page 20, AND NOW...)

hiding. Studies have shown that using a mouthwash will give you a 100-percent better clean versus just brushing teeth alone, since a mouthwash like Listerine is clinically proven to kill 99.9% of germs in your mouth.

- **Avoid eating and drinking sugary items if you cannot clean your mouth immediately after.** It is always a good idea to brush, floss,

and rinse right after eating. This minimizes the chances of bacteria combining with leftover food and clinging to your teeth.

- **Strengthen your teeth against the eroding effects of acid.** This is best done through fluoride treatments and fluoridated products. Fluoride is responsible for restoring your teeth with the minerals needed to fight off and reverse the early signs of tooth decay. (www.philstar.com)

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No question about it. We have one of the best bus systems in the country.
 No wonder our Filipino community depends on the bus daily to go to work, school or play.
 But there's so much misinformation about rail that even some of you, our bus riders --
 our potential train riders -- are having second thoughts on rail.

Here is the truth and nothing but the truth.



What you need to know about Buses and Rail

IS ADDING MORE BUSES THE ANSWER?

Currently, Honolulu is ranked fifth in the nation in the number of people who ride the bus. Last year, our buses carried **74 million rides!** The buses travelling along West Oahu are some of the most crowded but we simply cannot add more buses to accommodate the demand. **Putting more buses will only mean more congestion on our roads.** More traffic problems. That is **NOT** the solution.

WHO WILL RIDE THE RAIL?

With the cost of gas and car insurance premiums, more people are choosing to ride the bus. There are 235,000 bus riders on an average day. **People who ride the bus will likely take the rail.** As gasoline prices continue to increase, expect more people to leave their cars at home.

After all, it will be convenient. The trains will run from 4 am to 12 midnight. They will come every 3 minutes during the rush hours and every 6-10 minutes during slow times. And riders will get to their destinations faster.

People who may not live close to the rail line will ride too. Downtown workers can get to Ala Moana in four minutes on a train. No parking to worry about. No hassles.

To: Ala Moana Center	Time
From: East Kapolei	42 minutes
Waipahu	31 minutes
Leeward Community College	29 minutes
Pearlridge Center	24 minutes
Kalihi	10 minutes
Iwilei	6 minutes
Chinatown	5 minutes
Downtown	4 minutes

WILL THE RAIL COMPETE WITH THE BUS?

The bus and the rail will be part of an integrated system. By using buses and trains, we can provide a more efficient solution to our transportation needs. **The buses and trains will be connected and their routes will be coordinated to make sure both have good coverage.** Because trains can now cover the corridor from Kapolei to Ala Moana, the buses can go deeper into our residential communities to bring riders to the rail stations.

DO WE PAY SEPARATE FARES?

Transfers from the bus to the train and vice versa are **FREE.** That means riders will only need to pay once to get to their destination. The fare amount for the bus is set by the City Council and historically, fares are set at affordable levels to accommodate the working families of our community. Currently, the bus fare is at \$2.50. The train fare will be the **SAME** amount as the bus fare. All passes, including senior citizen's passes can be used for **BOTH** rail and buses. Again, there is no charge for transferring from the bus to the train and vice versa.

Know the Facts.

**Rail will benefit the Filipino community.
 Rail means a brighter future for our children
 and grandchildren.**

Join us.

Filipinos for Rail

Email: FilipinosforRail2012@gmail.com

Phone: 1-888-638-2898

Filipinos for Rail is a coalition of Filipino community leaders who are committed to making rail a reality. It is a non-partisan group, which accepts support from all pro-rail stakeholders regardless of political affiliation. It was formed to highlight messages of project benefits and to counter misinformation. Seven of the 12 communities directly served by the rail line have large Filipino populations.

This is a paid advertisement.



Jenny
 May craving ako for McD's
 Premium Chicken Sandwich &
 I can't fight it anymore!



Jake
 Hindi ko kayo maintindihan...



Jenny
 Ang mahuli sa McD's ay...
 Cge bye!

Liang
 Oo nga. You gotta fight chicken
 with chicken.



Liang
 Kailangan ata ni Jake ng
 Angus Third Pounder.



Enjoy a delicious lunch @M. with some hungry friends.

Tikman ang Premium Chicken Club Sandwich, na may fresh tomato, crisp lettuce and classic bacon—o subukan ang juicy Angus Third Pounder* Deluxe gawa sa 100% Angus beef. Anuman ang piliin, mapapa-kwento ka sa sarap.



premium chicken
 club sandwiches

ANGUS THIRD POUNDERS®
 DELUXE



* Weight before cooking at least 5.33 oz. (151.1 gms). At participating McDonald's. ©2012 McDonald's.