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EDITORIALS

QMC-West Marks 1st Anniversary

The first year of any endeavor in life—be it a relationship, business venture or even a child's first birthday—is usually fraught with difficult challenges that threaten its very survival. The new Queen's Medical Center-West Oahu quietly marked its first anniversary, managing to not only survive the initial growing pains but to also thrive.

The success of Queen's Health System's new satellite campus is welcomed news for West Oahu residents who were left without access to emergency room facilities and quality medical care when St. Francis HealthCare System closed its Hawaii Medical Center West campus in late 2011. The nearest emergency room facilities for West Oahu residents were now considerably further away—the Waianae Coast Comprehensive Health Center on the Leeward coast or the Pali Momi Medical Center in Aiea. Other hospitals picked up the slack but soon found their facilities overburdened and wait times increased. Queen's thankfully stepped in to purchase the property in December 2012 and pumped in some \$70 million to renovate the facilities and modernize the equipment. The risk was enormous, given the fact that other hospitals have struggled financially in the midst of rising costs and health care reform.

QMC-West Oahu is well-positioned to meet the needs of the island's native Hawaiian population, 42 percent of whom call West Oahu home and as a whole suffers from high rates of diabetes and other chronic diseases. West Oahu is also home to a high concentration of Filipinos with its own set of health issues such as inadequate health screenings.

For West Oahu, which has seen a steady rise in its population over the years, QMC-West Oahu's long term viability is crucial. By 2016, the region is forecasted to have a population of 218,584 individuals, including many young families. Two new development projects are also expected to further increase demand for medical care—D.R. Horton's massive 1,554 acre Ho'opili project in East Kapolei which will add some 12,000 homes and Castle & Cooke's Koa Ridge project for 3,500 homes on 575 acres located not far away in Central Oahu.

A major hospital like QMC-West Oahu not only provides much-needed medical care but also contributes to the local economy and is a major employer. The hospital has already made a substantial imprint on the community it serves and will continue to do so even more in the coming years, staying true to its mission of providing health care services for the well-being of all of Hawaii's people.

Mandatory Voting –Wow! A Truly Revolutionary Idea Deserving Of Support

Politics has become so humdrum with rehashed ideas that the average American pays very little attention to what's going on.

Then suddenly, a truly big, fresh idea surfaces, catches momentum and gets even political junkies thinking: "Wow! This idea just might work. Why haven't people been talking about it all these years?"

At a speech in Cleveland, President Barack Obama floated such an idea when he said voting should become mandatory. He elaborated that voting should be made easier, not harder for people.

"It would be transformative if everybody voted – that would counteract money more than anything, Obama said.

Cover Photo: Staff photo was taken by Jason Kimura which was superimposed against the backdrop of the Queen's West-Oahu hospital building taken by our staff.

FROM THE PUBLISHER

W

ather forecasters are predicting a busier than normal hurricane season for Hawaii. With five to eight storms expected this June through November 2015, we urge you to refrain from waiting until the very last minute to prepare. If you hate spending your hard earned money on expensive bottled water, consider purchasing the waterBOB—a water containment system that holds up to 100 gallons of fresh drinking water in a standard bathtub in the event of an emergency. Curious? Google "waterBOB" and read more.



Our cover story for this issue was submitted by associate editor Dennis Galolo, who wrote about the first year anniversary of Queen's Medical Center-West Oahu. The new hospital has been a God-send for residents of West and Central Oahu who now have easy and available access to emergency room and quality medical care. QMC-West Oahu has about 80 acute beds and a licensed capacity of 135 beds. In comparison, Queen's Hospital on Punchbowl Street is licensed to provide 505 acute beds. For more about QMC-West Oahu and its impact on the community, please turn to page 4 for our cover story and to page 6 for an exclusive question and answer session with QMC-West Oahu Chief Operating Officer (COO) Susan Murray.

In other news, if you're looking for something fun for your kids to do this summer, consider them signing up for "Filipino for Kids," a summer program designed to provide elementary school-age children of all ethnic backgrounds an opportunity to learn about the Philippines' rich culture and heritage. The program includes language and culture components and interactive activities such as games, dances, songs and a summer reading program. To find out how to register your child, see page 11.

Lastly, congratulations to contributing writer Amado Yoro who won election to the Ewa Neighborhood Board. He was among the winning candidates who earned a seat on a neighborhood board. For a list of neighborhood board election winners, turn to page 6.

In closing, we encourage you as always to contact us at: filipinochronicle@gmail.com with story ideas, tips or concerns regarding Hawaii's dynamic and vibrant Filipino community. Our sincerest thanks to all of you for reading and faithfully supporting the Hawaii Filipino Chronicle!

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

Chona A. Montesines-Sonido

Given the current state of the American elections system with disproportionate big money influence and very low voter turnout (about two-thirds of Americans do not vote), it's about time a completely revolutionary idea is thrown into the debates over election reform -- and Americans have Obama to thank for at least planting this seed.

But in order for a serious idea as this one to gain momentum and enter the stage of policy-making, Americans need to take it further and be talking about it.

Upend Politics As We Know It

Studies show that the people who tend not to vote are young, lower income, working class, immigrants and minorities. Studies also show that American democracy has become an oligarchy, a form of power structure ruled by a few. The Supreme Court's shamefully misguided ruling that allows corporations to donate to campaigns without limit further concentrates power in the hands of the extremely wealthy and powerful interest groups.

Mandatory voting could equal the playing field between the haves and have-nots, reverse the increasing gap between the two

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CANDID PERSPECTIVES



By Emil Guillermo

While I watched the Pacquaio fight, and since it was all about money, I kept thinking about a tax analogy.

My cousin Stephen Guillermo graduated from San Francisco State University last year. But his diploma had to be awarded posthumously.

He was shot and killed a month before the ceremony.

When I wrote about it last year, I was grateful to the university for honoring what became my cousin's greatest achievement in his young life. But I also hoped it wouldn't be the only sense of justice our family would have as a result of my cousin's death.

A year later, another graduation season is upon us, and justice is more elusive than ever.

The medical examiner's findings are still not complete.

The family hasn't even seen the police report.

It isn't the matter of some backlog. It's more another example of how some lives just don't matter.

It's all contrary to the message President Obama gave the nation when he recently spoke in New York about the support program for young boys called "My Brother's Keeper."

It was a positive event for the administration to address coincidentally the situation in Baltimore.

But I didn't hear any specific mention of Asian Ameri-

cans, young legal immigrants like my cousin Stephen.

The president talked about how words like "equality" and ideas like "liberty and justice for all" had to be made concrete in the lives of all our nation's children.

"And we won't get there," the president said, "as long as kids in Baltimore, or Ferguson, or New York, or Appalachia or the Mississippi Delta or the Pine Ridge Reservation believe that somehow their lives are somehow worth less ... we won't get there when there's communities where a young man is less likely to end up in college than jail ... or dead."

That hit a nerve.

It was the rhetoric of inclusion, sure, and somewhere between the mention of Baltimore and the Pine Ridge Indian Reservation, I know the president probably meant to include the densely mixed commercial and residential places that Asian American immigrants know, such as New York's Chinatown.

Or San Francisco's immigrant hot spots beyond Chinatown, the Tenderloin and South of Market districts, where drugs and prostitution are a normal part of the urban landscape.

They are the places where new Asian immigrants live and struggle to get out of, if and when they can.

Stephen lived in San Francisco's South of Market for almost 20 years since his arrival as a young kid from the Philippines. His parents waited for their visas for 20 years before that. Essentially, Stephen and his siblings were born while "waiting in line."

In San Francisco, the single room apartment on Mission St.



Stephen Guillermo

was good enough for the two parents, Stephen, and his two little siblings for a while. But as the kids grew, the parents' income and opportunities didn't. And when Stephen's father died of cancer, Stephen delayed college and worked two jobs to support his family and pay off his father's debts.

At his father's deathbed, I talked to Stephen and told him I would be there for him. But he said he had things taken care of. And he did.

Last year, after eight years at San Francisco State, at age 26, Stephen finally had the credits to graduate.

After a night celebrating, he went to his apartment building, but got off on the wrong floor.

It was a fatal mistake.

Stephen was shot and killed by a 67-year-old African immigrant, a retired security guard.

The man was arrested, but then released.

The DA refused to press charges.

And now it's clear.

We wait not

for justice. Just for paperwork.

In the year since Stephen's death, my ears now prick up over every act of gun violence that hits the news.

We have seen Ferguson, New York, now Baltimore. We have seen numerous examples of gun violence, from Santa Barbara college student Elliot Rodger's rampage to the Seattle Pacific University shooting.

Every episode brings back a memory of the senseless death of my cousin.

And then there was the president talking about Baltimore on Monday.

He said he saw himself in the young men in the Brother's Keeper program and said the difference was that he grew up in an environment that was a little more forgiving. "At some critical points, I had some people who cared enough about me to give me a second chance or a third chance," said the president. "Or to give me a little guidance when I needed it. Or to open up a door that might otherwise have been closed. I

was lucky."

I wish Stephen had been that lucky. That the door he faced had remained closed. And that his gunman had waited to give him a second chance.

A year later, Stephen would have been a year out of school and who knows where.

He might have drawn some comfort from hearing the president say, "I want you to know, you matter. You matter to us. You matter to each other. There's nothing, not a single thing that's more important to the future of America than whether or not that you and the young people of America can achieve their dreams."

Stephen Guillermo, legal Filipino immigrant, child of San Francisco's South of Market, needed to hear that while he still mattered.

EMIL GUILLERMO served on the editorial board of the Honolulu Advertiser. An award winning journalist, he was the first Filipino to host a national news program when he hosted NPR's "All Things Considered." He lives in Northern California.

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EDITORIALS (from page 2. **MANDATORY...**)

groups, and empower all Americans to take part in democracy as it was meant to be, rule of law by the masses, with the Judiciary branch still intact to correct any forms of unjust tyranny by a majority.

Mandatory voting could alleviate politicians from solely pandering to big corporations and not have them worry as much about compromising their values and engage in questionable deal-making just to get donations from heavy donors for re-election. Politicians would also have to work harder to win over other groups traditionally ignored simply because they are known as non-voting factors. In turn, these groups who traditionally have no interest to vote could be inspired to finally participate in politics knowing that their voices do count and is making a difference.

Ultimately, mandatory voting could finally eliminate the racial and economic disparities in the electorate.

(continued on page 7)

COVER STORY

West Oahu Reaps Benefits of New QMC Campus in Ewa

By Dennis Galolo

Queen's Medical Center-West Oahu, the only hospital and emergency medical facility for West Oahu and much of the Leeward coast, recently marked its first anniversary. While the celebration may have quietly flown under the radar, the opening of the new hospital in mid-2014 and its impact so far on the community speak volumes.



The Queen's Medical Center-West Oahu

QMC-West Oahu fills a huge void in a community that for two agonizingly long years lacked an emergency room and medical care facilities.

Located on Fort Weaver Road at the entrance to the Ewa and Ewa beach communities, QMC-West Oahu is situated on a total of 17 acres and encompasses a five-story, 120,000 square foot hospital and a five-story, 90,000 square foot mixed use building connected to the hospital. Its facilities include some 80 beds, emergency room, inpatient and outpatient surgery, imaging, a women's center, orthopedics, cardiology and specialty clinics.

"The community is very happy with the new facility," says State Sen. Will Espero,

who represents a good portion of Ewa and Ewa Beach. "Queen's is a highly reputable organization and has added tremendous value to our community. Its presence assures our residents of high quality healthcare."

Queen's held a private blessing last May 17, 2014 for its brand new facilities. The very first patients were officially accepted a few days later on May 20, which coincided with the birthday of Prince Albert, the beloved son of Queen's founders King Kamehameha IV and Queen Emma.

One such patient is Ewa Beach resident Eloise Cordero, who was admitted to QMC-West Oahu's emergency room after suffering a fall. She says

that it was "the little things" the staff did that made a world of difference.

"The staff greets you and returns once in a while to see how you are doing," Cordero says, comparing the pleasant environment to that of a hotel or restaurant. "They give you a blanket to keep you warm while you are waiting. I was also offered a wheel chair. Little things like this made me feel that they were concerned for my well-being. This is a busy hospital yet the care they rendered to me was very good."

Queen's security guard Jason Ganiron, who is also from Ewa Beach, says the hospital provided excellent care for his ailing grandfather who suffered a stroke.

"The care the employees provided for my grandpa was wonderful," says Ganiron, who has been with Queen's for the past three years. "He seemed to recover faster because of the dedicated employees who were compassionate and committed to doing their job."

A Brief Look Back

The Queen's Health Systems purchased the property from financially-troubled Hawaii Medical Center (HMC) which closed its West (Ewa) and east campuses (Liliha) in December 2011. The closure of HMC and its emergency room in Ewa placed a severe strain on Oahu's trauma and ER services. At the time, HMC West had the second busiest emergency room in the state, handling over 6,400 am-

balance patients per year.

Paramedics who took calls from Ewa, Ewa Beach, Kapolei, Waipahu, Kunia and nearby communities were forced to transport patients to either Pali Momi Medical Center in Aiea, Wahiawa General Hospital or the Waianae Coast Comprehensive Health Center—all located farther away and requiring longer wait times.

"Every minute counts for patients who suffer a heart attack, stroke or other life threatening condition," says Waipahu-based physician Dr. Charlie Sonido. "That's why it's important to transport the patient as quickly as possible to a facility with the proper life saving equipment."

A number of hospitals stepped up and shared the extra patient load, including Tripler Army Medical Center, Kaiser Permanente, Pali Momi, Kapiolani Medical Center for Women & Children. Even Wahiawa General Hospital, located some 15 miles away in rural Central Oahu, saw a big jump in emergency room visits.

In the meantime, Queen's spent about \$70 million to renovate the facilities and modernize the equipment. Improvements included an expansion and modernization of emergency, surgical and imaging services.

As part of the renovation, the hospital's first and second floors were completely gutted to accommodate a totally re-

designed 13-bed emergency department with expanded capacity, as well as new lobby and registration areas, an imaging department with state-of-the-art x-ray rooms and MRI, CT scan and nuclear medicine capabilities, and medical records and administrative support spaces.

The second floor houses a new operating suite with four operating rooms, preoperative and postoperative spaces and a 10-bed intensive care unit. Floors three and four contain the 70-bed hospital's medical-surgical patient rooms. The nurses' stations were also completely updated.

Waianae physician Dr. Angel Cunanan says QMC-West Oahu's facilities and quality of care are second-to-none.

"Queen's has a good reputation so I know that the medical care being provided is at the highest level possible," he says. "Leeward coast residents are thankful that QMC-West has opened for them."

When QMC-West finally opened its doors, CEO Art Ushijima recalls the warm welcome from the community.

"The reception we received was outstanding," Ushijima says. "We are grateful for the community's warm welcome and continued support."

Strong Leadership

At the helm is Susan Murray, senior vice president of

(continued on page 5)



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COVER STORY

(from page 4, WEST OAHU)



(from left): Entertainer Kristian Lei, Queen's Medical Center COO Susan Murray and Queen's Physicians Relations Director Eric Barsatan during the physicians' cocktail reception held last May 21, 2015

The Queen's Health Systems, West Oahu Region, and chief operating officer of The Queen's Medical Center-West Oahu. Murray's responsibilities are to coordinate the development of services and programs for QMC-West Oahu.

Prior to joining Queen's, she was Hawaii regional hospital administrator and regional vice president for quality, safety and service for the Kaiser Foundation Health Plan and Hospital. She also worked for the Women's Hospital of Centennial Medical Center in Nashville, Tennessee as hospital administrator.

Murray is a graduate of Punahou School, the University of Hawaii and the University of Dallas where she earned an MBA in health services management. By all accounts, QMC-West Oahu has thrived under her visionary leadership.

"We look forward to serving the people of West Oahu

with the same standard of excellence that has been the foundation of our founders' values and vision," Murray says. "We are committed to being good partners and good neighbors and to offer a health care facility that everyone will support and utilize."

Caring Staff

The core of a good hospital will always be its physicians and staff—and some of the very best are at QMC-West Oahu. Queen's hired many of the nearly 1,000 medical professionals who lost their jobs when the two HMC hospitals closed in late 2011.

Among QMC-West Oahu's 600 employees is respiratory therapist Marlita Marquez. She was first hired in 2005 and worked at the Punchbowl Street hospital. She and her husband jumped at the opportunity to transfer to QMC-West Oahu when it opened. For Marquez, who lives in Kapolei, it's now a 10



Queen's Medical Center-West Oahu COO Susan Murray (1st row, middle) and several members of her administrative team. Photo Credit: Jason Kimura

minute drive to and from work, instead of a congested daily drive into town. But an easier commute to the office is just one of the many benefits of working at Queen's, she says.

"Queen's is such a good hospital to work for," says Marquez. "They really take care of their employees."

Eric Barsatan, who is in charge of medical staff services and community outreach, says many employees live in West Oahu and have a vested interest in the hospital's long term success.

"It's an honor to serve this community where everybody cares for each other," says Barsatan. "It's also a privilege to be part of a team that goes above and beyond the call for patient care."

QMC-West Oahu physician Dr. Scott McCaffery, who has been in medical practice for the past 25 years, was among a handful of private physicians and businesses that remained in operation at the former HMC-West despite the closure of the hospital. He has seemingly come full circle, with QMC-West Oahu cele-

brating its first anniversary.

"The first anniversary was a glorious moment for Queen's," he says. "Our new facilities and state-of-the-art equipment have taken what it means to provide medical care to an entirely whole new level. We are fully behind the new management and the collective dream of providing the very best medical care possible for not only the people of West Oahu but all of Oahu."

(The Chronicle's CARLOTA ADER also contributed to this article).

HAWAII-FILIPINO NEWS

Lápuz to Lecture on Bangsamoro Agreement

José David Lápuz, a member of the UNESCO National Commission of the Philippines, will speak on recent developments involving the status of peace talks in the Philippines and the Bangsamoro Agreement, which aims to end the armed conflict between government forces and the Moro Islamic Liberation Front (MILF).

Lápuz is scheduled to

speaking on June 3, 2015 at the Paradise Palms Café on the University of Hawaii-Manoa campus from 11 am to 12 noon. Later that day, Lápuz will speak at the Liliha Public Library from 6 pm to 7 pm.

Both events are co-sponsored by the UH Office of Multi-Cultural Student Services, UH Center For Philippine Studies, Friends of Operation Manong and the Knights of Rizal-Hawaii Chapter, and are free and open to the public.

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COVER STORY

Q & A WITH SUSAN MURRAY

By Chona Montesines-Sonido

With over 20 years of experience in a broad array of senior level health-care executive management and leadership roles on the mainland and in Hawaii, Susan Murray seemed the ideal choice to head the new Queen's Medical Center-West Oahu.

Under Murray's guidance, QMC-West Oahu has successfully integrated into the community and quickly filled a critical need for emergency and urgent care for the West side of Oahu.

The first year in business for QMC-West Oahu was not without its share of challenges; however, senior vice president and chief operating officer Murray weathered the storm and continues to lead the new hospital forward.

She spoke candidly with the Chronicle about the new facility as well as her goals for the foreseeable future. Her responses were edited for space and clarity.

Q: Congratulations on Queen's-Medical Center West's 1st year anniversary. What has been the first year like?

A: This first year has been high energy and joyful. The staff and physicians we have are dedicated and caring, and the welcome from the West Oahu community has been wonderfully positive.

The patients and families we serve are pleased with their care and grateful that Queen's is here for them. We feel grateful as well to be a part of West Oahu and to grow with this vibrant community.

Q: Please talk about the goals that you set out for the year. Have you achieved them?

A: This year, the goals were to staff all 80 beds and grow our services to meet the needs of the West Oahu community. By February, we staffed all 80 beds which was a year ahead of schedule. We also increased staffing in the Emergency Department to meet increased volume. In our Imaging Department, we have expanded the schedule to seven days a week

and additional evening hours. We are planning to install a second CT Scan in the next few months.

We brought in GI physicians, surgeons, orthopedists, neurology and cardiologists. We opened an outpatient diabetes management and education center because diabetes is so prevalent in our community. We achieved our goals and we are planning for the future.



Q: What is the top issue that you face as COO of Queen's Medical Center West? What is your solution?

A: Staffing—when we realized that we needed to staff more beds, we held job fairs and set schedules for interviews regularly so that we could hire needed staff. In the interim, staff from Punchbowl and “flyers” were of great help to us.

Q: Financially, how is the hospital faring? How are decreasing reimbursements for Medicare and Medicaid affecting your bottom line?

A: This is a start up phase for us and we budgeted to be negative as we grew our services. Medicaid and Medicare make it challenging for us as it does for all of healthcare. We have a balanced mix of payors and we will work hard to be good stewards of our resources. We plan to break even in the next year or two.

Q: How many total employees do you have? Are you fully staffed or do you face a shortage of healthcare professionals?

A: We have approximately 600 employees. We are fully staffed, but have openings as people move or are transferred.

Q: Approximately what percentage of the worker's at Queen's-Medical Center West are Filipinos? What are your impressions of your Filipino employees?

A: We do not keep statistics of ethnicity other than broad categories. Filipinos would fall in the Asian or mixed category, which is the majority. I believe we have the best employees, many are Filipinos, and some even speak certain Filipino dialects, so when patients come in especially immigrant, elderly patients and need help, they are there to assist them. It is a joy to work beside them.

Q: As for the Filipino community, what percentage of your patients are Filipinos? What are the biggest health issues affecting Filipinos?

A: Approximately 25-30 percent. The biggest health issues are diabetes and heart disease and we want to provide education and screenings as well as treatment or hospitalization. We want to partner with people to actively maintain or regain their health.

Q: Queen's is the only hospital for the growing communities of Ewa, Ewa Beach, Kapolei and much of West Oahu. Are you at capacity? Any future plans for expansion?

A: We are beginning a process of campus master planning for Queen's West Oahu. We realize that as our community grows, we will need to expand our services as well.

We are working with Group 70 to plan for growth over time and then implement in phases. We are getting input and feedback from our community. It is exciting to think of our future as part of this dynamic growing area.

Q: How prepared is Queen's-Medical Center West for epidemics like ebola or other large scale disasters?

A: As a member of the Healthcare Association of Hawaii, we are trained by experts in handling disasters such as hurricanes, tsunamis or helping with mass casualties and do mock exercises every year. With epidemics such as ebola, we train in partnership with our Punchbowl campus on precautions and patient flow.

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HAWAII-FILIPINO NEWS

City Releases Neighborhood Board Election Results

The City's Neighborhood Commission Office recently released the uncertified results of the 2015 Neighborhood Board election and posted them online at: www.honolulu.gov/nco. Elected members begin their two-year term on July 1, 2015.

The Neighborhood Commission certified the results on May 26, 2015.

Eligible voters in districts with contested races received passcodes which allowed them to cast ballots via computer or telephone from April 24 to

May 15, 2015. Election officials estimate that this voting method saved the City close to \$90,000 this year.

The ballot return rate was 10.09 percent, with 19,722 total ballots cast. The North Shore Neighborhood Board's subdistrict 4 race had the highest ballot return rate of 23.56 percent. In 2013, a total of 15,318 ballots were cast which represented an overall ballot return rate of 8.61 percent.

Among the winning board candidates was the Chronicle's contributing writer Amado

Yoro, who won a seat on the Ewa Neighborhood Board with 658 votes.

Oahu's Neighborhood Board system consists of 33 boards with a total of 437 elective seats. Members are volunteers who help advise all levels of government. While the election filled 418 seats, no candidates applied for the remaining 19 seats.

The boards may appoint qualified residents to fill those vacancies once the new term begins on July 1. The list of vacancies and meeting schedules will be available on the commission's website.

IMMIGRATION GUIDE



By Atty. Emmanuel Samonte Tipon

In Immigration, Who Has the Greatest Love of All?



he measure of love is how much you are willing to give up for it. What would you give up for my

love?" Pandora asked the Flying Dutchman who was doomed to sail the seven seas for eternity unless he found a woman who loved him enough to die for him. "My salvation," replied the Flying Dutchman.

"When it comes to immigration, the measure of one's love is what one is willing to spend for it."

— Emmanuel Samonte Tipon

Who of the following would be willing to spend for you if you were placed in removal proceedings? (1) brother or sister, (2) son or daughter, (3) father or mother, (5) friend, (6) all of the above, (7) none of the above, (8) Yourself.

When a Bay Area Filipino lawful permanent resident

(LPR) asked his neighbor to return the tires he had loaned him, the neighbor struck the Filipino on the head with a pipe. The Filipino ran to his garage where he found his revolver and shot and killed the pursuing neighbor. His Caucasian lawyer (one of those "abogado de plead guilty") told him that if he fought the case and lost he would spend 20 years in jail but if he pleaded guilty she would get him a deal to spend only 3 years in jail. The lawyer did not tell him that the penalty for manslaughter was 3 years even if he went to trial and lost, nor did she tell him that if he pleaded guilty he would be deported.

He was placed in removal proceedings. We suggested that he should hire a California lawyer to set aside his conviction for ineffective assistance of counsel. He said that he had no money. His brothers, sisters, and daughters said they had no money. He was deported. After he had a fatal heart attack, his daughters wanted to bring back his remains. They were willing to spend \$10,000 to do so yet had been unwilling to spend for

him while he was alive.

An LPR returned from the Philippines. An immigration officer asked how long he was abroad. "Less than a year," he replied. The officer noted that two pages of his passport had been torn off – including the page showing when he went to the Philippines. He confessed that he had been abroad for more than one year. He was placed in removal proceedings for having lost his permanent resident status. The Immigration Judge asked if he had relatives in the U.S. and their immigration status. The Filipino who had no lawyer replied that he had a daughter who was a U.S. citizen. The IJ said that she would continue the proceedings so that the daughter could file an immigrant visa petition and then he could apply for adjustment of status. A spectator stood up and said that he was the son in law of the Filipino and that he

if he really wanted to go back. He said he did not but they had told him "paspasali ak cano." (I was in their way like a nuisance).

An LPR was found upon arrival to have had a conviction for a crime involving moral turpitude (following a guilty plea on advice of another abogado de plead guilty). She was placed in removal proceedings. The IJ continued the proceedings telling her to look for a lawyer. Outside the court room, she said that she and her sons had been talking about getting a lawyer but they had told her that they have other obligations. "What kind of sons do you have?" I asked. "Without you they would not be here on earth. If I had a mother in a similar situation, I would mortgage my soul to the devil."

An LPR was convicted of assault following a guilty plea on his lawyer's advice (another abogado de plead guilty). He was placed in re-

moval proceedings for having been convicted of a crime involving moral turpitude. His lawyer admitted that the LPR was removable. The IJ ordered him removed. A panel of the Court of Appeals upheld the removal, holding that the LPR was bound by his lawyer's admission. Their friend called me. I suggested that they file a motion for reconsideration or request a hearing en banc (all members of the court) or appeal to the Supreme Court. The LPR's wife said they had no money. Their friend offered to loan them money but the wife refused to accept it. He was deported.

An LPR hired a Caucasian lawyer to defend him from drug trafficking charges. Instead of negotiating a plea deal for a lesser offense like possession which does not involve mandatory deportation, the lawyer opted for a trial and lost. The LPR was placed in removal proceedings. The mother contacted a Caucasian

(continued on page 10)

EDITORIALS (from page 3. MANDATORY...)

Many of the dead-lock, stalling of issues, could perhaps finally get done, such as immigration reform, with millions of new voters having a say at the table of power. It's plausible that almost every issue could be subject to new pressures from new voters. It's difficult to predict. But based on changing demographics and looking at which groups would finally be represented in voting, it's fairly easy to pin-point where policy-changes could be completely transformed.

There are some detractors who say mandatory voting infringes on Americans' civil liberties and could force Americans to support a political system they do not agree with. To that argument, detractors must realize that many who do not vote are motivated less about exercising their right not to vote, but rather are not inclined to participate because of a belief that their vote would not make a difference. Mandatory voting would change that entirely.

As far as the civil liberties argument, there are many other requirements Americans must do for the benefit of all. Should we stop paying taxes or stop participating in jury duty because individual civil liberties are called to question? – No. One to two hours in one day of the year is much less of a sacrifice than paying thousands in taxes, if you had to compare responsibilities toward achieving the greater good.

The reality is those who will oppose mandatory voting are those who risk losing their control and influence. It's purely political wrapped up in pseudo-freedom idealism when detractors talk about the right not to vote.

A truer exercise of freedom is participating in a functional democracy in which all Americans have a voice, a stake at shaping policy and the direction of our country. Mandatory voting was just an idea floated by the President, almost casually, and without any motion to turn into policy. But Americans must really consider what this revolutionary requirement could do. It's such a big idea and potentially more influential than what any election reform could achieve.



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Corruption Kills

DEMAND AND SUPPLY By Boo Chanco

Corruption had been in the headlines lately, but people are not connecting the dots. Corruption is a way of life in this country and the bulk of our electorate are no longer shocked. Now we have in that Valenzuela factory fire a clear example of how corruption kills.

Print and broadcast media should have carried really gory pictures of those charred bodies of victims in that Valenzuela factory fire. We need to shock people so they will get angry enough to realize all those lives were lost because of corruption.

It is pretty obvious from a week's worth of television news reports that two government agencies are responsible for that horrible carnage: the Bureau of Fire Protection under the DILG and the Department of Labor. The LGU insists they are only responsible for the integrity of the building. The BFP is supposed to ensure compliance to the Fire Code.

That big factory had very obvious Fire Code violations, notably the lack of fire exits. Now they are saying the factory had no fire inspection clearance. How can the local BFP miss a factory that big all these years? I know of small businesses with complete inspection certificates that are still regularly inspected by BFP personnel, who also incidentally insist the owners buy their fire extinguishers from them.

And this is not the first

time lives were lost in a serious factory fire. My colleague, Jake Maderazo wrote in his column in a tabloid that on May 9, 2012, 17 workers of a jeans and shorts factory in Butuan City died in a fire. On April 30, 2014, eight women workers also died in a fire at an "electronics sweatshop" in Pasay City with locked exits.

At least 72 workers died in that Valenzuela factory that makes slippers. The Valenzuela LGU must explain why the factory got a provisional mayor's permit without a fire inspection certificate. In addition, that Valenzuela factory had apparently also violated the Labor Code.

One wonders how that Valenzuela factory was given a "Certificate of Compliance" by DOLE-NCR in September last year. That certification says the factory was compliant with General Labor Standards and Occupational Safety and Health standards. A technical inspection last year also certified compliance with labor laws.

How come the Labor Secretary is now saying the factory also violated labor laws and standards? Survivors of the fire also told media interviewers that the factory used an illegal contractor for labor supply ("pakyaw") and they were paid less than the required daily minimum wage.

Survivors claim they were given five month contracts. They had to work 12 hours in a poorly ventilated factory where they inhale poisonous fumes from chemical raw materials. Many of the workers did not even have a piece of



paper that says they are working for the factory, not even a pay slip. Some have been casual employees for years, even decades.

It is easy to conclude that both BFP and DOLE officials who had anything to do with granting that factory the necessary permits messed up big time. The deadly consequence of their failure to implement the law can be seen in that grisly pile of bodies burned beyond recognition.

Perhaps the BFP and DOLE inspectors were incompetent, but it should be easy to assume they were also corrupt. In fact, it is likely they were more corrupt than anything else. Heads must roll starting from their immediate superiors and those who run the regional offices of the two government bureaucracies.

Ganyan kasi sa gobyerno. There are other instances when corruption killed many innocent victims. Coast Guard officials used to routinely allow substandard and overloaded vessels to sail. But there had been too many accidents and hundreds of lives lost with every accident at sea. Now, it seems the Coast Guard is stricter.

Safety rule violations are also common in the construction industry and accidents that kill workers happen a little too often. It is also easy to assume that many buildings that have been certified for occupancy have Building Code violations that compromise public safety. The Ozone tragedy comes to mind. If that West Valley fault mega earthquake happens, thousands will die as substandard buildings collapse.

At a time when the poor are nonchalant about the evils of corruption, it is necessary to

shock everyone about corruption's deadly potential. Perhaps, as every voter realizes the danger to life and limb that corruption poses, we may get everyone to vote corrupt officials out. The masa must realize that candidates are not all the same (pare-pareho lang). Voting for the charming corrupt candidate who grants them a favor can prove deadly to them.

It is important to show the masa that corruption is particularly lethal to them. Corrupt public officials work with profit-hungry employers to disregard existing laws that protect their basic rights and well-being as workers as what happened in Valenzuela.

It is almost certain that the immoral and illegal activities of that slipper factory are actually widespread in Valenzuela and elsewhere. We need to agree that worker safety is non-negotiable and the lives of our marginalized workers are not disposable.

For all of those who advocate good governance as an election issue but only talk among themselves, expand your campaign to include our marginalized workers. Make them realize corruption keeps them poor and even kills them as if they are rats.

A good poster to drive home the message should feature the shocking photo of the charred victims of the Valenzuela fire with these stark headlines: Corruption kills. Get your revenge on election day!

Choices

VP Jojo Binay warns that the country cannot afford to elect an inexperienced President into office in 2016, given the number of serious problems we are facing. That is

true, but based on our history, experienced Presidents also gave us a bad experience.

This experience versus inexperience conundrum has been with us almost every election I can remember. Marcos said the same thing about Tita Cory. Marcos said she was just a housewife, while he was experienced.

In the election that pitted Erap against Joe de Venecia, they were both experienced, but that's one election we didn't have a good choice at all, not even a lesser evil. I voted for Raul Roco out of protest, despite knowing he didn't have a chance.

Ate Glue ridiculed Fernando Poe Jr as inexperienced too. We all know where Ate Glue's experience brought us.

Noy was inexperienced, but we took the chance that having an honest President for a change would be good for the country. Of course we didn't think of the "experienced" politicians he brought to power with him among the Liberals and his kabarkadas. We ended up having the worse of both worlds: an inexperienced President whose honesty is being almost negated by the experienced people around him.

Now Jojo B, in obvious reference to Grace Poe, is saying we need his experience and shouldn't risk the inexperience of Grace. Jojo was suggesting that we ought to have learned by now from the inexperienced mother and son we elected for honesty.

But lately, Jojo is starting to remind us of Marcos and his billions. The revelations of the AMLC investigation of billions moved to Canadian banks were shockingly Marcosian. Now, the VP's experience doesn't seem too compelling or may even be dangerous.

Grace seems interesting, but she is still by her lonesome right now. She is not as experienced, but she isn't inexperienced in management the way P-Noy was and she seems to have a better work ethic. But we don't know the people who will help her govern the

(continued on page 10)

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TRAVEL & TOURISM

Lessons Learned from the Japanese

WALK THE TALK By Cecilia R. Licauco

Japan has always been a favorite place to visit. Aside from the sumptuous food, the zen-like clothes, the kirei knickknacks, one takes home the experience of learning lessons from the Japanese. Office people in their dark suits walk or ride the Metro to work, many of them using surgical masks. I assume, it works both ways — they don't want to inhale other people's germs and they don't want to spread theirs.

The Japanese seem to have a deep respect for their neighbor. I feel that all other impressions of politessestem from this.

They are polite. They form lines. They wait for their turn. Chiyo Tagami says this is training received in elementary school. Children wait in line to go to the toilet before lunch, wait in line to wash their hands before eating, wait in line to wash their hands and brush

their teeth after eating.

Remembering the aftermath of the Fukushima earthquake, the people who have lost their homes and family members still formed lines and waited for their turn to accept rations. They also shared whatever they had with each other. There was no looting, no shoving.

They speak at lower decibels. They do not call out to a friend across a crowded room. Another Japanese friend tells me that because living spaces are very small, personal space is very valuable to the Japanese. As they value their own, they respect their neighbor's personal space as well.

They clean up after any activity by taking their trash home with them. Toilets — even the ones in the Metro — are clean and smell clean. In fact, the ones in the Nagoya train station don't even have garbage cans. Chiyo relates that, as children, when they used to go on picnics, they



The Japanese bow when they greet people as a sign of respect

were told to bring newspapers to spread on the grass and plastic bags to put their garbage in. They leave the picnic grounds as clean as they found it. (Bringing an expensive picnic mat was discouraged, because it was a display of wealth.)

They are helpful. When a stranger asks for directions, they are willing to bring him to the nearest corner and point him towards the right direction. If they don't know the street, they will even do a search on their phone.

Taxi drivers have integrity. I gave the cab driver an address in Daikanyama. Despite his GPS, a call to his office, and a call to the address itself, we

turned into a dead end. He turned to me and said "You pay now." Then he turned the meter off, continued to drive, called the shop again, until he found the place — at no extra charge. We saw young ladies having lunch with their aging mother or grandparent. What a heartwarming sight.

Everything works! Trains arrive on time (to the minute!). The Metro looks formidable at first, but directions are actually quite logical, once you sift through the Japanese characters. Armed with a PASMO card (it loads much like the Hong Kong MTR), you can go anywhere. And if you are lost, the uniformed people are more

than willing to help.

Nothing beats the Japanese toilets! When it is cold, the seat is soft and warm. The buttons do all sorts of wonderful things. In the toilets of the department stores, infrared flushes are most often used. If not, one must decipher the character for the flush button, and not activate the bidet unnecessarily.

They have exquisite taste and demand that the shops offer products of good quality, packaged beautifully. Their pastries reflect their eye for art and refined palate. Their melons and white strawberries are gift-wrapped like jewelry. Well, they cost almost as much as jewelry.

Parks and other public spaces are simple, efficient, clean. Even if many people walk on them, it was rare to see paper on the ground.

The more we experience how the Japanese go about their daily lives, the more we see good habits we can all learn from. (www.philstar.com)

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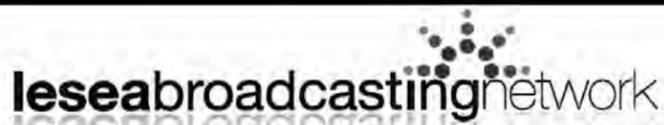
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HAWAII-FILIPINO NEWS

Help Wanted at Aloha Stadium



Aloha Stadium, the state's largest open air arena, is seeking courteous, respectful and professional individuals to join their team for the upcoming season.

According to stadium officials, those individuals who share their mission to provide a first class arena for all families to enjoy are welcome to apply. Positions are available for ushers, parking attendants, ticket sellers, groundskeepers, clean-up helpers and stadium laborers.

Applications are being accepted through June 5, 2015. To download a form, go to: <http://alohastadium.hawaii.gov> and click on "employment opportunities."

Completed applications can be mailed to: Stadium Authority, Attn: Personnel, PO Box 30666, Honolulu, HI 96820-0666 or emailed to: stadiumemployment@hawaii.gov. The start date for all new hires is August 3, 2015.

In addition to serving as home for the University of Hawaii football team and the NFL Pro Bowl, the stadium hosts a multitude of events such as soccer matches, concerts, cars shows, fairs and the popular swap meet.

IMMIGRATION GUIDE (from page 7, IN IMMIGRATION....)

immigration lawyer. Later she contacted me because she and the Caucasian could not understand each other. She said that she loved her son very much and was willing to spend whatever it took to save him from deportation. "You must have a lot of money," I remarked. "No, but I borrowed from the bank," she replied.

What if you have no mother who loves you as in the case of a Filipino on a non-immigrant visa who is being deported for overstaying? Hearken to Whitney Houston's song "Greatest Love of All." - "I never found anyone who fulfill my needs, . . . so I learned to depend on me. . . I found the greatest love of all, inside of me."

ATTY. TIPON has a Master of Laws degree from Yale Law School and a Bachelor of Laws degree from the University of the Philippines. He is originally from Laoag City and Magsingal, Ilocos Sur. Atty. Tipon specializes in immigration law and criminal defense. He served as an immigration officer and co-authored "Immigration Law Service, 1st ed.," an 8-volume practice guide for immigration officers and lawyers. His radio program airs Thursdays at 7:30 am on KNDI 1270 AM. He can be reached via mail at: 800 Bethel St., Suite 402, Honolulu, HI 96813, by telephone at (808) 225-2645 or by e-mail: filamlaw@yahoo.com. For more on Atty. Tipon, go online to: www.MilitaryandCriminalLaw.com. This article is a general overview of the subject matter discussed and is not intended as legal advice.

OPINION (from page 8, CORRUPTION....)

country if she is elected. I am guessing that neither does she, just yet.

Of course, if I had my rathers, I would rather that I was being asked to choose among such experienced leaders with positive track records as public officials like Dick Gordon, Joey Salceda and Serge Osmena. Or Tony Meloto, a non-politician with the heart for the poor and the track record of doing something solid to uplift their condition, even as a private citizen. But none of those gentlemen seem electable with our current system.

black and white... between good and evil. We are once again being asked to suspend doubt and just hope honesty and relative inexperience would be better than electing an experienced candidate with questionable integrity.

Unless Jojo B is able to adequately explain his finances beyond a general all-purpose denial, his campaign line that proved so effective in 2010 may become a dangerous double edged sword: *Ganito ang nagawa namin sa Makati. Sana sa buong bayan din.*

Naku po! Makati pa lang yan bilyon bilyon na. Imagine kung buong bayan na! (www.philstar.com)

It is now a choice again between

MAINLAND NEWS

Hirono Introduces Bills to Improve Veterans' Health Care

U.S. Sen. Mazie Hirono has introduced a package of legislation that ensures veterans and their families can access the benefits and care they have earned.

The Veterans Emergency Health Safety Net Expansion Act of 2015 expands access to all VA-enrolled veterans who rely solely on the VA for their medical care. Currently, a veteran who receives emergency care at a non-VA facility can be reimbursed for those costs only if the veteran had also received care at a VA facility in the preceding 24 months. The Veterans Emergency Health Safety Net Expansion Act of



2015 repeals the 24-month requirement and removes a major barrier that forces veterans to choose between seeking life-saving emergency care or facing extreme financial hardship.

The Veterans' Survivors Claims Processing Automation Act eliminates the need for survivors or spouses of deceased or disabled veterans to file a claim. Right now, claims go through a lengthy process be-

fore survivors receive burial benefits or disability pensions. The Veterans' Survivors Claims Processing Automation Act would give the VA authority to pay a survivor claim without a formal application when sufficient evidence is already on record.

The Department of Veterans Affairs Emergency Medical Staffing Recruitment and Retention Act would allow VA Medical Centers to implement flexible physician and physician assistant work schedules. Currently, the VA's policies don't match how private sector medical professionals manage

their schedules. This bill would give the VA authority to align VA policies with the private sector, facilitating the recruitment and retention of emergency physicians at VA medical centers.

"Each Memorial Day, we recognize the brave men and women who sacrificed for our freedom," says Sen. Hirono. "Providing timely access to quality health care is one of those promises. So is removing barriers to other benefits that our veterans have earned. The bills I've introduced will help make progress in keeping those promises."

HAWAII-FILIPINO NEWS

Filipino for Kids Program Offers Summer Fun

Looking for a short summer fun program with a twist and taste of Philippine culture? If so, "kaBATAan: Filipino for Kids Summer Program" may be just what you're looking for.

Now in its 10th year, the Filipino for Kids annual summer fun program is again being offered by the Filipino Community Center (FilCom) for kids ages 5 to 12 of all ethnic backgrounds.

The 2015 Filipino for Kids program will be held for five sessions on three weekends—Saturdays on June 20 and 27, and Sundays, June 21 and 28. The final day will be on Saturday, July 4 at FilCom.

The program includes lan-

guage and culture components and interactive activities such as games, dances, and songs and a summer reading program. In previous summer programs, students learned by dancing the Tinikling—the Philippines' most popular folk dance; Escrima—Philippine martial arts; Carinosa—the Philippine national dance; Sipa, formerly known as the Philippine national sport and Alibata or Baybayin, the Philippine ancient script; and Philippine national hero Jose Rizal.

Students also enjoyed other activities including making their own halo-halo, folding and coloring a jeepney, making a science activity featuring the Mayon Volcano, dancing the

malong dance from the Southern Philippines and learning about various festivals.

The program is a collaborative project of FilCom, University of the Philippines Alumni Association-Hawaii Chapter, University of Hawaii Filipino and Philippine Literature program, the UH Katipunan Club, Alumni and Friends, and community organizations and volunteers.

The deadline to register for the program is June 15, 2015. Enrollment is limited to the first 30 registrants. The cost is \$50 per student and an extra \$10 for a program t-shirt. Those who complete all five sessions will receive a certificate of participation.

For more details, please call (808) 203-3774.

GLOBAL NEWS

Pinoy Nurse in UK Gets Life for Killing 2 Patients

LONDON – A Filipino nurse was sentenced to life in prison Tuesday for the murder and poisonings of patients at a British hospital.

Victorino Chua will have to serve at least 35 years before his release can be considered. He was convicted of killing two patients at Stepping Hill Hospital in Stockport, near Manchester.

Judge Peter Openshaw said Chua had committed "a



dreadful crime and he must now pay the price."

Detectives described the

49-year-old nurse as a narcissistic psychopath.

Police found a confession note in which he wrote "there's a devil in me." The killings happened in 2011.

Chua was found to have injected insulin into saline bags and ampules. Other nurses who were not aware of the tampering then used them, leading to insulin overdoses.

Most of his victims recovered but two died and a third suffered a brain injury.

(www.philstar.com)

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PHILIPPINE NEWS

China Shoos Away US Plane in Disputed Sea

by Pia Lee-Brago
Friday, May 22, 2015

“This is the Chinese navy ... This is the Chinese navy ... Please go away ... to avoid misunderstanding.”

(This was the warning received by the pilot and crew of a US Navy P8-A Poseidon on its radio as the surveillance aircraft flew over the artificial islands being created by China last Wednesday.)

MANILA, Philippines - The Chinese navy warned a US surveillance plane flying over artificial islands that Beijing is creating in the disputed South China Sea to leave the area eight times, according to CNN, which was on board the flight on Wednesday.

At one stage, after the American pilots responded by saying the plane was flying through international airspace, a Chinese radio operator said with exasperation: “This is the Chinese navy... You go!”

The P8-A Poseidon, the US military’s most advanced surveillance aircraft, flew at 4,500 meters at its lowest point, CNN said. The Poseidon took off from Clark Air Base in Pampanga.

The incident, along with recent Chinese warnings to

Philippine military aircraft to leave areas around the Spratly archipelago in the South China Sea, suggests Beijing is trying to enforce a military exclusion zone above its new islands.

Some security experts worry about the risk of confrontation, especially after a US official said last week the Pentagon was considering sending military aircraft and ships to assert freedom of navigation around the Chinese-made islands.

A spokesman for China’s Foreign Ministry said he was not aware of the incident.

“China has the right to engage in monitoring in the relevant airspace and waters to protect the country’s sovereignty and prevent accidents at sea,” ministry spokesman Hong Lei said in a regular briefing. “We hope the relevant country can earnestly respect China’s sovereignty in the South China Sea.”

Footage taken by the P8-A Poseidon and aired by CNN showed a hive of construction and dredging activity on the new islands the plane flew over, as well as Chinese navy ships nearby.

CNN said it was the first time the Pentagon had declassified video of China’s building activity and audio of



Composite photo shows a US Navy P8-A Poseidon surveillance aircraft which was asked to leave the area by the Chinese navy as it approached contested islands in the South China Sea. Photo also shows construction on Fiery Cross Reef, from where the warning could have been issued

challenges to a US aircraft.

“We were just challenged 30 minutes ago and the challenge came from the Chinese navy,” Capt. Mike Parker, commander of US surveillance aircraft deployed to Asia, told CNN aboard the flight.

“I’m highly confident it came from ashore, this facility here,” Parker said, pointing to an early warning radar station on Kagitingan (Fiery Cross) Reef.

Military facilities on Kagitingan Reef, including a 3,000-meter (10,000-foot) runway, could be operational by

year’s end, one US commander recently told Reuters.

Asia’s rising power China claims sovereignty over most of the South China Sea, through which \$5 trillion in ship-borne trade passes every year. The Philippines, Vietnam, Malaysia, Taiwan and Brunei also have overlapping claims.

Foreign Minister Wang Yi last week asserted Beijing’s sovereignty to reclaim the reefs, saying China’s determination to protect its interests was “as hard as a rock.”

China has also said it had every right to set up an Air De-

fence Identification Zone (ADIZ) in the South China Sea but that current conditions did not warrant one.

ADIZs are used by some nations to extend control beyond national borders, requiring civilian and military aircraft to identify themselves or face possible military interception.

During the P8-A mission, the pilot of a Delta Air Line flight in the area spoke on the same frequency after hearing the Chinese challenges, and identified himself as commercial. The Chinese voice reassured the pilot and the Delta flight went on its way, CNN said. The Department of Foreign Affairs (DFA) confirmed yesterday the encounter between the US and China in the disputed South China Sea after the Pentagon announced it was considering using “aircraft and Navy ships to directly contest Chinese territorial claims to a chain of rapidly expanding artificial islands.”

The DFA said “such an incident would underscore the growing risk and challenges caused by the massive reclamation activities and the efforts to enforce control within the nine-dash line, which has no basis in international law.”

(www.philstar.com)

42°C Heat Index Kills 2 in Isabela

by Raymund Catindig
Friday, May 22, 2015

TUGUEGARAO CITY, Philippines - A 62-year-old grandmother and a 53-year-old farmer died

from heat stroke as the heat index was reported to have reached 42 degrees Celsius in Isabela province since Wednesday.

Heat index or apparent

temperature is what the temperature feels like to a human body when both air temperature and humidity are combined. Thus, even when the actual temperature is only 32



degrees, the human body may feel it as 42 degrees when humidity is considered.

City Assistant Health Officer Kristine Purugganan confirmed that the death of Edwin Galupan, 53, resulted from heat stroke, a condition where the body overheats (usually above 40 degrees) from continued exposure to high temperature.

Galupan was found unconscious in his cassava farm in Barangay Casalatan on Tuesday noon.

In the adjacent Reina Mercedes town, grandma Ban-

nawag Lucas, 62, was found lifeless in her house in Barangay Sinnipil also on Tuesday, town police chief Richard Babaran said.

Although initial investigation showed that she also died from heat stroke, the police are still waiting for the municipal health officer to declare the actual cause of death.

Her relatives earlier told investigators that she had high blood pressure problems.

Both deaths came as Ramil Tuppil, resident weather forecaster in Isabela, reported a rising heat index, which was placed at 43.6 degrees yesterday. The actual temperature was 36.8 degrees Celsius.]

The hottest temperature was recorded at the Science Garden in Quezon City at 1:50 p.m. (www.philstar.com)

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LEGAL NOTES



By Reuben S. Seguritan

Immigrant Community Awaits DAPA and Expanded DACA

While implementation of the President Obama's Deferred Action for Parental Accountability (DAPA) program and the expanded Deferred Action for Childhood Arrivals (DACA) program is temporarily placed on hold, many are confident that the ongoing legal battle will be decided in favor of the administration and are continuing with their efforts to prepare for it.

The Office of New York City Mayor Bill de Blasio through its Office of Immigrant Affairs, for instance, continues to screen individuals

who may be eligible for the program. The DAPA program extends eligibility for deferred action to certain parents of U.S. citizens and lawful permanent residents while the expanded DACA eliminated the age cap of 31 years under the original program and moved the eligibility cut-off date for continuous residence in the U.S. from June 15, 2007 to January 1, 2010.

According to Mayor de Blasio's Office of Immigrant Affairs, around 54 percent of the 600 individuals who were screened may qualify for deferred action under the President's program. Around 40 percent who underwent screening found that they might be eligible for visas or other types of benefits. The screening process is con-

ducted through the CUNY Citizenship NOW! call-in.

Meanwhile, the government requested the U.S. Court of Appeals for the 5th Circuit to lift U.S. District Judge Andrew Hanen's order which blocked the President's DAPA and expanded DACA program. On April 7, 2015, Judge Hanen refused to lift the temporary injunction he issued on February 16, 2015 which effectively stopped the programs until the case is resolved. He has yet to rule on the merits of the case.

On April 17, 2015, the 5th Circuit heard the oral arguments from both sides which lasted two and a half hours.

Benjamin Mizer who represented the Justice Department argued that the decision was wrong as a matter of law.

Mizer, during the oral arguments, explained that the program does not amount to blanket amnesty. Deferred action is a form of prosecutorial discretion which is well within the executive authority of the President and according to Mizer, "discretion is being exercised on a case-by-case basis."

Texas Solicitor General Scott Keller, whose state leads 25 other states in the lawsuit, on the other hand, argued that the president abused his authority when he announced the DAPA and expanded DACA program in November.

The three-judge panel of the Fifth Circuit has yet to issue a decision whether to grant the government's motion for an "emergency stay" of the court order, pending appeal, or in the alternative, to stay its order beyond applica-

tion in Texas.

The judges in the panel include Judge Jerry Smith, Judge Jennifer Elrod, and Judge Stephen Higginson. According to legal analysts, it is difficult to determine how each judge will rule.

Meantime, the April 7, 2015 decision of the 5th Circuit in Crane v. Johnson which dismissed the lawsuit challenging the original 2012 DACA program comes as great news to the immigrant community. Many are hopeful that the decision in Crane is foretelling of the outcome in the pending lawsuit challenging the President's DAPA and expanded DACA program.

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

Disaster Center to Rise in Clark

by Raymund Catindig
Friday, May 22, 2015

MANILA, Philippines - The private sector is set to build a disaster operations center near Clark international airport in Pampanga to strengthen the country's preparedness against natural calamities.

In his closing remarks during a two-day Earthquake Resilience Conference, businessman Manuel V. Pangilinan said yesterday the Philippine Disaster Recovery Foundation (PDRF) would build the center that would serve as base for immediate response to a disaster.

Pangilinan, co-chair of the PDRF, said the disaster operations center would also be used for long-term recovery efforts.

"More than typhoons, earthquakes can be damaging and dangerous because they cannot be predicted nor seen. The questions for all of us must be - what will happen if someday tragedy strikes and how do we respond," he said.

He cited the earthquake in Fukushima, Japan in March

2011 as well as recent ones in Haiti and Nepal.

"We need to do better. The obvious answer is for the government, international agencies, civil society, the church, the military and the private sector to collaborate," Pangilinan said.

He said the National Disaster Risk Reduction and Management Council (NDRRMC) has asked the private sector to help in restoring lifeline services such as power, water and telecommunications.

The private sector has also been asked to invest in pre-disaster research, planning and preparedness as well as post-disaster continuity planning to ensure rapid recovery "beyond the fence of our own operations."

The private sector, he said, is being tapped for the supply of food, bottled water, temporary shelter as well as sanitation and waste management.

He pointed out that PDRF is the flagship private sector response to disaster and is ensuring availability of funds for preparedness and recov-

ery efforts.

Pangilinan, also chairman of dominant carrier Philippine Long Distance Telephone Co. (PLDT) and infrastructure giant Metro Pacific Investments Corp. (MPIC), said everybody should be vigilant.

"We simply cannot wake up to see the injury and death of many thousands of our people - and the realization that when we had the chance to take action, we did not. Our shared humanity puts us all in this together - for the tragedy of one should touch us all."

(www.philstar.com)



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COCONUT OIL: THE NEW SEXY SUPERFOOD?

AN APPLE A DAY By Tyrone M. Reyes, M.D.

Not so long ago, we were warned that coconut oil was a sneaky vegetable food hiding a high percentage of saturated fat. Now, the same product has re-emerged as a sexy new superfood!

To set the record straight, nothing has changed about coconut oil's fat composition. It still contains about 90-percent saturated fat — a much higher proportion than butter or even lard. However, unlike fats from animal sources, coconut oil is composed largely of medium-chain fatty acids. The liver converts these smaller molecules into energy more easily, so they are less likely to form artery-clogging LDL (bad cholesterol).

So currently, coconut oil is promoted heavily on the Internet and TV talk shows, and endorsed by celebrities. Indeed, rarely has a food gone through a dramatic transformation from dietary villain to superhero as coconut oil, and it seems, all

things coconut.

Coconut oil

Coconut oil is extracted from the “meat” inside the hard-shelled fruit of the coconut palm (*Cocos nucifera*). Like lard, it is solid at room temperature and has a long shelf life, which makes it attractive for many kinds of food processing and baking. For years, it had a bad reputation because it is high in saturated fat, the kind found mostly in animal products. This is also true of its tropical brethren palm kernel oil and, to a lesser extent, palm oil (in contrast, vegetable oils are high in unsaturated fats).

In the 1980s, a media campaign demonized coconut and other tropical oils and blamed them for heart attacks because of their saturated fat content. The health establishment in the US and other parts of the world quickly jumped on board. As a result, food companies stopped using tropical oils, replacing them largely with partially hydrogenated oils. This was a



Loco over coco: Coconut oil is extracted from the meat inside the hard-shelled fruit of the coconut palm. photobucket.com/images/coconut-oil

bad move since those oils contain trans fats, which were subsequently found to be more of a health hazard than any saturated fat — and as we know now, tropical oils turned out to be not so bad after all.

So what did food companies do next? They began removing trans fats from many of their processed foods, often replacing them with — you got it — tropical oils. Coconut oil, in

particular, has now garnered shelf space in health food stores and supermarkets, as well as in restaurants and home kitchens, for many cooks now use it for frying and baking, instead of butter or lard. Its fans rave about the rich, nutty, almost sweet flavor of the oil, especially if it has been minimally processed (“virgin” oil).

Turning the tide

The tide has turned so much that its proponents now claim that coconut oil is actually healthful — downright medicinal. It is said to promote weight loss; prevent heart disease, diabetes, arthritis, and other chronic diseases; improve digestion; treat AIDS and herpes infections; and strengthen the immune system. Apply it topically, and it is claimed that it rejuvenates skin and hair; swish it around your mouth and it fights gum disease and cavities. What can it not do?

The title of one book calls coconut oil a “miracle,” and another suggests it's a “cure” for Alzheimer's disease. Then there are the websites offering lists of 50 to 101 uses of the oil and 10 or 20 “proven” health benefits. Not surprisingly, Dr. Oz has promoted the “super powers” of coconut oil (especially for weight loss) on his TV show. Indeed, the pendulum may have swung in the op-

posite direction with claims of cures from the use of coconut oil, which remain scientifically unsubstantiated today.

Coco claims

Here is a brief review of some of the health claims on the use of coconut oil in selected medical conditions and the status of current investigations on its use.

• **Blood cholesterol and heart health.** Saturated fats tend to raise LDL cholesterol, but they vary in chemical structure and thus in their cardiovascular effects. Though research in humans has been remarkably limited, the saturated fats in coconut oil (like those, for example, in chocolates and dairy products) appear to be more neutral in this effect on blood cholesterol than those in, say, meat.

Coconut oil's main saturated fatty acid is lauric acid. Some research has found that lauric acid raises HDL (good) cholesterol and probably LDL as well. In a 2009 Brazilian study in the journal *Lipids*, for instance, young obese women who consumed an ounce of coconut oil a day for 12 weeks had increases in both HDL and LDL, but their HDL rose proportionately more, so their LDL/HDL ratio improved.

Promoters of coconut oil often point out that in places where people consume a lot of it, such as Sri Lanka and Polynesia, studies show that cholesterol levels tend to be healthy and rates of cardiovascular disease relatively low. But that could be due to various factors, such as genetics, exercise, and other dietary differences. We still don't really know how coconut oil affects the risk of cardiovascular disease.

• **Weight control.** There's no convincing evidence to support the claim that coconut oil can promote significant weight loss — regardless of what Dr. Oz says. The claim is based on the fact that the oil contains medium-chain triglycerides (triglycerides are the main component of dietary fats and are usually long-chain). Lab

(continued on page 15)

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COMMUNITY CALENDAR OF EVENTS

ISAH 2ND PRESIDENT ELPIDIO QUIRINO LEADERSHIP AND HUMANITARIAN AWARD AND GALA NIGHT | June 5, 2015 | HAWAII PRINCE HOTEL | Contact Danny Villaruz 778-0233 or Jun Abinsay 469-7351

PHILIPPINE NURSES ASSOCIATION OF HI, 36TH PNA GALA NIGHT | July 25, 2015 | HILTON HAWAIIAN

VILLAGE | 5:00 PM | Contact: Marise Aczon Armstrong, 542-5133 or Tina Salvador, 426-6183

MRS. ISAH 2015 CORONATION AND GALA NIGHT | October 24, 2015 | ALA MOANA HOTEL | 9:00 AM - 4:00 PM | Contact Danny Villaruz 778-0233

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GLOBAL NEWS

Filipina Wins in UK Elections

MANILA, Philippines - A British-Filipino named Cynthia Alcantara-Barker was recently elected as a borough councilor of Potters Bar Furzeffield ward, making her the first Filipino to conquer British elections.

With 1,513 votes in the United Kingdom's general elections last May 7, Barker, an experienced immigrant advisor, is the town's first ever Filipino to stand as a councilor.

The newly elected councilor stood in Potters Bar Furzeffield ward for the Hertsmere Council just North of London which saw the Conservatives increase their vote throughout the country.

"I am really humbled to have been selected by the residents. I never imagined I would be standing here. I am looking forward to the challenges and working with residents. The atmosphere has been tense but buzzing here



Cynthia Alcantara-Barker

all day," Barker told the Watford Observer based on the report of Balita Pinoy.

Barker will administer

Hertsmere Borough, a local government unit in Hertfordshire, southern England, and one of Hertsmere's local towns, Elstree and Borehamwood.

Their party won a total of 37 seats dominating the Hertsmere Council by ousting three seats from the Labor Party.

"I hope that by running for the Conservative party, I will inspire other Filipinos to get involved in politics. If I am successful in this, I hope that Filipinos will be encour-

aged and take an active part in the community and the whole of the country. It is important to be a part of the political machinery - the British are open and they embrace us. But we Filipinos need to make the first step and adapt," Barker said in an interview with Filipino Expat prior to her victory.

The highest position a Filipino held in local government of the United Kingdom before Barker's win was a town councilor. (www.philstar.com)

HEALTH & FAMILY (from page 14, COCONUT OIL....)

research has shown that medium-chain triglycerides are metabolized differently from other fats, with slightly more calories in the process. However, the few human studies on the effect of coconut itself on body weight have had inconsistent results. Like all edible oils, coconut oil is high in calories — about 120 per tablespoon — so it would be counterproductive to consume large quantities in hopes of losing weight.

• **Alzheimer's disease.** In 2012, a widely publicized book claimed that very large doses of coconut oil can treat Alzheimer's (and other neurological disorders), based on theoretical research, preliminary animal studies, and primarily the author's anecdotal evidence involving her husband. The theory is that medium-chain triglycerides such as those in coconut oil, by boosting the liver's production of ketones (byproducts of fat breakdown), provide an alternative energy source for brain cells that have lost their ability to use glucose as a result of Alzheimer's. Since then, there have been no published human studies to back the claims about coconut oil for Alzheimer's. It is unlikely that coconut oil would yield enough ketones to have a meaningful effect. Keep in mind that all of this is about treating people

who have Alzheimer's. There's no reason to think that coconut oil can help prevent the disease.

Coconut concoctions

Coconut is an important crop in many countries, notably the Philippines, Indonesia, and India, where substances from it have long been used in folk medicine and where the tree is often called the "tree of life." Nearly every part of the tree and its fruit are used by humans, including the following:

• **Coconut meat.** This is the thick white lining inside the coconut. A one-ounce raw piece has 100 calories, nine grams of fat, and nearly three grams of fiber. It naturally contains only a little sugar, but lots of sugar may be added to packaged dried coconut (shredded or flaked). You can sprinkle grated or shredded coconut into Asian-style dishes.

• **Coconut water.** This thin liquid from inside young green coconuts is now the hottest of all coconut products. It has a mild sweet/salty flavor and is virtually fat-free and low in calories; some products contain added sugar. It is touted as a "natural" sports drink because of the electrolytes, especially its high potassium level. But it has less sodium than standard sports drinks, so it may not be as good a fluid replacer. Keep

in mind that you don't need any special sports drinks unless you work out intensely for more than an hour, and even then, plain old water is usually fine. As for all the other health claims — that coconut water can control diabetes, fight viruses, speed metabolism, treat kidney stones, and so on — don't believe them.

• **Coconut milk.** Made from grated and squeezed coconut meat, the milk is very high in calories (445 per cup, canned) and fat (48 grams per cup, canned, almost all saturated). Like coconut oil, the milk does not seem to have a detrimental effect on blood cholesterol, as was seen on an eight-week study from Sri Lanka published in the Journal of Nutrition and Metabolism in 2013. It is not for drinking straight up or for cereals, but can be used in cooking, especially for curries and other Asian dishes. "Light" coconut milk has half the fat and calories (still a lot). Lower-calorie coconut milk products are marketed as alternatives to regular milk and as frozen desserts.

• **Coconut sugar.** This is not made from the coconut fruit itself but from the nectar of the flowering buds of the coconut tree. Despite the claims, it is really just another form of sugar, with negligible extra nutrients and no health benefits. Less sweet and more expensive

than regular sugar, it has a slight caramel taste.

Bottom line

Coconut oil certainly did not deserve its bad reputation. But a lot more long-term research in humans is needed to determine if it deserves to take its place as a health food for various medical conditions. Maybe there is a need for the

coconut industry in the Philippines to spearhead research on the various health aspects of coconuts in Filipinos. After all, millions of Filipinos depend on coconuts for their livelihood. Paging the Philippine Coconut Authority!

Meanwhile, there is no question that for the moment, unlike in the past, coconuts are on a roll! (www.philstar.com)

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