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FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ AUGUST 17, 2013 ◆

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EDITORIALS

Meeting Bullying Head On

As long as there are people in this world, there will always be bullying. The biggest, strongest and most popular kids usually have their way, ruling the playground and imposing their will on the others. But with social media, a bully's turf can now extend far beyond the confines of school. Bullies can just as easily torment their victims via Facebook, Twitter, email and text messages.

Technological advances have prompted the need for new approaches in dealing with this age-old problem. To address the increase in school shootings, teen suicides and cyber bullying in Monona, Wisconsin, the county police department has recently resorted to fining parents for their child's bullying. Before being ticketed, a parent or guardian is informed in writing by an officer. A first offense carries a \$114 fine, with subsequent violations within the same year at \$177 each. Police use the threat of a fine sparingly and as a last resort. The hope is that citations will push parents to take greater responsibility for their children's actions.

In British Columbia, school officials have set up an anonymous and confidential website where students can report bullying without fear of retaliation. It's a real-time response, with school personnel notified immediately and emergency personnel if needed. Also, professionals at the district level are on standby to provide support in dealing with the bully and the victim appropriately.

Locally, Hawaii State DOE officials have done their part to address bullying. Since 2011, administrators have worked to improve bullying reporting procedures, beefed up staff training and instituted an anti-bullying program at every school. While they're off to a good start, much more needs to be done. Specifically, the DOE needs to provide more concrete examples of how schools are implementing anti-bullying programs.

Bullying isn't going away anytime soon. What matters then, is to teach young people to recognize bullying when it happens. They need to develop skills on how to interrupt bullying when and where it happens and how to deal with such situations effectively. If so, we can keep bullying from destroying young lives as it can so easily do when left unchecked.

Cuts in City Services Headed Our Way

Honolulu residents could see some cuts in bulky item trash pick-up and other core City services in the coming months as City officials are grappling with a \$26 million budget shortfall.

One City program that's already feeling the pinch is the Hawaiian Humane Society, which did not receive the \$800,000 increase it requested in the recent budget. As a result, it has been forced to lay off several workers and cut some of its services. The Humane Society will no longer pickup aggressive or dangerous stray animals, nor respond to barking dogs or cat complaints. Persons facing those issues are being asked to call the police.

The City's budget shortfall could have been prevented in part, according to Mayor Kirk Caldwell, if the Council had passed his proposed nickel-per-gallon increase to the fuel tax, which would have brought in \$15 million in additional revenues. Caldwell also chided councilmembers for passing a budget that included more than \$8 million in earmarks for various non-profits groups. And if that wasn't enough, hefty costs due to collective bargaining for the police union are looming—\$200 million over the next four years. Firefighters are also awaiting word on their new collective bargaining agreement.

FROM THE PUBLISHER

A

ll good things, they say, must come to an end. It was exactly that for Hawaii's *keiki* as summer vacation came to a halt and the new school began. For parents, it meant the end of a largely traffic-free commute to work and the return of bumper-to-bumper gridlock, especially when classes at UH resume. With a lot more vehicles on the road and kids walking to school, please remember to be more alert patient. Let's drive with aloha and arrive alive!

A new school year also means adjusting to new classes, teachers and classmates. Those who have a difficult time adjusting may find themselves the target of bullying, which is a very real problem on school campuses. According to www.bullyingstatistics.org, 77 percent of students have been the victim of bullying and 42 percent admit to having been bullied online. The Chronicle's cover story for this issue discusses the problem of bullying and what can be done if you or someone you know is a victim. One thing is for certain—bullying and teasing is no laughing matter. Please turn to page 4 for more on this very in-depth and insightful article.

In other news, mark your calendars for the 30th Annual Kalihi Community Health Fair, which is scheduled for August 31, 2013 at the Susannah Wesley Community Center, located at 1117 Kaili Street. We encourage you to attend and avail yourself of the many free medical services and tests that will be offered. Congratulations and mahalo to Dr. Erlinda Cachola for the tremendous amount of time and personal resources she has put into spearheading this very worthwhile event. For more details, please turn to page 6.

Also, the Chronicle's very own columnist, State Sen. Will Espero, has announced his bid for Congress. If elected, he would be the first member of Congress of full Filipino ancestry. Many of you already know Sen. Espero from the regular columns he writes about the various issues facing the State Legislature. We have provided a brief question-and-answer session on page 9 to further acquaint you with him.

In closing, please remember to keep the people of Luzon in your prayers, especially after the torrential floods caused by Tropical Storm Maring. Stay tuned for announcements by leaders in the Filipino community on how you can help provide relief for flood victims.

That's all for now. Once again, we'd like to thank our readers and advertisers for their faithful support. It's truly a blessing to partner with them in our mission to serve Hawaii's vibrant and dynamic Filipino community. Please feel free to share with us any story ideas, suggestions or concerns you may have. Send your email to: filipinochronicle@gmail.com.

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

Chona A. Montesines-Sonido

The City's game plan to balance the budget appears to be instituting across-the-board cuts for various departments and no filling of vacant positions. No department would be safe from cuts or belt-tightening, including police, fire and ambulance services.

While it is surprising that the City faces a large budget deficit just two months into the current fiscal year, we encourage the administration and councilmembers in the spirit of cooperation to carefully review what City services can be cut and/or perhaps consolidated. Cuts in services is preferable to any tax or fee increases. Taxpayers should not be asked to balance government's budget yet again.



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CANDID PERSPECTIVES



By Emil Guillermo

One of the beginning shots in "The Descendants," always gets to me. The camera pans and you see the homeless on the beach.

When I lived in Hawaii, I saw a lot of that. I wrote editorials for the now defunct Advertiser, and for a time was on the homeless and affordable housing beat.

I know how bad it was in 2005-2007, with not enough shelters and the high cost of housing leaving too many people camping on the beaches. They weren't vacationing.

So it dismays me to see that by 2013 things haven't really improved enough to dispense with such an obvious grandstanding play.

The play? Offering the

Homeless Go Home? But They Are Home

homeless a one-way ticket from paradise to the mainland if they can find someone who will take them in.

It's not a new solution, in fact it's not a solution at all. It's not even a Band-Aid. A Band-Aid at least covers over a problem. This program merely has the state ship people off the island, then allows the state to wipe its hands clean. Done. No problem.

Only, it's really not done.

It's like the tactic Congress uses when it puts off dealing with an issue like Social Security for another year. It's said to "kick the can down the road." Same thing here. A one-way ticket out only "kicks the can," the problem, somewhere else.

In football terms, Hawaii legislators are punting.

And the homeless end up far, far away from the state's beaches.

Only they're likely to drift back into homelessness due to underemployment or some other problem that has gone

unaddressed.

The program really is a last resort option, and totally lacking a kind of aloha.

One presumes that people came to Hawaii from someplace else, and can go back "home." But to paraphrase Gertrude Stein, there may not really be a there there anymore.

Still, what if people are from here? Natives. Then what? You send them to auntie in Vegas or sistah in California, and what have you done about their chronic situation? You just passed them off to the strapped public systems in those other areas.

A one-way ticket may make you feel good by exporting a homeless person back to the mainland. A similar, but well-funded New York plan is said to have saved that city thousands of dollars in public services per family. Other cities have similar plans.

But you won't feel good for long.

Even if you send back 100

people from Hawaii a year, for every homeless person you ship out, how many will remain in Hawaii? 100? 200? 300?

What I find amazing is that the legislature, to its credit, had resisted pulling this stunt since it was first offered by Rep. John Mizuno back in 2010. But, with some help from Rep. Rida Cabanilla, the bill was inserted into a larger spending package, has a budget of \$100,000 and will begin by the end of the year.

More galling than creating a new administrative job,

Mizuno and Cabanilla started soliciting private funds to send people back.

Certainly, we need legislators with that kind of compassion and tenacity. It's just better if they channeled their efforts toward real solutions.

The One-way program at least draws attention to the issue. (I saw them talk about it on the Today Show). But it's just a gimmick answer to a serious and dire problem.

EMIL GUILLERMO is an award winning journalist and commentator.

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COVER STORY

Dealing With Bullying at School—Help for Victims

By HFC Staff

M

ost children look forward to the start of a new school year. There are the usual apprehensions over meeting new teachers, making new friends, balancing school work with their social lives, whether they can fit in among their peers—to name a few. For the most part, these fears are usually unfounded and children end up doing just fine.

There are a handful of students, however, who remain terrified of school but for a different reason—they are victims of bullying. Bullying is basically unwanted, aggressive behavior among students that could involve making threats, spreading rumors, attacking someone physically or verbally, and purposely excluding someone from a group.

Bullying can occur during or after school hours and anywhere, including the classroom, playground, school bus, on the way to and from school, and even on the internet.

Take Kyle (not his real name), who is overweight and slightly autistic. Since grade 4, he has been ridiculed by fellow students who talked behind his back and made fun of him on a daily basis.

“Almost every night, I cry myself to sleep. It’s just incredibly painful,” he says.

Another victim is Laura (not her real name), a seventh grader. After repeatedly being bullied, she one day took a razor, cut her arm and watched as the blood flowed down her arms to her fingertips. She tried at first to cover up her wounds but soon bothered not to.

“No one noticed because no one cared,” she says. “Some days I would force myself to be sick, literally make myself puke, just to miss school for one more day. I hated looking in the mirror. I hated what I saw. After being called ugly for so long, I started to believe I was.”

Sandra's Story

Former KGMB-9 reporter Sandra Sagisi recounts her own bouts with bullies while growing on Kauai. “Ugggh! You’re ugly! Get out of here, you Filipino immigrant,” were words that she often heard during her days at Wilcox Elementary.

No one played with her because she was one of two Filipino immigrants in her class. Whenever the class was split into groups, she was always the last one chosen. The team leader who would be stuck with having her would always be upset.

Once during art class, she spilled black paint on her arm, which caused a classmate to exclaim “Look everyone, she has black blood! Ugh, she’s an F.O.B.”

The discrimination she experienced continued through high school.

“I began to hate my ethnic background,” she says. “I often asked God why he sent me to a Filipino family and not to a Hawaiian or a Caucasian one. Like many Filipinos growing up in the islands, when people asked me what my nationality was, I’d tell them ‘Oh I’m Hawaiian, Chinese, Spanish—and a little bit of Filipino.’”

Effects of Bullying

A recent study published in the journal JAMA Psychiatry shows that the effects of bullying often last into adulthood. According to the study, victims of childhood bullying were four times more likely to have anxiety disorders as adults, compared to those who no history of bullying or being bullied.

The study also found the following:

- Victims were 4.8 times more likely to experience depression.
- Male victims were 18.5 times more likely to have suicidal thoughts in adulthood
- Female victims were 26.7 times more like to have de-



veloped agoraphobia—an extreme or irrational fear of crowded spaces or enclosed public places.

According to the study’s lead researcher, bullying is not a harmless rite of passage. It can and often inflicts lasting psychiatric damage.

“The pattern we are seeing is similar to patterns we see when a child is abused or maltreated or treated very harshly within the family setting,” says Dr. William E. Copeland.

Bullying in Hawaii Schools

A recent school survey shows that bullying is an all too common occurrence, with 1 in 6 Hawaii high school students saying they had been bullied online or via text messages, and 20 percent reported being bullied on school property. The same survey found that nearly one-fourth of Hawaii middle-school students were victims of cyberbullying, and 41 percent reported being bullied at school at least once.

In October 2011, the State Department of Education kicked off an anti-bullying campaign to comply with a state law that requires the DOE to regulate compliance with its bullying rules. Since then, DOE officials have worked to improve bullying reporting procedures, beefed up staff

training and moved toward instituting an anti-bullying program in every school. However, they admit much more needs to be done.

“Every student deserves and should be respected, honored and valued. We take this very seriously,” DOE Deputy Superintendent Ronn Nozoe told members of the Board of Education members at its January 2013 meeting. Nozoe said he regularly meets with complex-area superintendents and other administrators to discuss bullying incidents.

Statistics from the DOE show that for the first six months of the 2012-2013 school year, there were 541 reported incidents of bullying, 94 cyberbullying incidents and 1,871 incidents involving harassment. The numbers were down considerably from the 2011-2012 school year, when there were 590 incidents of bullying, 2,335 harassment incidents.

Anti-bullying advocates applaud the DOE’s efforts but want to see more concrete examples of how schools are implementing anti-bullying programs. All too often, school administrators are so focused on boosting students’ annual standardized tests scores, which leaves little time for anything else, including addressing bullying.

(continued on page 5)



Michael A. McMann, M.D.

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COVER STORY

*(from page 4, DEALING ...)***New Anti-Bullying Book for Children**

A new children's book entitled "Of Petals and Hope: Sonny Sunflower Triumphs Over Bullying" was presented last month to the office of Maui Mayor Alan Arakawa. The book was written by Adam Cafege and award-winning artist Marconi Calindas.

The story is about Sonny Sunflower who encounters maltreatment among his fellow flowers in the Flower Village. Thankfully, he has the support of a few flowers who help him overcome his dilemma and accept him for who he is.

"This is everybody's story," says Calindas, who admits to being a victim of bullying. "We all have been victims in our lifetime. Unfortunately, to some even as they've grown much older, they still suffer from bullying."

While conceptualizing the storyline, he and Cafege often found themselves in tears. The pair chose the sensitive topic of bullying because they wanted others to know that it's okay to

be different.

Cafege hopes that those who read the book will understand that it's not okay to be a bully and that the one being bullied has the right to defend himself or herself. Both authors have dedicated the book to children who are suffering from bullying and to those that have taken their lives or have lost their lives as a consequence of this social issue.

The book is published by Maui-based Pacific Raven Press and is available in paperback on Amazon. E-book versions are available at www.sonnysunflower.com.

Help for Victims

Unfortunately, there is no single solution to bullying or best way to handle a bully. It may take a variety of solutions to find the strategy that works best for you. There are, however, common sense tips from the experts, including the following:

- Walk away from the bully. Bullies want to know they have control over your emotions so don't react



with anger or retaliate with physical force. If you walk away, ignore them, or calmly and assertively tell them you're not interested in what they have to say, you're demonstrating that they don't have control over you.

- Report the bullying to a trusted adult. If you don't report threats and assaults, a bully will often become more and more aggressive. In many cases adults can find ways to help with the problem without letting the bully know it was you who reported them.
- Find others who share

your same values and interests. You may be able to make friends at a youth group, book club, or religious organization. Learn a new sport, join a team, or take up a new hobby such as chess, art, or music.

• Share your feelings. Talk to a parent, counselor, coach, religious leader, or trusted friend. Expressing what you're going through can make a huge difference to the way you feel, even if it doesn't change the situation.

For parents, there are numerous organizations, including The Bully Project, PACER Center and Education.com that offer advice on ways to prevent their children from being bullied. In general, parents should stay involved in their children's lives, teach positive behaviors like empathy, compassion and respect, and if necessary, seek professional help.

A Happy Ending

Sagisi's story ends on a

positive note. It took her over a decade before she was able to hold her head up high and say "I'm a Filipino and I'm proud of it!"

The persecution she suffered as an immigrant made her stronger and more determined to make a name for herself. She developed an "I'll show you" attitude that pushed her to excel in whatever she did.

Sagisi says that the most powerful weapon one can use to combat bullying is education. With a college degree, young people can carry out their dreams and make something of themselves in whatever career they choose.

As for those bullies, she advises young people to be patient with them.

"Perhaps someday they will be humbled," she says. "You cannot make everyone like you, but you can make a positive difference in other people's lives by setting a shining example every day. Make your mark in this world and be proud of who you are and where you come from."

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HAWAII-FILIPINO NEWS

City Council Honors Leeward Community College

Honolulu City Councilmember Ron Menors (Council District 9) and Breene Harimoto (Council District 8) co-presented an honorary certificate to Leeward Community College's (LCC) administration, faculty and staff on the occasion of the school's 45th Anniversary. The presentation was made at the City Council's August 7, 2013 meeting at the LCC campus.

Since opening its doors in the Fall of 1968, LCC has provided affordable, quality education to tens of thousands of Hawaii's young people. Cur-

Councilmembers Ron Menor (bottom row, 5th from left) and Breene Harimoto (3rd from left) with members of LCC's administration and faculty



rently, about 8,000 students are enrolled at LCC. The two-year college offers 15 Associate's level degree programs and 66 Certificate level programs.

"LCC offers truly a won-

derful pathway for young people seeking a more rewarding personal and professional life," says Councilmember Harimoto.

Accepting the award on behalf of LCC Chancellor

Manny Cabral were Michael H. Pecsok, vice chancellor for Academic Affairs; Mark Lane, vice chancellor of Administrative Services; Roberta Martel, program coordinator for the Associate of Arts in Teaching program; Donald Maruyama, culinary instructor; Ron Umehira, dean of the Career and Technical Education program; Auli'i Silva, coordinator of the Native Hawaiian Student Support Services Program; Jacob Darakjian, professor of Arts & Technology; and Roy Kamida, accounting professor.

Councilmember Menor thanked LCC for its efforts

over the past nearly five decades to provide affordable, quality education to Hawaii's young adults.

"Whether a young person's dream is to become a teacher, engineer, automotive tech, artist, nurse, culinary chef, digital media specialist, computer scientist, writer, accountant, pharmacologist, or economist—LCC provides these and many other career opportunities," says Councilmember Menor. "The Council extends its best wishes to LCC's administration, faculty and staff for continued success in all of their endeavors."

Liliha Town History Walk Set For August 25

If you live in or near the historic Liliha community and want some exercise, considering joining the inaugural Liliha Town History Walk, which will be held on Sunday, August 25, 2013 at 9 am.

The walk, which is free and open to the public, will begin on the front lawn of sponsor Kuakini Health System on Kuakini Street. All participants will be given a Collector's Walking Map detailing the stories behind the people, places, and unique "melting pot" culture of the Liliha neighborhood.

The walk will travel along Kuakini, Liliha and School Streets, as well as Nuuanu Avenue and cover about 1.3 miles. Along the way, participants will encounter noteworthy architecture and historical aspects of places including cemeteries, churches, eateries, schools and business establishments.

For more information and/or to register, contact Kuakini's Marketing and Public Relations Department at 547-9168. The first 100 participants to sign up will receive a gift on the morning of the walk.



Kalihi Health Fair: Still Going Strong After 30 Years

Mark your calendars for the 30th anniversary of the annual Kalihi Community Health Fair, which is scheduled for Saturday, August 31, 2013 from 1 pm to 5 pm at Susannah Wesley Community Center at 1117 Kaili Street.

For three decades, the fair's volunteer physicians, nurses and health care professionals have provided free medical services to the unemployed, the very poor, homeless, immigrants and others who for obvious reasons cannot afford basic medical care.

Originally held at St. Anthony's School cafeteria, the health fair was later moved to its current location at Susannah Wesley as more patients took advantage of the free medical services.

"The patient load and community participation is much greater now than when we first started," says Dr. Erlinda Cachola, who organized the first Kalihi health fair in 1983 with the assistance of the Filipino Catholic Club of St. Anthony's Church-Kalihi. "But what hasn't changed is

the need to help everyone, especially those who otherwise would go without basic medical care. That's the reason we do this year after year. This is also our way of giving back to the residents of Kalihi and neighboring communities."

Attendees will receive a variety of services, including blood and blood pressure tests, thyroid tests, hepatitis screenings, breast cancer screenings and other health-related exams. Patients with extensive medical needs will be referred to appropriate physicians.

This year's health fair is co-chaired by familiar faces in Dr. Cachola, daughter Dr. Lyla Cachola-Prather, son Earl Cachola and colleagues Dr. Elizabeth Abinsay and registered nurse Evelyn Llamas.

The Kalihi Health Fair is among a handful of annual health fairs statewide that are sponsored by Filipino doctors and healthcare professionals. Others include the Bayanihan Clinic Without Walls (BCWW) Filipino Fiesta Health Fair and the Waianae Health Fair headed by Dr. Glen Pang. In addition, volunteer physicians

regularly participate in BCWW's efforts to hold community health fairs on Kauai, Molokai, Lanai, Maui and the Big Island.

Sponsors include State Representatives Romy Cachola, John Mizuno and Karl Rhoads; State Sen. Donna Mercado Kim, City Councilmember Joey Manahan, Advanced Diabetic Solutions, Ace Medical Inc., the American Heart Association, Chinese General Hospital Nurses, Clinical Laboratories, Filipino Catholic Club of St. Anthony's Church in Kalihi, St. Anthony's Kalihi Knights of Columbus, St. John the Baptist and Our Lady of the Mount, Hawaii Filipino Health Care, Hawaii Diagnostic Radiology Services LLC, Kalakaua Lions Club, Kokua Kalihi Valley, National Kidney Foundation, Ohana Medical Mission, Pacific Imaging, Philippine Medical Association of Hawaii, Philippine Nurses Association of Hawaii, Pro Care PT, Kings PT, Waipahu Therapy Center, Three for Life, and others.

For more information, please contact Dr. Erlinda Cachola at 845-9955.



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LEGAL GUIDE

Moral Guilt vs. Legal Guilt



By Atty. Emmanuel Samonte Tipon

B-29 dropped a bomb on July 26 when she declared that George Zimmerman was in effect morally guilty, but legally not guilty. B-29 is not the WWII bomber but a member of the Zimmerman jury panel aka “Maddy,” who refused to give her last name for security reasons. You show your face on national television and you are concerned about your safety?

Zimmerman was a volunteer neighborhood watchman in Florida who shot a young black man, Trayvon Martin, whom he believed was acting suspiciously in their gated community. He was charged with second-degree murder. He invoked self-defense, saying the

black man attacked him first. He was acquitted.

What is “morally guilty, but legally not guilty”? Generally, it means that the trier of fact believes in his heart or his conscience tells him that the accused committed the offense charged, but the accused is legally not guilty because the evidence is insufficient to convict the accused according to the standard of proof prescribed by law - proof beyond a reasonable doubt. It could also mean that the conduct complained of is immoral according to prevailing community standards, but the law does not prohibit it. Adultery is a good example. A number of states no longer make it a crime to commit adultery, even though the community generally condemns it as immoral. Adultery is still a mortal sin, since the 10 commandments were “written in stone.”

Thank heaven, a criminal trial is not a morality play, otherwise most of us above the age of discernment would be convicted in a morality court for our

moral transgressions committed knowingly or unknowingly. “Yes, Virginia,” there is a “morality court” in America. I will tell you about it in another article.

Juror B-29 said that at the beginning of the jury deliberations she believed that Zimmerman was guilty of second-degree murder. However, after they deliberated and read the law, they found the evidence insufficient for conviction.

“I made my decision because of the law; if I had made my decision because of my heart, he would have been guilty,” explained Juror B-29. Because of the law, she believes that you cannot put a man in jail even though in your heart you feel he is guilty.

Did Zimmerman get Away with Murder?

“George Zimmerman got away with murder,” said Juror B-29 after being prompted by ABC newswoman Robin Roberts. “Getting away with

murder” is a hyperbole for doing something bad without being punished for it. Hyperbole is synonymous with “hyperbola,” a Filipino slang for highly exaggerated or obviously false statements, especially by politicians and narcissists.

If she meant Zimmerman “got away with murder” literally, rather than as a figure of speech, she is dead wrong. Generally, the elements of murder are deliberation, premeditation, intent to kill, willfulness, and malice. None was present in this case.

Another celebrated case with racial overtones where the accused was believed to have gotten away with murder was the O.J. Simpson “Trial of the Century”. The victim was white, O.J.’s ex-wife Nicole Brown, while the alleged murderer was black. Many, especially white people, believed that O.J. was guilty, morally and legally, although the jury found that legally he was not guilty. I attended a number of hearings, saw the home where Nicole was killed, and bought a cone of Ben and Jerry ice cream from the store where Nicole purchased her last ice cream cone.

Racial Prejudice and Criminal Justice

Unlike the O.J. verdict, which did not provoke protests

from the white people, the Zimmerman verdict sparked angry protests from the black people, denouncing it as racially biased claiming Zimmerman was white (he is really mestizo, half white-half Hispanic) and the jurors were white (actually one was Puerto Rican – Juror B-29).

Racial prejudice is a factor in many criminal trials – on the part of the judge, the defendant, the prosecutor, or a juror. But was it a factor in the Zimmerman case? “Race was not discussed during our deliberations,” Juror B-29 emphasized, echoing juror B-37 who was previously interviewed on CNN.

She expressed hope that we stop looking at color. That might be a vain hope, since POTUS (Secret Service code for “President of the United States”) continues to inject himself into the race issue, saying: “Trayvon Martin could have been me, 35 years ago.” Then we would not have Obamacare.

(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: filam-law@yahoo.com. Websites: www.MilitaryandCriminalLaw.com, and www.ImmigrationServiceUSA.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.

HAWAII-FILIPINO NEWS

Vigan Association of Hawaii to Celebrate 30th Anniversary

The Vigan Association of Hawaii and Associates will be celebrating its 30th anniversary with a special celebration on August 31, 2013 at the Ala Moana Hotel’s Hibiscus Ballroom at 6 pm.

Special invited guests will be the Honorable Governor Ryan Singson of Ilocos Sur and the Honorable Mayor Eva



Gov. Ryan Singson

Medina of Vigan. Both dignitaries are scheduled to arrive

in Honolulu on August 29, 2013. Attendees will be able to meet both the governor of Ilocos Sur and the mayor of Vigan.

Tickets for the dinner are available for \$60. For more details, contact Tessie Aganon at 677-4065, Jun Abinsay at 469-7351 or Loida Yamamoto at 679-9540.

Ewa Residents Gear Up for Emergency Preparedness Event

The Ewa Beach Emergency Preparedness Committee (Ewa EPC) will hold its third annual Emergency Preparedness Fair on September 7, from 9 am to 1 pm at Ewa Makai Middle School.

The event is free and open to all Oahu residents. In conjunction with this year’s theme of “Keep it Together,” the Ewa EPC will be passing out emergency preparedness items to at-

tendees. There will also be informational booths, seminars and hands-on training.

Participants and sponsors include the City’s Department of Emergency Management, National Oceanic & Atmospheric Administration, The Bus, Hawaiian Electric Company, American Red Cross, HPD, HFD, Target, D.R. Horton, HECO, Pali Momi Medical Center, Carmel Partners/The

Waterfront, Haseko, Safeway and City Mill.

The goal of the EPC is to better educate Ewa and Ewa Beach residents on preparing and responding to disasters. It was formed in March 2011 after a mass power outage and tsunami warning showed that the Ewa community was woefully unprepared for moderate-to large-scale disasters.

Please contact the Ewa EPC at 682-0111 for more information.

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Sineneng-Smith Speaks About Her Case

by Joseph Pimentel

LOS ANGELES – On July 30, A US federal jury convicted Fil-Am Evelyn Sineneng-Smith of three counts each of encouraging or inducing illegal immigration for personal financial gain and mail fraud.

The 66-year-old Sineneng-Smith is set to be sentenced sometime in November, but her attorneys have filed an appeal.

According to the US Department of Justice, Sineneng-Smith operated a bonded immigration consulting business and advised Filipino nationals to remain in the country illegally. She denied those charges and believes the federal government is setting a horrible precedent for lawyers and immigration consultants.

Sineneng-Smith granted the Asian Journal an exclusive interview (via email) about her case, and why she believes she should be acquitted of the charges against her.

Asian Journal (AJ): You were convicted of encouraging and inducing illegal immigration, and mail fraud. What was your initial reaction when you heard the guilty verdict from the federal jury?

Sineneng-Smith (SS): I was extremely surprised, because the evidence presented by my legal team were so clear, convincing and accurate and more than sufficient to raise reasonable doubt in the minds of the jurors. Dan F. Cook was able to damage the testimonies of each and every witness.

We were able to show that I did not encourage and induce

these 3 Filipino illegal aliens (Oliver Galupo, Amelia Guillermo and Hermansita Esteban) to reside in the United States.

The decisions were made by these 3 Filipino illegal aliens themselves, way before they even applied for a tourist visa at the US Embassy. Which now raises the question as to what type of documents did they present to the US Consul in Manila in

order to convince the Consul that they (Galupo, Guillermo & Esteban individually) will enter the US as rich spending tourists with lots of money to spend instead of working immediately as caregivers because they did not have the money to spend as rich tourists?

The “mail fraud” pertains to the mailing to the Federal Gov’t of the applications and petitions, not any fraud made by me.

AJ: Why do you believe you should have been acquitted of those charges, which “encourage and induce” illegal aliens to reside in the United States?

SS: Because the encouragement and inducement did not come from me. I did not know Oliver Galupo, Amelia Guillermo and Hermansita Esteban before they came to my office. All of them have been residing in the US for a period of time before they even met me. So how can I induce and



Evelyn Sineneng-Smith

encourage them to reside in the US when they have been residing here before they even met me?

AJ: You said, you’ve filed more than 800 labor certifications over 18 years, helped many Filipinos receive their green card, why do you think the US DOJ went after you?

SS: I obtained +- 800 approved Labor Certifications for Filipino illegal alien caregivers already working in residential care homes. Most of them already have green cards and are already US citizens. With an approved Labor Certification and an approved petition by their employers, they are “waiting in line” with their “tickets” for the Immigration Reform Bill to be approved by Congress. Why me and not the others? I don’t know exactly why they picked me, but immigration attorneys, immigration consultants, churches, organizations, employers and private persons who work on their kitchen tables are on the radar now because the message is now out, loud and clear, that they cannot “encourage and induce” illegal aliens to reside in the United States.

AJ: What kind of impact has this case had in your life and career?

SS: The Federal Gov’t closed my business, and therefore ended my 18 year career as a Bonded Immigration Con-

sultant plus many years of law school to prepare for that career. But it is not the end, I am very resilient, because only here in America can a person have additional careers one after another during his/her one and only lifetime. And I am living proof of that.

AJ: What has this ordeal taught you about yourself?

SS: That it pays to be honest and

law-abiding here in the US. The Federal Gov’t investigated my entire life here in the US and in the Philippines. Uniformed Embassy Officials went to my mother’s house in a white van with large letters “Department of Homeland Security, Embassy of the United States of America”. People crowded the street. The Embassy Officials saw my humble beginning, interviewed my family, and found out that I do not have any office, cohorts or recruiters or properties in the Philippines, that I maintained lawful immigration status continuously from 1967 until I obtained my green card in 1985, that I maintained a very law-abiding lifestyle, that I never stopped working and studying very very hard to reach the top.

The bottom line is that they thought they got the largest Immigration scammer in the US, and they found out it wasn’t me. But they had to have a conviction to send the message out.

AJ: Describe your emotions about the possibility of going to jail.

SS: What the DOJ press release stated about jail is only what the US government wants, after obtaining the cooperation of 3 Filipino illegal aliens (Oliver Galupo, Amelia Guillermo and Hermansita Esteban) by giving them work permits in exchange for lying. That is not what will necessarily happen.

Wouldn’t one think that what the prosecutors want is so extremely cruel when there is NO dead body (Zimmerman), NO burglary/aggravated assault (OJ Simpson) NO insider trading (Martha Stewart) NO huge Ponzi scheme (Bernie Madoff)? They only have lying illegal alien witnesses who had no choice but to cooperate with them in exchange for work permits with waiver of filing fees, otherwise instant deportation in 2008!

AJ: Since the case ended, many people have criticized you, believing you took advantage of Filipinos. What do you say to your critics out there?

SS: How did I take advantage of Filipinos when the Executive Director of USCIS himself said in his testimony that my work was lawful? Obtaining a green card, especially for Filipino illegal aliens, is a long difficult process, and, as I told them, they have to wait for Congress to pass the law. From 1990 when I opened my office straight out of law school, to April 16, 2008, I pleaded and pleaded continuously with the Federal Government, including State & County Officials, to grant mercy to these Filipino illegal alien caregivers and pleaded not to punish their care home employers. They listened to my pleas up to sometime in 2007 when they obtained reports of “suspected illegal activity” from persons who are not even my clients, just jealous people, possibly even a Filipino who betrayed me and was vengeful.

AJ: Is there anything else you want our readers to know about you and your case?

SS: The case has not yet ended and this is a long haul. My legal team filed Motions for Acquittal or, in the alternative, a Motion for a New Trial. I will be continuously represented by very brilliant attorneys, Daniel F. Cook and his partner Lyn Agre and their legal team at Kasowitz, Benson, Torres & Friedman. (www.asianjournal.com)

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NEWS FEATURE

Espero Joins Congressional Race

by HFC Staff

State Sen. Will Espero has thrown his hat into the race for Congress. Should he win, Espero would be the first member of Congress of full Filipino ancestry.

He announced his congressional bid at a press conference held at the State Capitol in mid-July. Espero joins State Rep. K. Mark Takai and City Councilmembers Stanley Chang and Ikaika Anderson who are vying to replace Colleen Hanabusa in Hawaii's 1st Congressional District. Hanabusa vacated her seat to run against U.S. Sen. Brian Schatz in 2014.

Espero served as a member of former Mayor Frank Fasi's administration from 1987 to 1994. He was appointed as executive secretary of the Neighborhood Commission, which oversees Oahu's neighborhood board system. He was 26 at the time and the youngest person to serve as executive secretary. During this time, Espero learned the value of citizen participation in government and the importance of community involvement in the decision making process of government.

He also served as a member of the Kalihi-Palama and Ewa neighborhood boards.

In 1999, Espero was appointed by then-Gov. Benjamin Cayetano to replace outgoing State Rep. Paul Oshiro. In 2002, he ran for and won election to the State Senate. He is currently in his third term as a State senator representing the Ewa and Ewa Beach communities. As a senator, Espero served as the vice chair of the Economic Development & Taxation Committee; chair of the Public Safety, Intergovernmental, Military Affairs Committee; and as Majority Flood Leader.

Espero shared his thoughts with the Chronicle's readers on the 1st Congressional race and why he deserves to go to Washington, D.C. His responses have been edited for space and clarity.



State Sen. Will Espero

Q: Why did you decide to run for Congress?

A: I believe I have the experience, skills and ability to be a strong voice and advocate in the halls of Congress for the people of Hawaii. I thoroughly enjoy public service and the chance to positively impact people's lives. My work in city and state government has prepared me for public service at the federal level. I am dedicating my career to be a public servant.

Q: What sets you apart from the other candidates?

A: The biggest differences

between my opponents and myself are experience and accomplishments. I have 30 years of work experience which includes 22 years of government experience, which is more than my opponents. With my vast experience, I have introduced and passed more bills than my opponents. Twenty-five years of community service also adds to my list of accomplishments.

Q: How will your 20-years plus of experience as a public servant help you in your campaign?

A: My 22 years of government experience will allow me to discuss and share many achievements and successes throughout my career. I have the ability to generate new ideas and a fresh approach to thinking about solutions to problems. The knowledge of issues I have gained far surpasses the knowledge of my opponents, and I will be able to share this information during the campaign.

Q: Should you win the election, what would be your top 3 priorities?

A: My first three priorities will be the economy and job creation for Hawaii and the nation; working to reduce the deficit and develop a plan to balance the federal budget; and taking care of the needs of our elderly and youth.

Q: Why should Filipinos support you?

A: Filipinos and all ethnic groups should support me because I have strong credentials and qualifications to handle the workload in Washington, D.C. I definitely have the work experience needed to do an effective job in Congress. My record of success in Hawaii shows I have the ability to get the job done. I will work for the betterment of our state and for the best interest of our residents. Improving the quality of life for Hawaii residents will always be my objective. I also want to be a role model for our youth and show that with hard work and perseverance, any goal is within their reach.

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PHILIPPINE NEWS

513 Areas Flooded, Over a Million Affected by Habagat

by Louis Bacani | AP
Wednesday, August 21, 2013

MANILA, Philippines - Over 500 areas in several regions in Luzon have been flooded due to the heavy rains spawned by the storm-enhanced southwest monsoon, which has affected over a million people as of Wednesday morning.

The National Disaster Risk Reduction and Management Council (NDRRMC) said 513 areas in 78 cities and municipalities from the regions of Ilocos, Central Luzon, Calabarzon, Mimaropa, and Metro Manila were reported flooded.

Authorities said Tuesday that more than half of the National Capital Region was flooded.

Related story: Floods cover 60 percent of Metro Manila

The storm-enhanced southwest monsoon has affected 1,060,094 people, including 132,969 individuals who are staying inside evacuation centers.

The death toll remains at nine while 41 others are injured and four are still missing.

The NDRRMC said the effects of the southwest monsoon have caused damages to agriculture and infrastructures worth over P66.76 million as



Vehicles lined up as they wait for floods to subside in Pasay city, south of Manila, Philippines on Tuesday Aug. 20, 2013. Some of the Philippines' heaviest rains on record fell for a second day Tuesday, turning the capital's roads into rivers and trapping tens of thousands of people in homes and shelters. The government suspended all work except rescues and disaster response. | Photo: AP/AP/Philippine Air Force

of Wednesday. Nineteen houses are damaged while 88 roads and a bridge in six regions remain

impassable to different types of vehicles due to flooding. Three provinces, three cities, eight municipalities,

and two barangays have been placed under a state of calamity:

Province

- Bataan
- Cavite
- Laguna

City

- San Fernando, Pampanga
- Paranaque
- Muntinlupa

Municipality

- Narvacan, Ilocos Sur
- Masantol, Pampanga
- Macabebe, Pampanga
- Minalin, Pampanga
- Guagua, Pampanga
- San Mateo, Rizal
- Taytay, Rizal
- Pateros

Barangays

- Victoria, Sablayan, Occidental Mindoro
- Lagnas, Sablayan, Occidental Mindoro

(www.philstar.com)

HAWAII-FILIPINO NEWS

FilCom Sunday to Feature Mindanao Region

On every last Sunday of the month, the Filipino Community Center (FilCom) hosts a free event for the public.

Each FilCom Sunday has varying themes and is organized by various Filipino community groups. This month's FilCom Sunday is set for August 25, 2013 from 3:30 pm to 7:30 pm and is themed "Glimpses of Mindanaw—Lumads, Muslims and Christians."

The spelling of "Mindanaw" is recognized and used in various Filipino languages such as Tagalog and Cebuano. It is the second largest and southernmost island in the



Philippines. The program will begin with a forum entitled "Explaining and Understanding Mindanaw." Panelists will be Dr. Patricio "Jojo" Abinales, Dr. Fred Magdalena and Dr. Serafin "Jun" Colmenares who are well-known experts on the region. Dr. Belinda

Aquino, professor emeritus of Political Science and Asian Studies at University of Hawaii-Manoa will moderate the discussion. Panelists will offer a 15-minute presentation on Mindanaw and its historical experience as an integral part of Philippine society. The forum will be fol-

lowed by cultural performances in the Consuelo Courtyard beginning with Banda Kawayan led by Maestro Rafael "Pike" Velasco. Veteran FilCom Sunday performer Malinanung Uni will share the beauty of the kulin-tang and its lovely sounds. Paul Crisostomo's Vismin Dance Ensemble and Ray Rausa's Folkloric Group will also perform a number of colorful dance routines.

FilCom is also pleased to welcome local Filipino fashion guru Iris Gil Viacrucis,

who will demonstrate ways to incorporate apparel from Mindanaw into everyday wear.

This month's Filipino for Kids: R.A.M.P (Reading, Art, Music & Play) component will showcase a variety of Filipino musical instruments such as the kulintang, agung, gangsa, and more. The Music Room will serve as a musical discovery center, where the children will be encouraged to touch and play with these cultural instruments.

Please call the FilCom Center at 680-0451 for more details.

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FOOD & LEISURE

Bacon and Mushroom Quiche from Chef Peachy Juban



ANILA, Philippines - Chef Peachy Juban is an award-winning pastry chef and one of the most sought after cake designers in the country.

For the past 19 years, she has been operating Shortcrust Pastry Shop in Parañaque and she is also a chef-instructor at the School of Hotel, Restaurant & Institution Management in De La Salle-College of St. Benilde.

“It makes me happy. It’s an extension of who I am and it’s very personal in every way,” says chef Peachy of her work as a pastry chef. “Every summer, my mom would sign me up to attend culinary classes and she would buy me cookbooks and ingredients to put what I learned to good use. I never imagined that this was something I would end up being passionate about as I got older.”

Drawing from her experience as a professional pastry chef and chef-instructor, chef Peachy shares two of her most important rules in the kitchen:

“My number one rule is to always use the highest quality ingredients. For exam-



ple, a staple in any pastry chef’s cupboard is butter and one brand that I believe is the best for baking is Magnolia Gold Butter. The quality and flavor is there and the one time I tried a different brand, my customers weren’t too happy about it.”

“My second rule, which I always tell my students, is to do something outside the kitchen that can help you create an interesting dish. It’s when you involve yourself and expose yourself to a lot of things — you travel, take up a sport, or a craft — that you’ll draw inspiration from when you’re creating something in the kitchen.” (www.philstar.com)

Bacon and Mushroom Quiche

CRUST:

- 3 1/2 cups Magnolia All-Purpose flour
- 1 tsp. salt
- 1 cup unsalted Magnolia Gold Butter, chilled
- 1/2 cup ice water

■ Combine flour and salt in a bowl. Cut butter into the flour using a pastry blender, two knives or with a food processor on pulse. Toss in the water a tablespoon at a time just until a ball of dough is formed. Wrap the dough in plastic film and chill until firm, about an hour. Roll out the dough onto a floured surface until it is 1/8-inch thick. Line a 9-inch baking pan, making sure to press the dough snug onto the sides and bottom. Cut off excess and chill for at least 15 minutes more.



■ To blind bake crust, line dough with waxed paper and fill with a cup of dried beans or uncooked rice. Pre-cook in a 400F/205C oven for 15 minutes. Remove paper and baking weights (beans/rice). Bake for 10 minutes more. Cool crust before filling. Lower oven temperature to 350F/175C.

FILLING:

- 2 cups/250 grams lightly cooked sliced
- Purefoods Classic Honeycured bacon or 2 cups/250 grams cleaned and sliced fresh mushrooms sautéed with 1 medium sliced white onion in 1/4 cup unsalted Magnolia Butter or a combination of the above.

- 3 egg yolks
- 1/2 cup/100 grams Magnolia Quik-melt Cheese

■ Whip together the cream, eggs and cheese. Season well with salt and pepper.

Assembly:

Spread the cooked filling over the bottom of the pastry shell. Pour in the custard. Bake at 350F and continue baking for 15 more minutes or until golden.

Custard:

- 1/4 tsp. salt
- 1/2 tsp. pepper
- 1 cup Magnolia Pure Fresh Milk

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HEALTH

Study Ties Higher Blood Sugar to Dementia Risk

by Marilynn Marchione | AP

Higher blood-sugar levels, even those well short of diabetes, seem to raise the risk of developing dementia, a major new study finds. Researchers say it suggests a novel way to try to prevent Alzheimer's disease — by keeping glucose at a healthy level.

Alzheimer's is by far the most common form of dementia and it's long been known that diabetes makes it more likely. The new study tracked blood sugar over time in all sorts of people — with and without diabetes — to see how it affects risk for the mind-robbing disease.

The results challenge current thinking by showing that it's not just the high glucose levels of diabetes that are a concern, said the study's leader, Dr. Paul Crane of the University of Washington in Seattle.

"It's a nice, clean pattern" — risk rises as blood sugar does, said Dallas Anderson, a scientist at the National Insti-

tute on Aging, the federal agency that paid for the study.

"This is part of a larger picture" and adds evidence that exercising and controlling blood pressure, blood sugar and cholesterol are a viable way to delay or prevent dementia, he said.

Because so many attempts to develop effective drugs have failed, "It looks like, at the moment, sort of our best bet," Anderson said. "We have to do something. If we just do nothing and wait around till there's some kind of cocktail of pills, we could be waiting a long time."

About 35 million people worldwide have dementia; in the United States, about 5 million have Alzheimer's disease. What causes it isn't known. Current treatments just temporarily ease symptoms. People who have diabetes don't make enough insulin, or their bodies don't use insulin well, to turn food into energy. That causes sugar in the blood to rise, which can damage the kidneys and other organs — possibly the



A person with diabetes testing his blood sugar level in Kamen, Germany. (AP Photo/Joerg Sarbach)

brain, researchers say.

The new study, published in Thursday's New England Journal of Medicine, just tracked people and did not test whether lowering someone's blood sugar would help treat or prevent dementia. That would have to be tested in a new study, and people should not seek blood-sugar tests they wouldn't normally get otherwise, Crane said.

"We don't know from a study like this whether bringing down the glucose level will prevent or somehow modify dementia," but it's always a good idea to avoid developing diabetes, he said.

Eating well, exercising and controlling weight all help to keep blood sugar in line.

The study involved 2,067 people 65 and older in the Group Health Cooperative, a Seattle-area health care system. At the start, 232 participants had diabetes; the rest did not. They each had at least five blood-sugar tests within a few years of starting the study and more after it was underway. Researchers averaged these levels over time to even out spikes and dips from testing at various times of day or before or after a meal.

Participants were given standard tests for thinking skills every two years and asked about smoking, exercise and other things that affect dementia risk.

After nearly seven years of follow-up, 524, or one quar-

ter of them, had developed dementia — mostly Alzheimer's disease. Among participants who started out without diabetes, those with higher glucose levels over the previous five years had an 18 percent greater risk of developing dementia than those with lower glucose levels.

Among participants with diabetes at the outset, those with higher blood sugar were 40 percent more likely to develop dementia than diabetics at the lower end of the glucose spectrum.

The effect of blood sugar on dementia risk was seen even when researchers took into account whether participants had the apoE4 gene, which raises the risk for Alzheimer's.

At least for diabetics, the results suggest that good blood-sugar control is important for cognition, Crane said.

For those without diabetes, "it may be that with the brain, every additional bit of blood sugar that you have is associated with higher risk," he said. "It changes how we think about thresholds, how we think about what is normal, what is abnormal." (www.philstar.com)

MAINLAND NEWS

Philippine Diplomat Accepts Iowa Leader's Apology

by Ryan J. Foley | AP

IOWA CITY, Iowa — The Philippine ambassador to the U.S. personally called Iowa Public Safety Commissioner K. Brian London on Friday to seek an explanation of

London's statement that he believed Filipinos were difficult to polygraph and said he accepted his apology.

Ambassador Jose Cuisia, Jr., told London the statement was inappropriate and unacceptable and had offended Fil-

ipinos in the U.S. and abroad, embassy spokesman Elmer Cato said. London profusely apologized for offending anyone even as he insisted his remark had been taken out of context by his critics, he said.

"I told Commissioner Lon-

don that I would convey his apologies to the members of the Filipino community," Cuisia said in a statement Friday evening. "I also suggested that he reaches out to the more than 3,500 Filipinos residing in Iowa so he would have a better understanding and appreciation of who we are as a people."

London's spokesman said in a statement Friday evening that London and Cuisia "shared a positive conversation via telephone."

The Associated Press reported Wednesday that London confirmed through a spokesman that he told a group of polygraph examiners earlier this year that, in his experience as a Secret Service agent in the 1980s, he found that "completing polygraphs with Filipinos

was difficult."

London's spokesman said the remark was meant only to illustrate the cultural and language barriers that can complicate polygraph tests. London did not mean to disparage Filipinos or imply they are less truthful than other nationalities, said the spokesman, Lt. Rob Hansen.

After the AP raised questions about the remark, London briefed the office of Gov. Terry Branstad about it Tuesday. On Wednesday, he called a meeting in his office with the polygraph examiners who were present for the initial remark to explain what he meant and "that his comments during the meeting several months ago were potentially taken out of

(continued on page 13)

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LEGAL NOTES



By Reuben S. Seguritan

The August 2013 Visa bulletin shows that the Family-based 2A preference category which refers to spouses and children of lawful permanent residents (LPR) is current for all countries.

This means that starting August 1, those who are in the U.S. may file for adjustment of status while those who are processing their immigrant visa application abroad may be scheduled for visa interview.

In announcing the visa number availability, the Department of State said that the F2A

Great News for Spouse and Children of Green Card Holders

preference category will be expected to remain current for several months. Although there is a large number of F2A registrants, the Department of State explained that it had taken this step to generate an increased level of demand since not enough applicants have been actively pursuing final action on their case. This will ensure that all of its available visa numbers will be fully utilized.

The Department of State also said that at some point during Fiscal Year 2014 which covers October 1, 2013 through September 30, 2014 the cutoff date could be retrogressed as a corrective action. Note that in July 2013, the cutoff date was October 8, 2011.

In light of this development, beneficiaries of family-

based 2A petitions, regardless of their priority date, should file their adjustment applications. Those who have no I-130 petition should concurrently submit their I-485 and I-130 petition.

A pending adjustment application, will allow them to remain in the U.S. and work until their application is adjudicated. They may also be allowed to travel.

Eligible to file for adjustment of status are those lawfully present in the United States or those who are beneficiaries under Section 245(i) of the Immigration and Nationality Act. To be covered under Section 245(i), an alien must be the beneficiary of an immigrant visa petition or labor certification filed on or

before April 30, 2001. If the visa petition or labor certification was filed between January 14, 1998 and April 30, 2001, the alien must prove that he/she was in the U.S. on December 21, 2000.

The other family-based categories will not advance significantly from the July 2013 visa availability. F1 preference which refers to unmarried sons and daughters of U.S. citizens will advance by 3 months worldwide (9/1/06) and by 6 months for the Philippines (1/1/01).

F2B (unmarried sons and daughter 21 or older of LPRs) will advance by only a month worldwide (12/1/05) and none for the Philippines (12/22/02).

F3 (married sons and daughters of US citizens) will advance by 2 months worldwide (12/8/02) and 1 week for

the Philippines (12/1/92) while F4 (brothers and sisters of U.S. citizens) will advance by 1 month worldwide (6/22/01) and 3 weeks for the Philippines (1/8/90).

There will be little or no change in the employment-based categories (EB) except for India's EB2 category which will advance from September 1, 2004 to June 1, 2008. EB1, EB2, EB4 and EB5 will remain current. The EB3 for skilled workers and unskilled workers will have the same cutoff date of (1/1/09) worldwide but will advance by 3 weeks to 10/22/06 for the Philippines.

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

Is Pacquiao On the Decline? Rios Trainer Thinks So

by Dino Maragay
Wednesday, August 21, 2013

MANILA, Philippines – Manny Pacquiao suffering back-to-back losses to Timothy Bradley and Juan Manuel Marquez had some boxing observers and fans concluding that the Filipino icon's best days in the boxing ring are over.

Robert Garcia, trainer of Pacquiao's upcoming opponent Brandon Rios, shares the same opinion. In a report by boxingscene.com's Salvador Rodriguez, Garcia pointed out how Pacquiao's physical fitness has gone downhill in his recent fights.

"We're going to prepare for

the best Pacquiao, the same one from four years ago, that's the Pacquiao that we are going to prepare for. [But] there are things that I've been noticing from his last two or three fights. He does not have the same strength and his legs are suffering from cramps... [possibly] the effects of] age, punishment in the gym. There are things that nobody can hide. It happens to athletes, boxers and there is nothing you can do [about it]," Garcia said.

Pacquiao will face Rios on Nov. 24 at the Cotai Arena of the Venetian Resort in Macau, China, and this is the second time Garcia will be on the opposite corner.

The first time was in 2010,

when Garcia was working the corner of Antonio Margarito. In that fight, which was held at super welterweight (154 lbs), Pacquiao battered Margarito en route to a lopsided decision.

Garcia said he has learned from Margarito fight, and that although Rios has a similar, come-forward style, the Mexican-American banger is younger.

"I will prepare Brandon differently from what we did with Margarito. It has served me well to have been with Margarito three years ago, I learned a lot [from the Pacquiao fight]. And while the style is similar, we know that Brandon is almost 10 years younger than Margarito," he said.

The trainer went on to

point out how Rios will be a tougher challenge for Pacquiao. "Pacquiao was still in his time [back then] – and now Brandon is younger, eager. Pacquiao has changed a lot [since then]. Margarito [squeezed down] to 150 pounds, and Rios is going to come in as a strong welterweight. These type types of things make the difference," he added.

Garcia even recalled how Margarito got Pacquiao re-

treating after landing a vicious hook to the body midway in their fight, something he claimed Rios is very capable of repeating.

"Brandon hits hard [to the body]. Pacquiao said it and many people told us that Pacquiao went to the hospital [after the Margarito fight] because he broke his rib and I do not want to take anything away from Pacquiao but Margarito was [past his prime]," he said.

(www.philstar.com)

MAINLAND NEWS (from page 12, PHILIPPINE...)

context," Hansen said.

London told Cuisia that he was referring to a specific 1986 polygraph examination he conducted on a Filipino that required an interpreter, and that he regretted using that as an example, Cato said. The ambassador wanted to know why an

interpreter was needed since the Philippines is the world's third-largest English speaking country, and London said he did not recall since it was so long ago, he said.

Hansen has said that no transcript or recording exists of the remarks, which were made

months ago in a conference room at an Iowa State Patrol post in Des Moines.

The Philippine embassy in Washington and its consulate in Chicago expressed interest in the remark after learning about it earlier Friday through news reports. (www.philstar.com)

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PHILIPPINE LANGUAGE



ILOKO
By Amado I. Yoro

Maikatlo a Paset

[Umuna a gunggona iti Salip Ti Sarita 1981- pename: Oram Odil]

MALEM. Inked-deng ni Fr. Bagnos a suroten ti pagtaengan dagiti agina.

“Awan ti masnop a taengmi, Pastor,” kinuna ni Rosario. “Ti la adda a pagturturoganmi. Mabalina a ditoy ita, intono bigat sabalinto manen a kanto.”

Pinanurnorda ti akikid nga iskinita. Immusokda kadagiti tolda a pagtagilakuan. Simrekda iti naillet a suli. “Ditoykami ita a maturog. Sagpaminsankami nga ummian ditoy. Napakpakni la ngamin bassit,” kinuna ni Rosario.

Editor's Note: This short story won first prize in 1981 Gumil Hawaii short story writing contest on a pen name: Oram Odil and published in Bin-i, a GH anthology book. Due to space limitation each issue, HFC will publish it in five (5) parts. *Nangabak daytoy a sarita iti umuna a gunggona iti Salip Ti Sarita 1981 iti Gumil Hawaii. iti parbo a nagan: Oram Odil ken nairaman iti Bin-i a libro ti GH Gapu iti limitado nga espasio, agbalin a lima a paset daytoy.*

Ti Torre, Ti Apuy, Ken Ti Ima Ti Dios

Kinita ni Pastor Bagnos dagiti napagsasaip a karton ken rigrigis a lupot. Nagsennaay daytoy. Ay-ayenna dagiti agina. Nadlaw ni Pastor Bagnos a naulimek ditoy a disso. Asideg ti baybay. Adda iti sidiran ti Puerto. Saan unay nga adayo iti rangtay ken dagiti andamio ti barko a pangkomerisal. No dadduma ket madlaw ti agkubbuar nga allon ti danum. Naammuan ni Pastor Bagnos a biktima ti panagrames ni Rosario. Ni Anton ti bunga ti kinadamsak.

Adda nabukel ni Pastor Bagnos iti panunotna idi agawid. Nasken nga adda mapasamak, nakunana. Agaksion a dagus. Dayta ti paset ti sinapataanna a paggrebbengan. Tumulong kadagiti marigrigat ken manidadanes. Yanna ti tibkerna? Dina kayat a panunoten wenno kitaen a marunot lattan dagiti agina iti kasta a kinadaksangasat. Nasken nga agtignay.

TENGGAN

ALDAW idi malpas ti gimong iti kapiliada. Kiniddaw ni Pastor Bagnos nga agbati dagiti kameng ti hunta ti simbaan. Sisiam dagiti adda kadagiti trese a kameng. Adda kurom. Saanna nga itantan ti panggepna.

“Nakitak ti agdadata a kinapudno iti kaaddak iti Chinatown. Ket no nakitayo ti napaneknekak, diak ammo no ania met ti sumken iti riknayo,” inrugina.

“Maipanggep kadi kadagiti ebiksion iti siudad, pastor?” saan a nakatutor ti maysa kadagiti direktor.

“Saan. Dagiti nasarakak nga agina. Nakakaasida unay.

“Ta ania koma ti pakainaigantayo?” Simmalingbat ti sabali.

“Adda kabsat. Adda dakkal nga akemtayo itoy a banag. Dayta ti gapuna a pinagbatikayo ta kayatko nga ammuen ti kapanunotanyo.”

“Kapanunotan? Ania a kapanunotan? No pakaistur-

buan, mandiak dita!” maysa ti nagkuna.

“Ngem nasken a tulongantayo ida,” kinuna ti pastor.

“Kasano koma...ken apay a datayo ti maringgoran?”

“Denggendak. Adda pampanunotek nga aramidantayo. Malaksid iti dinominggo a koleksiontayo, kayatko nga agur-ortayo iti ania man a tulong kas iti daan a lupot, makan, delata a masida ken makan, ken dadduma.”

“Ngem addan san nakailatangan ti koleksion, pastor. Dimo met panggep aya nga ikalawa ken ikadakkal ti kapiliatayo?”

“Ammok. Ammok a kasta. Ammok a ti panakaidakkal ti kapiliatayo ti pampanunotem, Seron. Ngem ammom kadi met a mabalintayo nga ikadakkal wenno agur-or iti sabali a wagas,” kinuna pay ti pastor.

“Apay a datayo ti mais-turbo kadagita nga agina, pastor? “simmampitaw ti sabali. “Adda met turay ken ti gobierno, wenno welfare a mangtaraken kadakuada. Datayo pay nga agbaybayad ti buis ti turtorenda.”

“Ammuem koma ti sasawen, kabsat, pinalagipan ni Pastor Bagnos ti nagsao iti kasta. “Adda dagiti banag a prioridad nga aramidantayo.”

“Ammok ti sasawek. Ket no isabalitayo met laeng ti pagpaayan ti koleksion ti kapiliatayo, nasaysayaat laengen nga isubliyo dagiti naitedkon!”

“Kabsat Perdonio!”

“Pudno ti sinaok, pastor,” kinuna ni Perdonio.

“Ken narigat a mapasamak ti kasta, pastor. “Masapultayo met ti kuarta a pangpadakkal ti kapiliatayo,” insilpo ti sabali.

“Iglesia met ti ubing ken ti inana, kabsat. Ammuem nga adda ti iglesia iti tao. Ti tao ti pudno nga iglesia, Seron.”

“Kasta ti kunam, pastor. Ngem adda kadi gapuna a tulongantayo dagitoy nga agina?” dinamag ni Seron.

“Nasken, Seron. Ken nasken nga ammuenyo a piltak ti gimongtayo no saantayo a saranayen ida. Kadaraantayo ida. Sino kadi ti agsisinnakit ken agtitinnulong no di met la datayo nga agkakadara? Sinno ti babalawenda. Kayattayo kadi a kumaro ti kinalaad ti ladawantayo ditoy. Walang-walang kadagiti iskinita iti arubayan dagiti karindaria. Nasken ti pannangted!” impalawag ti pastor.

“Pannangted?” adda nagtanabutob. “Ket kasano ngaruden ti panggeptayo a pannakaikalawa ti kapilia?”

“Ammoyo, saan la nga iti actual a kadakklena ti nasken. Dumakkal met ti kapilia kadagiti ayat a maisaknap. Ket ti kapiliatayo, maysa a wagas iti panagtrabaho. Ken pannulong iti sabali,” impeksa pay ti pastor.

“Itedtayo kadi ti koleksion a kuarta kadagiti agina, pastor?”

“Saannak a maawatan, Seron. Saan amin a kuarta a koleksiontayo ket maited kadakuada. Ti nasken, ti suportayo kaniak. Kayatko ti moral support. Ken tapno awan ti makunayo, siak ti makaammo kadagiti dadduma a maaramid.

Ulimek.

Namrayanda ti nagkikin-nita.

“Ken maysa, tao met a kas kadatayo dagiti agina. Masapulda ti tulongtayo. Datayo met laeng ti makapunas ti piltak ti komunidad iti kasta a kasasaadda,” inlawlawag ti pastor.

“Napintas a panggep,” naguni ti panglakayen. “Tulongan dagiti makasapul. Ammoyo kadi a kinadios met ti agayat iti pada a tao, aglalo kadagiti marigatan,” inggibus ti panglakayen. [Maituloyto]

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GLOABAL NEWS

Hawaii Joins 2013 Global Day of Prayer for Peace

Several Hawaii churches joined the Global Day of Prayer for Peace in the Scarborough Shoal on August 21, 2013. The prayer event was organized by the U.S. Pinoys for Good Governance (USP4GG).

On Oahu, a Holy Mass will be held at St. Anthony Church in Kalihi at 6:00 p.m. The Global Day of Prayer was observed all over the U.S., Canada, the Commonwealth of the Northern Mariana Islands, Guam, Australia, New Zealand, Asia, Philippines and other countries to “ask divine assistance in the peaceful and just resolution of the dispute over Scar-



borough Shoal between China and the Philippines.”

“In places of worship of every denomination and faith, we will be prayed to the Almighty and spoke with one voice,” says USP4GG chair Loida Nicolas Lewis.

Dr. Celia B. Lamkin, USP4GG

Marianas Chapter chair and USP4GG Region IX Coordinator for the CNMI, Guam and Hawaii, coordinated Holy Masses at numerous Catholic churches and prayer meetings at Christian churches. USP4GG also commemorated the 30th death anniversary of Ninoy Aquino.

USP4GG is a U.S.-based umbrella organization of Filipino groups which claims a membership of several thousand professionals. In July 2012, USP4GG officials called for a continuous boycott of Chinese products to protest China’s diplomatic and military claims on several disputed territories in the West Philippine Sea.

6,000 Pinoys in Egypt to Be Evacuated

by Pia Lee-Brago
Wednesday, August 21, 2013

MANILA, Philippines - The government yesterday ordered the mandatory evacuation of 6,000 Filipinos in Egypt because of the deteriorating security situation following days of violent clashes.

Foreign Affairs Secretary Albert del Rosario issued crisis alert level 4, noting the worsening security situation that endangered Filipino workers there.

Del Rosario also ordered the deployment of a special team to Cairo to help speed up the repatriation of the Filipinos, who he urged to contact the embassy.

“The marked deterioration of peace and order in Egypt, exacerbated by the ongoing political instability and grave security challenges in that country, make working and living there increasingly difficult and dangerous,” the Department of Foreign Affairs (DFA) said in a statement.

Del Rosario visited Egypt early this week in his second

trip in the past fortnight to look into the escalating violence, DFA spokesman Raul Hernandez said.

Del Rosario visited Cairo for the second time in two weeks for the purpose of assessing the security situation of Filipino nationals there.

Crisis alert level 4 entails mandatory repatriation at the expense of the Philippine government.

A Rapid Response Team arrived in Cairo on Aug. 17 to assist in the implementation of the repatriation program.

While in Cairo, Del Rosario had a chance to meet the teenaged Filipino-Egyptian girl who was wounded by a stray bullet during clashes in Helwan, south of the capital.

Del Rosario said the girl was recovering and in “good spirits.”

The Philippine government urged voluntary repatriation for its citizens last week but raised the alert due to the rising violence, which has left 900 people dead following a crackdown on the protest camps of supporters of ousted

Islamist president Mohamed Morsi.

Del Rosario called on Filipino nationals in Egypt to contact the embassy in Cairo immediately and to avail of its repatriation service.

The embassy may be reached through the following contacts:

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Facebook: Cairo Philippine Embassy or Email at cairope@tedata.net.eg or at cairo.pe@dfa.gov.ph

Overseas Workers Welfare Administration (OWWA) chief Carmelita Dimzon said the government is ready to provide the necessary assistance, including alternative livelihood for Filipinos upon their return to the country.

“We are ready to provide them all the assistance upon

their return and they can avail of the government reintegration program,” Dimzon said.

Under the government’s reintegration program, a returning Filipino worker can un-

dergo skills training as well as avail of loans that would enable them to put up their own business. (www.philstar.com)

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