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CELEBRATING A FILIPINO-STYLE CHRISTMAS

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EDITORIALS

Why Christmas Matters to Filipinos

Other than the Philippines, it's hard to think of any country that plays Yuletide music as early as September—the first of the “ber” months. By early September, streets begin to brighten as vendors sell their numerous Holiday Season decorations, malls put up their Christmas displays and radio stations begin playing Christmas carols. Things really start to heat up by November and early December as rush hour traffic becomes heavier and malls more crowded. In business districts and more affluent neighborhoods, the streets and individual homes are lit up with Christmas decorations, garlands, colorful lights and *parols* (lanterns). Carolers go from house-to-house where they receive either money or candies for their singing.

Many Christmas traditions in the Philippines are deeply influenced by Spanish colonizers. As the only Christian nation in Asia, Christmas in the Philippines is a religious holiday that Filipinos, the majority of whom are Roman Catholics, have eagerly embraced. Some even joke that the Philippines basically has three seasons—the dry, rainy and Christmas seasons. From the *Simbang Gabi* or *Misa de Gallo*—nine consecutive days of masses that culminate on Christmas Eve to the *belen* (nativity scene), the *Panunuluyan* (re-enactment of Joseph and Mary's search for shelter), the *Noche Buena* (Christmas Eve dinner)—Filipinos have numerous references to cherished Christmas customs, habits and traditions.

It's no secret that family is everything when it comes to Christmas in the Philippines. Families large and small plan their reunions around Christmas, when there is a lot of food, endless talking and videoke. Some families open gifts at midnight, while others prefer to wait until morning. *Balibayans* are often tempted to extend their vacation during Christmas because of the happy vibes and completeness of the family, which basically shows the tight-knit closeness of a typical Filipino family. For hard-working Overseas Foreign Workers (OFW)s, spending Christmas with family can ease the struggles and loneliness of working abroad.

In short, Christmas is the most beautiful time of the year for many Filipinos because it is a festive season into which love, generosity and acceptance are woven as timeless virtues. Christmas becomes even more meaningful when celebrated with those whom we cherish the most—our family and friends. Above all, Christmas is the time for Filipinos to celebrate the birth of Christ, which is a reminder to love, give and share with others during this special season. Merry Christmas to all!

Update or Abolish the Electoral System

Even something as definitive and absolute as math can be reduced to mean something else when politics get in the way. For example, the average American believes one person's vote equals to one vote. Common sense tells us this is correct. But under the Electoral College—our system that we rely on to elect a U.S. president—an individual citizen's vote in one state could be equal to two, three, or even four times the vote in another state. In Wyoming, the weight in electoral votes is quadruple to an individual in California.

The net result is what most people already know—a presidential candidate can receive more direct or popular votes

FROM THE PUBLISHER

Christmas and the New Year are both fast approaching! Hectic though it may be, let's try to slow it down a bit, savor this magical time of the year and really enjoy the sights and sounds of Christmas. At the same time, let's also not forget the real “reason for the season”—the birth of our Lord and Savior, Jesus Christ.

The cover story for this issue is about authentic Filipino-style Christmas celebrations here in Hawaii and in the Philippines. Two local events have become beloved Christmas traditions for Filipino families. The first is the dazzling City Lights Celebration and Electric Light Parade at Honolulu Hale, while the second is *Pasko! sa FilCom* which was held earlier this month. Hundreds attended the 10th version of this favorite event at the FilCom Center in Waipahu. To read more about these and other timeless and uniquely Filipino Christmas traditions, turn to page 4.

In other news, the November General Election was just a few weeks ago, but the City's Neighborhood Board system is already preparing for another election. Applications are being accepted from residents who may be interested in running for a seat on their respective neighborhood board. If you've always wanted to participate in the government process and to make a difference in your community, now may be your chance. Please turn to page 7 for more details on eligibility requirements and the neighborhood board system.

In closing, we reported in our last issue the efforts of the Ohana Medical Mission and the preparations being undertaken for its 10th mission to the Philippines. The team is scheduled to leave for Manila in the next few days, so please keep them in your thoughts and prayers. We wish them a safe and successful journey!

This issue also marks our very last for 2016, so on behalf of the Hawaii Filipino Chronicle, I'd like to wish all of you a very Merry Christmas and a safe and Happy New Year. We are deeply grateful for your faithful support of our paper.

Until our first issue in 2017...*aloha* and *mabuhay!*

Chona A. Montesines-Sonido

(where an individual's one vote equals to one vote) but not be elected if the candidate loses in electoral votes. In the 2000 Bush vs. Gore election, Bush was elected president for winning the electoral votes, but lost the popular vote. Once again, Democrats find themselves on the losing side of this archaic system, as Hilary Clinton won the popular vote by more than 2 million over Donald Trump but we all know who is occupying the White House due to our electoral system.

To further demonstrate in real numbers how unfair the system is—Trump beat Clinton in the swing states of Michigan, Wisconsin and Pennsylvania which helped to put him over the top of the required 270 electoral votes to win the presidency. When adding the popular or individual vote collectively in all three of these states, Trump beat Clinton by a little over 100,000 votes. Clinton's popular vote aggregate of over 2 million plus votes ahead of Trump is basically cancelled out by the measly 100,000 votes Trump received over Clinton in these three states. Why? Because the entire electoral votes of Michigan, Wisconsin and Pennsylvania went to Trump and tilted the national election. In more simpler terms—the 100,000 Trump votes in these swing states was given more numeric weight than over 2 million Clinton votes nationally. Imagine that. Deconstruct the entire election mathematically and this is what you get.



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(continued on page 3)

CANDID PERSPECTIVES



By Emil Guillermo

Trump Plays It Loose, Filipino Partners Selling Condos Play It Looser

Filipinos in Hawaii have the best of both worlds. You're already in paradise. Why would you want to go back to the Philippines when you have all the U.S. has to offer and fresh malasadas?

But that's not the case for Filipinos in California who can be lured by nostalgia to buy a place back "home." It makes immigrant Filipinos a good target for aggressive sales prac-

tices that can sometimes go over the line.

And that has some in California wondering if real estate transactions in the state, initiated by Filipinos on tourist visas selling retirement condos in Manila, were done so without being properly licensed solicitors.

One advocate even says it may even be a case of human trafficking. The story is important because of the man whose properties are being sold.

They belong to Jose E.B. Antonio, one of the richest men in the Philippines and prior to the election of Donald Trump,

named the Philippines' special envoy to Washington for trade, investment and economic affairs.

Antonio also happens to be a "ginormous" Asian F.O.T. That would be "Friend of Trump" but he's actually more than that.

Trump's Manila Partner

A recent New York Times top story headlined "World of Potential Conflict For a Developer President: Many Trump Partners Have Ties to Foreign Governments as Work Spans Globe" actually put Antonio in the lead.

As chair of the Century Properties Group, he's building the \$150 million, 57-story high rise on the edge of Manila's Makati district, so tall it can be seen for miles around by the predominantly poor masses of the city.

And the symbol of capitalistic opulence is called Trump Tower Century City, of course, where you can "live above it all." The ongoing questions of conflict of interest may be resolved soon, as Trump has tweeted that he's leaving his business, with a major announcement to come.

"Hence, legal documents are being crafted which take me completely out of business operations. The Presidency is a far more important task!" Trump tweeted.

We'll see how he's going to do all that. Now what about Antonio? He's still the envoy on business and trade to the U.S. for the Philippines. And

Juvenal Castro knows how Antonio conducts business.

Improper Sales?

Castro, 77, is a retired Navy officer who lives in California. Last year, Castro helped a distant relative and three others who were visiting on tourist visas from Manila. The visas were for cultural dance performances to take place in September and October throughout California's Filipino communities.

The performances took place. But the dancers' main job wasn't to move to the music. It was to move Antonio's real estate, in an aggressive sales push, a violation of their visa.

"Oh yeah, they try to sell me too," Castro told me, though he didn't buy. "(The dancing) looks like a smokescreen. They were (here) selling properties in the Philippines."

(continued on page 15)

EDITORIALS

(from page 2, UPDATE...)

The framers of our Constitution devised the Electoral College to entice smaller states to join the Republic. Each state receives one electoral vote equal to the number of member-representatives of that state to the U.S. House, plus two electoral votes representative of the two senators from each state. While the number of U.S. representatives (equal to electoral votes) is supposed to be based on population, that number is distorted and lags in time because it is dependent on Census figures and Census accuracy. The integrity of one-person, one-vote principle is further compromised because of the electoral system's winner-take-all method. A hypothetical example, one candidate can win by only 10 direct votes in the state of Florida but receive 100 percent of the electoral vote-share allocated to Florida, or 29 electoral votes. So, in this example, 10 direct votes are given more numeric weight than millions of votes that went to the losing candidate.

Political Ramifications

What the Electoral College means politically is that it is working exactly as the

framers of the Constitution intended. But is this acceptable in this modern age? Smaller swing states (meaning states that can go either Democrat or Republican by the margin) in the Midwest, Southwest and Florida will dictate who becomes president. It is conceivable for a presidential candidate to win enough electoral votes from just 11 states and essentially lose the other 39.

These small swing states tend to be more rural and disproportionately White, making this demographic more politically influential than urban, minority and Democrat Americans, as seen in the latest election and the 2000 election. There had been only four occasions that a president won on electoral vote and not popular vote. Two occurred centuries ago; the other two in the 2000s (Gore, Clinton) which indicate the current population geographic shifts and growth may lead to this oddity becoming even more frequent, thus undermining the integrity of a fair election process.

Two Solutions

Americans must push for an amendment to the Constitution and change the electoral

system. One remedy is to abolish the Electoral College and implement direct vote. The candidate who receives the most popular votes should be the victor. This ensures that one individual vote counts only as one vote, and not weighted in, deviously, as some bad political concoction.

The second remedy two is to make electoral votes in each state count proportionately by the percentage of popular votes received. If a candidate received 35 percent of the popular vote, that candidate must get only 35 percent of the electoral vote. This ensures that every vote is counted in a state and added to the national tally.

The U.S. prides itself as having one of the most fair and egalitarian democracies in the world. The cornerstone of this belief is that our one vote is equal to the vote as any other American—rich, poor, recent immigrant, Mayflower descendant, minority, blue-blood, urban, rural, educated and uneducated. Voting is sold as the great equalizer. But in reality, this is only true if one vote equals to one vote. It's time to make good on that ideal and change the electoral system as a matter of fairness.

PHILIPPINE CONSULATE TO CLOSE FOR HOLIDAYS

The Philippine Consulate General in Honolulu will be closed to the public for the upcoming holiday season. The Consulate will be closed on Monday, December 26, 2016 for Christmas and on Friday, December 30, 2016 in observance of Rizal Day and Bonifacio Day. For emergencies, please call the Consulate's duty officer at (808) 253-9446.



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COVER STORY

Celebrating a Filipino Christmas

By Dennis Galolo

Few events during the year elicit a joyful response in Filipinos as much as Christmas can. The Yuletide Season is the favorite time of the year for many Filipinos who see it as an occasion to get together with friends, reconnect with family members and celebrate the birth of Jesus.

In Hawaii, Christmas displays can be seen at stores like Macy's or Costco a week or so before Halloween. But in the Philippines, Christmas promotions begin much sooner—sometimes as early as September—and last all the way through the first Sunday in January, otherwise known as Three Kings' Day.

For Kidapawan City resident Charisse Acacio, the Christmas decorations and displays were up at the shopping malls the day after Halloween. Kidapawan City is the capital of Cotabato Province on Mindanao and located about a two-hour drive away from Davao City.

"People are already saying 'Merry Christmas' to each other at the beginning of the 'ber' months," she says. "For us, that signals the start of the Christmas season."

Christmas Eve during Acacio's childhood years was a festive time. Her parents would typically wake her up at 11:45 pm in time for the big celebration. She and her siblings would light sparklers and watch their neighbors set off fireworks. A few minutes before midnight, the children would open their gifts and at midnight, the family would sit down to enjoy the *Noche Buena*, or Christmas Eve meal. For the Acacio family, it was usually barbecue, spaghetti and fruits. On Christmas Day, the Acacios would attend church and thank God for His many blessings during the year.

Thousands of miles away on Oahu, the Villanueva family of Waipahu put the finishing touches on their Christmas tree and lights on December 1st. Trimming the Christmas

tree and decorating the house is something that the entire family does together.

"For our family, Christmas is a very special time," Ruffalyn Villanueva says. "We remember the birth of Jesus and celebrate it together as a family."

The Villanuevas typically attend a midnight mass at St. Joseph Church in Waipahu then return home for the *Noche Buena* meal. Bright and early the following morning, they are back in church for the Christmas Day mass, then go home to open presents.

Simbang Gabi

A uniquely Filipino Christmas tradition is *Simbang Gabi*, a series of pre-dawn masses held over nine consecutive mornings starting December 16 and culminating on Christmas Eve. The masses are usually held at 4 am, thus the name "Misa de Gallo," or Mass of the Rooster, since the rooster crows at the break of dawn.

Acacio remembers her parish filled with people on the first day of *Simbang Gabi*. The people are excited with some arriving as early as 3 am to reserve their seats. Part of the reason, she says, is an old folks' saying that those who attend all nine morning masses can wish for whatever they desire and it will come true.

"I tried it but it's hard to wake up so early," Acacio says. "A lot of people are there early on the first morning but the challenge is whether you can still get up on day two and on the succeeding days."

Acacio recalls a time



when a student of her mom slept over during *Simbang Gabi*. The student said her mom attended all nine morning masses and at the conclusion wished for her sister and boyfriend to break up their relationship.

"That student's sister later broke up with her boyfriend after New Year's," Acacio says. "So their family is claiming that it's really true."

Honolulu City Lights

Despite rainy weather for most of Saturday, December 3, 2016, thousands of residents and visitors alike flocked to Honolulu Hale for the City's Tree Topping Ceremony that officially kicked off Honolulu's Christmas Season and Honolulu City Lights Display.

The festive evening was awash with bright lights from the numerous displays, live music from the civic center grounds and at dusk, the long awaited Electric Light Parade that traveled from Chinatown along King Street. The parade included several high school marching bands and brightly-decorated vehicles.

Kalihi resident Emily, who only gave her first name, and her boyfriend were among the thousands at the event. It was the first Honolulu City Lights

celebration that Emily, a recent graduate of Farrington High School, was a part of.

"I've always wanted to come to this event but was scared off by the crowds and not knowing where to park but this year we finally decided to stop making excuses," she says. "I'm glad we came because we really enjoyed it. I think if you live in Hawaii, you should at least come once to this event and visit the courtyard in Honolulu Hale and take a look at the Christmas trees and other displays."

Among the activities was the announcement of winners of the 31st Annual Holiday Wreath Contest. Some 63 wreaths were entered for the contest which was themed "A Neighborhood Christmas."

Winners were recognized for several categories, including adult, youth and theme. The Mayor's Holly Award for the best-in-show wreath was presented to Wendy Kamai for her wreath entitled "Kaiulu Ohana" or "neighborhood family." Her wreath of needle-felted wool over a wire armature depicts a large flower with several endemic Hawaiian birds.

The wreaths and other decorations will be on display

(continued on page 5)

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COVER STORY

(from page 4, CELEBRATING ...)

at Honolulu Hale daily from 8 am to 11 pm and will run through January 1, 2017, including the Christmas and New Year's holidays.

Pasko! sa FilCom

Another favorite local Filipino Christmas tradition is *Pasko! sa FilCom* which was held on Sunday, December 4, 2016 at the Filipino Community Center (FilCom) in Waipahu from 3 pm to 7 pm. The sights and sounds of a traditional Filipino Christmas filled the FilCom's hallways and greeted the attendees.

The theme for this year's 10th annual *Pasko! sa FilCom* was "Paskong Pinoy: Pinakamasaya Kaya Sama Na!" or "Filipino Christmas: the Happiest So Join In!" The celebration drew about 500 attendees, estimates Arceli Rebolido, FilCom's program director.

Highlights of the 10th annual *Pasko! sa FilCom* included cooking demonstrations, sampling of Filipino food and delicacies,



and several contests involving a choral competition, Christmas tree tabletop contest, *parol* making contest and Krismas Karaoke Contest.

A few years ago, FilCom officials decided to hold the event on the first Sunday of every December.

"We wanted to be the first ones to celebrate *Pasko*," Rebolido says. "This year's event was a big success and went

very well."

Rebolido thanked the Philippine Cultural Foundation of Hawaii, Philippine Nurses Association of Hawaii, University of the Philippines Alumni Association of Hawaii and many other community organizations for pitching in their time and resources for *Pasko!* There were also dozens of youth volunteers from the University of

Hawaii-Manoa, Leeward Community College, Waipahu High School and Waipahu Intermediate.

FilCom Donnie Juan executive director says it's important for the Center, as the gathering place for all Filipinos in Hawaii, to showcase Filipino Christmas customs and traditions.

"For the FilCom Center, we need to take the lead and

provide the community a glimpse of how an authentic Christmas is celebrated in the Philippines," Juan says.

Juan's earliest memory as a child was a family tradition in which the youngsters would embark on a treasure hunt organized by "Santa." They were guided by clues placed throughout the house. Clues that were successfully solved led to the next of directions. At the very end, the children always found the gifts they searched for.

"My parents were born in the Philippines and immigrated here, so I'm not sure where we got the idea from because it's a very non-traditional thing to do for a Filipino family," Juan says. "But we loved it."

Memories such as that, the experts say, make a positive impact in the lives of children and draw families closer together during this Holiday Season. After all, that's what Christmas is really truly all about.

HAWAII-FILIPINO NEWS

Hawaiians Could Get Financial Help Buying 2017 Health Coverage

About 8.8 million Americans and 10,958 Native Hawaiians who buy health insurance through HealthCare.gov receive tax credits that help make coverage more affordable. But about 12 million more Americans, including 12,600 Hawaiians, may also be eligible for help during this open enrollment period, but not know it.

This group includes:

- Current HealthCare.gov consumers: 600 Hawaii consumers who didn't get tax credits last year could be eligible for tax credits in 2017, even if their income remains the same, because financial assistance moves along with rates. That's 24 percent of currently unsubsidized Hawaii Marketplace consumers.
- Off-Marketplace individual consumers: About 7,000 Hawaiians who cur-

rently pay full price for individual coverage off-Marketplace could be eligible for tax credits if they purchase a 2017 plan through HealthCare.gov instead.

- The remaining uninsured: About 5,000 uninsured Hawaiians earn incomes indicating they could be eligible for financial assistance. Nationwide, 84 percent of Marketplace-eligible uninsured Americans have incomes suggesting they are tax credit eligible.

In Hawaii, 4,726 people have already signed up for coverage in the first month of open enrollment, more than last year at this time. More Hawaiians could benefit by visiting HealthCare.gov before the December 15th deadline for coverage beginning January 1st and checking their options for affordable, quality

health insurance.

The Marketplace's tax credits are designed to keep pace with premium increases. This means that for many consumers already receiving tax credits, the value of that financial assistance will increase this year to keep pace with the cost of coverage in their area. It also means that more individuals may qualify for tax credits as premiums rise.

For those eligible for financial assistance, the Affordable Care Act (ACA) specifies the share of income the consumer is expected to contribute toward health coverage. The tax credits make up the difference between that amount and the actual cost of a consumer's benchmark (second-lowest-cost silver) plan.

For example, in 2017, a 27-year old in Hawaii making \$25,000 per year will pay \$117 per month to purchase the benchmark plan, almost

exactly the same as in 2016. That's because the 27-year old will, on average, get a \$171 tax credit—80 percent higher than in 2016.

U.S. Department of Health & Human Services officials encourage you to visit HealthCare.gov to browse and shop

for quality, affordable health plans. More than 71 percent of current Hawaii Marketplace consumers will find plans for less than \$75 per month, and the vast majority can save by coming back to actively shop instead of waiting to be re-enrolled in their current plan.



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COMMENTARY

Global Uncertainty

By Sheryll Bonilla

Ot's very odd that a Republican Congress that has investigated Hillary Clinton numerous times, repeatedly on the same issues, without finding any wrongdoing, has suddenly gotten quiet now that actual or potential influence peddling is going on with Hillary's opponent.

Mitch McConnell and Paul Ryan could have had Congress pass Sen. Ron Wyden's bill to require Trump to disclose his tax returns after being nominated, so that the public could see his financial entanglements, and chose not to do so. Presidents' children and business associates aren't supposed to attend meetings with heads of state. Presidents have always met with foreign leaders in full of the press. Trump is bucking both customs that are in place to keep our government on the up-and-up.

Deutsche Bank of Germany is Trump's largest lender, loaning him more than \$300 million, comprising about 25 percent of his loans. The Justice Department has two long-running investigations on Deutsche Bank. One relates to predatory lending practices that led to the 2008 mortgage crisis and the other is on the bank's alleged illegal funneling of money out of Russia. The Justice Department has demanded settlement for the mortgage fraud case, but Trump's business interests could be affected if the bank complies.

Trump has in the past sought lower repayment terms

from the bank. ABC News reports that the investigations should now be turned over to an independent prosecutor so that Trump will not have the ability to influence the investigations. Imagine the conflict of a major lender offering favorable financing to the president's businesses if he can make the investigations go away.

Want to influence American policy? Do business with the American president. One week after the election, at his recently opened Trump International Hotel in Washington, D.C., near the White House, about 100 foreign diplomats gathered to learn about the president-elect's business holdings around the world, win raffle prizes and take home a goody bag of chocolates. Washington Post interviews with a dozen diplomats said spending money at the hotel is an easy way to be friendly with the new president, giving them a chance to compliment his resorts when meeting with him.

While campaigning, Trump registered eight companies in Saudi Arabia, according to The Washington Post. He campaigned that America shouldn't depend on Saudi oil. Now he says he won't object to selling nuclear weapons to the Saudis and pledged to protect their kingdom, according to the International Business Times.

Trump's hard stance against Muslims was a strong point of his campaign. The president of Turkey, a 99.8 percent Muslim country, demanded that Trump's name be removed from his property in Istanbul. Trump dropped his

campaign promises to ban Muslims from emigrating.

Three executives from India—Sagar Chordia, Atul Chordia and Kalpesh Mehta—were quoted in Indian newspapers about expanding their partnership with Trump in India now that he has been elected.

Trump met with British politician Nigel Farage and encouraged him and his colleagues to oppose offshore wind farms because he believes these will mar the pristine view from one of his two Scottish golf courses. Farage is a leading advocate of Brexit.

One of Argentina's most influential TV programs reported that Trump asked its president to support Trump's office tower project in Buenos Aires. Trump's Philippine trade envoy, Rodrigo Duterte, is also the developer of his Trump Tower in Metro Manila.

This is just four weeks after the election. Where are the Congressmen who promised that if Hillary was elected, they'd investigate everything she did and bring her government to a standstill? Or does ethics not apply if Trump was elected?

Slate reported "Russia is Europe's Gas Station...And that's why you won't see European leaders calling for action against Putin." After the crash of Malaysia Airlines Flight 317 and Putin's invasions into other nation's territories, Europeans are in an awkward position. They want to punish Putin for Russia's actions, but Russia's investments make it difficult to impose economic sanctions.

Boycotting Russia's cash inflow, imports and other investments would damage the European economy. Being so

dependent on Russia's oil and natural gas makes Europe vulnerable and unable to punish Russia for its invasions of other countries. Britain's Guardian newspaper echoes Slate on the unease among European leaders who want to take a stronger stance against Russia but are hindered by the economic and social repercussions of Putin's energy and financial muscle. With Trump about to ally himself with Putin and other dictators and his promises to get out of NATO, Europe is even more fragile.

The Wall Street Journal reported that Trump ruffled China by acknowledging the existence of Taiwan as a separate country, not simply another region of China (as presidents have done since President Nixon established the "One China" policy). He telephoned Taiwan President Tsai Ing-wen, a call arranged by former Sen. Bob Dole, and discussed China and Asia-Pacific stability.

His tweets resulted in complaints from China to the White House, demanding to know what Trump's foreign policy is—"We don't know" was the White House's honest response.

The U.S. is among several countries changing leaders this year. New Zealand Prime Minister John Key announced his surprise resignation. Austria elected anti-establishment candidate Alexander Van der Bellen. French Premier Manuel Valls resigned. Britain's Prime Minister David Cameron resigned after the July Brexit fiasco. Italian Prime Minister Matteo Renzi resigned.

CNN reports a "rising wave of populism spreading in Europe." With the wave of anti-establishment sentiment affecting elections around the globe, the world situation is a big question mark.

The scary question that hasn't been much asked and should have been thought about seriously is if Trump's businesses around the world are attacked, would he send in our military to protect his private businesses, saying that the action was akin to an attack on an American embassy because it belongs to the president and bears the president's name? Will our sons be sent to foreign soil to defend a businessman's private property all because that businessman happens to be an elected official with the power to do so?

HAWAII-FILIPINO NEWS

Rail Plan Gets Extension

The Federal Transit Administration (FTA) has extended the deadline for the City to submit its interim plan for the fixed rail project until April 30, 2017. The Honolulu Authority for Rapid Transportation (HART) had requested an extension until July 30, 2017.

"HART thanks the FTA for its consideration for granting an extension into next year, which will now allow us more time to continue our work on the recovery plan and to work to with the necessary stakeholders and partners to secure the additional funding necessary to build the full 20 mile, 21 station rail transit system originally planned for Honolulu," says HART spokesperson Bill Brennan.

Earlier this year, the City considered ending the rail project at Middle Street due to ris-

ing costs but was informed by the FTA that doing so would risk \$1.5 billion in federal funding if not completed to Ala Moana Center as agreed to under the Full Funding Grant Agreement (FFGA).

City officials will request the 2017 State Legislature when it convenes next month to extend the general excise tax (GET) surcharge. The City Council at its December 1st meeting adopted Resolution 16-248 which reaffirms its support to extend the GET in order to complete the route to Ala Moana.

The Council is also looking into all possible funding sources to reduce the cost of the remaining rail construction. Solutions include public-private partnerships or seeking an adjustment to the State's fee of 10 percent to administer the 0.5 percent rail surcharge.

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WHAT'S UP ATTORNEY?



By Atty. Emmanuel Samonte Tipon

Clinton Recount Petition Barred By Waiver and Estoppel; Stein's is a Fishing Expedition

"Hillary Clinton conceded the election when she called me just prior to the victory speech and after the results were in. Nothing will change," tweeted President-Elect Donald Trump on November 27, denouncing Clinton's joining the recount petition in Wisconsin initiated by Green Party presidential nominee Jill Stein. In her concession speech Clinton told supporters that they should "accept the results and look to the future." "Donald Trump is going to be our president. We owe him an open mind and the chance to lead."

By conceding the election, Clinton is barred by the principles of waiver and estoppel from joining the petition for recount of Stein.

"The rules governing waiver and estoppel have been invoked to bar election contests or to preclude the assertion of particular claims on review of the actions of an electoral board." 29 Corpus Juris Secundum, Elections § 443.

"A waiver is comprehen-

sively defined as a voluntary and intentional relinquishment, surrender, or abandonment of a known existing legal right, advantage, benefit, or privilege, which except for such waiver, the party would have enjoyed." Corpus Juris Secundum, Estoppel and Waiver § 85. It is like pleading guilty in a criminal proceeding where the accused waives his/her right to a trial. The accused cannot later change the plea if it was made knowingly, voluntarily, and intelligently. Clinton conceded the election knowingly, voluntarily, and intelligently.

"Estoppel is a bar which precludes a person from denying the truth of a fact which has in contemplation of law become settled by the acts and proceedings of judicial or legislative officers, or by the act of the party seeking to interpose the denial, either by conventional writing or by express or implied representations. In short, estoppel results from something which the law treats as so conclusive an admission that it cannot be controverted by the party making it, and implies that the one who by his or her deed or con-

duct has induced another to act in a particular manner will not be permitted to adopt an inconsistent position, attitude, or course of conduct and thereby cause loss or injury to such other." Corpus Juris Secundum, Estoppel and Waiver § 1. By conceding, Clinton induced Trump "to act in a particular manner," that is, to act as if he had won the election. Clinton "will not be permitted to adopt an inconsistent position, attitude, or course of conduct and thereby cause loss or injury" to Trump and to our country.

Clinton said during the debate, after Trump indicated he might not accept the result of the elections if it was rigged, that "That is not the way democracy works. . . We've accepted outcomes when we may not have liked them." Clinton's campaign general counsel Marc Erik Elias admitted that they "had not uncovered any actionable evidence of hacking or outside attempts to alter the voting technology" <https://medium.com/@marceelias/listening-and-responding-to-calls-for-an-audit-and-recount-2a904717ea39#.tn0p4w1tp>

Stein Recount Petition is a fishing expedition

Jill Stein filed a petition for recount with the Wisconsin Elections Commission alleging that there was "foreign interference in the presidential race" and that the significant increase in the number of absentee ballots in Wisconsin "could be attributed to a breach of the state's electronic voter database."

<https://www.dropbox.com/s/9q5o4e3lj8uszu1/The%20Guardian%20E2%80%93%20Jill%20Stein%20Wisconsin%20Recount%20Petition.pdf?dl=0>

However, Wisconsin officials said that their voting machines are not connected to the internet, thus they cannot be hacked. It is thus clear that Stein's recount petition is frivolous and is a fishing expedition.

In Wisconsin, Donald Trump received 1,409,467 or 47.9% of the votes, Hillary Clinton received 1,382,210 or 46.9%, and Jill Stein received 30,980 or 1.1% . <http://www.wisconsin-vote.org/election-results>

How, in the name of Bathala, can Stein overcome that result? A candidate challenging the result of an election must prove, or at least allege,

that but for certain specified irregularities in the election, the outcome would have been different in that such candidate would have won.

There may be a recount in a contested election "in which errors and irregularities might affect the outcome of the election." 29 Corpus Juris Secundum, Elections § 518.

"A party has no right to demand a recount as a mere fishing expedition and considerations of public policy should influence the court to be cautious before ordering a recount." 29 Corpus Juris Secundum, Elections § 513.

"A petition for a recount should state sufficient facts to justify a right to the relief sought, such as fraud or mistake, a claim that such recount will change the result of the election, or a prima facie showing of election irregularity sufficient to cast doubt on the results announced." 29 Corpus Juris Secundum, Elections § 522.

"Before a recount may be ordered, the contestant must allege and prove some factual basis or cause for their belief that an error in counting has occurred. . . A court will not, on the mere suspicion and demand

(continued on page 10)

HAWAII-FILIPINO NEWS

Neighborhood Board Candidate Filing Period Opens

The General Election was held just a few weeks ago, but the City is preparing for another election for seats on various neighborhood boards across Oahu.

December 1, 2016 was the first day candidates could file to run for their respective neighborhood boards. Applicants can do so by going online to: www2.honolulu.gov/nbe or submit a registration form which is available at the Neighborhood Commission Office (NCO) at Kapalama Hale, 925 Dillingham Boulevard, Suite 160 and the Department of

Customer Services Public Information Center at the Mission Memorial Building, at 550 South King Street.

Candidates must be Oahu residents who will be at least 18 years of age by the application deadline of February 17, 2017. Mailed forms must be postmarked by the deadline date and received by February 24, 2017.

Voting begins on April 28, 2017 and ends on May 17, 2017. Elected board members serve a two year term starting on July 1, 2017. Voters will elect 437 neighborhood board

representatives to serve on the 33 neighborhood boards.

The mission of the Neighborhood Board system is to increase and ensure effective citizen participation in the decisions of government. Neighborhood boards are the only government-sponsored civic engagement system in the state. While they are advisory, board activities may include study and review of capital improvement projects and zoning concerns. They may also conduct educational programs on governmental decision making processes and establish community goals, objectives, and priorities.



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VITALIS VILLAS: SYMPHONY IN BLUE AND WHITE

By Edu Jarque

MANILA, Philippines - Her father had a vision of creating wonders on a rocky hill in Barangay Sabangan in Ilocos Sur. When he went on an extended holiday in Santorini, Greece, he fell in love with the area – and it all fell into place.

Fortunately for Dad, Kristine Singson-Meehan had a career change of heart, shifting from accounting to arts and architecture, and pursued further studies at Les Roches International School of Hotel Management, in the Alpine village of Bluche, Switzerland. There, she met Anthony Meehan, who would become her partner in life.

This prepared her to take up her role as president and CEO of ArtStream Hospitality Management Group Inc., as they now operate the Hotel Rembrandt in Quezon City, Le Monet within Camp John Hay in Baguio, Hotel Luna in the heritage city of Vigan and the Staylite in Candon City.

And with much research, discussions with friends and associates, Kristine – inspired by the patriarch – together with engineer Eduard Yu, laboriously sculpted multi-level mountains and worked around unmovable boulders to build Vitalis Villas, an immaculate white – with touches of cobalt and navy blue – haven, which recently welcomed its first guests.

“We respected the surrounding natural environment when we constructed the complex. We continuously held on-



Santorini in Ilocos Sur: Luxury resort Vitalis Villas is perched on a bluff looking out over the South China Sea.

site inspections to make certain everything was according to its meticulous plan,” shares Kristine. “And yet, we had to make quick decisions, adjustments and modifications along the way just so we could leave nature as intact as possible. This was all in honor of the dream of my father.”

Situated some 360 kilometers from Manila, the resort was named after Macario Vitalis, a Filipino painter born in the buri palm capital of San Juan, Ilocos Sur in 1898 who, as a teenager, sailed across the seas to chase his dreams, and eventually settled down in Brittany, France, where he devoted his entire life to the arts.

It is not surprising, then, that Vitalis Villas is a prime artists’ colony, with the obra maestras of Vitalis himself, National Artists BenCab and Abdulmari Asia Imao, Spain-based Guy Custodio, Elmer Borongan, Rene Robles, Fred Baldemor and the sculp-

tures of Daniel de la Cruz.

The property is perched atop steep cliffs overlooking the sea and the picturesque Santiago Cove. The signature cave-houses, with white and blue rooms in distinctive Cycladic architectural style, and narrow cobbled streets and winding paths give the vibe of a different country, and yet is enveloped with the history, culture, traditions and natural warmth of the Filipino.

According to Kristine, there are four different phases in the build up of the complex. Phase One features 23 two-bedroom suites, five of which have their own jacuzzis; two one-bedroom spaces; 20 superior deluxe rooms and three infinity pools. I stayed in one of the two-bedroom suites, with an extensive and impressive array of appliances and amenities. And the space, the glorious space, was appreciated, as I sat back in my veranda, overlooking a spectacular panorama.

Phase Two installed the social and recreational facilities, such as the Ionic column-lined Parthenon Grand Ballroom and the stone-themed Petra Restaurant. These are located at the top area, which allows a vista of the majestic sunrise with morning coffee or the splendid sunset with cocktails.

Phase Three will introduce

20 more suites and rooms as well as a bakery, for Filipinos appreciate this staple in their daily diet all the more.

As for Phase Four, “there are on-going discussions that have yet to be finalized, but I assure you it will be more than exciting!” Kristine teases.

Though an ideal go-to spot for rest and relaxation, that’s not all it offers. A quick shuttle ride away lies Vitalis White Sands, a nearby sister property which boasts of a white-sand private hideaway and a water-sports center.

Aquatic vehicles such as kayaks, banana boats, jet skis, pedal boats and paddle boats may be used to surf the waters, while holidaymakers enjoy popular group competitions such as Saturn Ball, where participants need to balance on a huge floating ringed ball, and the floating volleyball court, with a huge ball which needs to be handled by the team in unison.

For the young, an inflatable see-saw and an iceberg are found by the shores, ready to provide countless hours of fun under the sun. A short saunter leads to a mini petting and feeding zoo, with camels and California zebras, as well as sheep, goats and Shetland ponies, with more friendly creatures to be added.

It is heartwarming to note that at least 90 percent of the staff are talents from neighboring barangays and municipalities. Distinguished leaders in the hospitality, accommodation and restaurant trade, together with food and beverage expats and domestic chefs from other properties of the hotel chain, passionately mentor their apprentices to someday reign over various departments of hotels and resorts – kitchens included – with their impeccable skills and service.

The Vitalis Villas management likewise provides a whole package of scholarships – plus ample allowances and subsidized accommodation, transportation, food and other needs – to 50 deserving students every six months at the Candon City Culinary Academy, under the auspices of the Center of Culinary Arts in Manila, where they undergo training to eventually access gainful employment within the conglomerate.

The dreamy seaside sanctuary will soon be a prime wedding destination, with the Capilla de la Inmaculada Concepcion available for milestone celebrations. The Stations of the Cross, with Filipinized attire and adornments, by Guy Custodio – bought years ago from Dr. Joven Cuanang, art patron of the Pinto Gallery – finally found its place here, and now adorn the walls. A painting of The Last Supper will likely catch your attention; do look for St. John the Beloved.

Before leaving, I made a stopover at the three pasalubong shops. The first one could be likened to a Vitalis emporium, where mugs, shirts, tote bags make good mementos or as gifts. The second is a convenience store, while the final outlet was like a market that carried Ilocano items such as tablea, balikutcha, vinegar, local tea, oils and herbs, even chicharon.

With buckets full of memories and bags full of goodies, we whispered goodbye to the breathtaking vista of Vitalis Villas, but not without witnessing the lovely seaside sunset one more time. (www.philstar.com)

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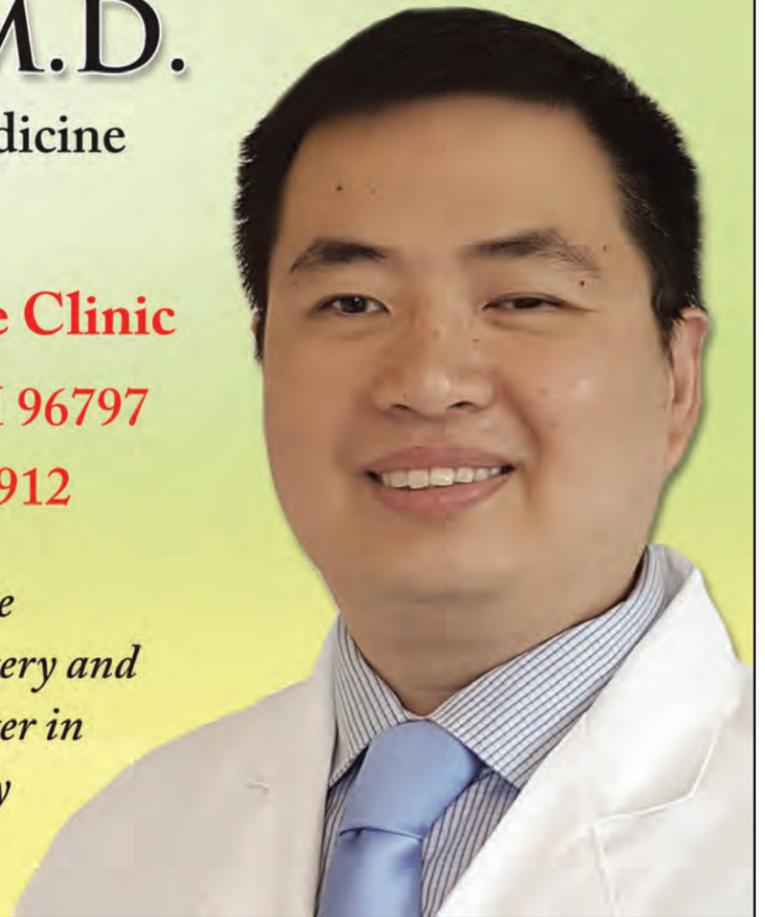
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Dr. Jon Avery Go is a Magna Cum Laude graduate of the University of Santo Tomas Faculty of Medicine and Surgery and underwent training at the Roger Williams Medical Center in Providence, RI which is affiliated with Boston University School of Medicine.



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BOOK REVIEW

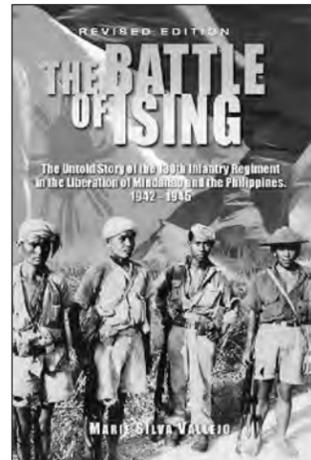
The Battle of Ising

By Rose Churma

Vallejo, Marie Silva. *The Battle of Ising: The Untold Story of the 130th Regiment in the Liberation of Mindanao and the Philippines 1942 - 1945. Revised Edition. Quezon City, Philippines. New Day Publishers, 2015. Softcover. 339 pp.*

This publication started out as a journey for the author to know more about her father, Lt. Col. Saturnino R. Silva, who led the Battle of Ising in Mindanao. Although the Mindanao guerrilla movement was considered the best organized of the guerrilla organizations in the Philippines, not much is known or has been written about this chapter of WWII.

The book is a compilation of events, sources and experiences on Mindanao and the Battle of Ising found in libraries and collections, including personal interviews of those who participated in the war. Documents written decades ago found in US archives provided much of the information. These documents were guerrilla notes, old government forms or anything written that could be read that could shed light on the



battle in Mindanao.

Saturnino Silva moved to California via Vancouver, Canada in 1929 and first worked in California's vegetable fields.

By the 1940s he worked at San Francisco State College while earning his Economics degree. He joined the US Army as a private in April 1941, and became the first generation of Filipinos with American citizenship due to the mass naturalization of over 2000 Filipino men in 1943. Silva joined the 1st Filipino Battalion and

was one of 500 men sent to Australia to undergo rigorous training in radio and jungle warfare before being sent behind enemy lines in Mindanao. Silva assumed command of the 130th Infantry Regiment of 1,500 men in Davao and led the Battle of Ising which hastened the liberation of Mindanao without American ground support.

For those interested in acquiring a copy of the book, please email Rose Churma at <kalamansibooks@gmail.com>.

WHAT'S UP ATTORNEY? (from page 7, CLINTON....)

of a contestant or elector and without any extrinsic evidence tending to impeach the regularity or integrity of the official count and canvass, order a recount of the ballots. The court will require a contestant to show in advance some evidence of fraud or misconduct reasonably calculated to overcome the prima facie presumption of the regularity and correctness of official action. 29 Corpus Juris Secundum, Elections § 364.

The Wisconsin Statutes at § 9.01 contain a detailed procedure for a recount. It requires notice to all candidates when a petition for recount is made. President-elect Trump has an opportunity to challenge the petition by alleging that it is frivolous and a fishing expedition, that a recount will not affect the outcome of the election, and that there is no evidence of fraud or misconduct to overcome the prima facie presumption of the regularity and correctness of official action declaring him the winner. The party who loses in the recount may appeal to the circuit court and if still dissatisfied to the court of appeals. Although there is a December 13, 2016 deadline for completion of the recount, it is doubtful that the recount can be completed by then, especially if there is an appeal. The electors that have already been certified by the several states [in Wisconsin as of now they are for

Trump since he won the popular vote] will meet on December 19, 2016 to cast their votes for President. Trump has now 306 electoral votes including Wisconsin's 10. Even if one deducts Wisconsin's 10, Trump will still have 296 electoral votes. 270 electoral votes are needed to win. Trump will win even without Wisconsin.

ATTY. TIPON has a Master of Laws degree from Yale Law School where he specialized in Constitutional Law. He has also a Bachelor of Laws degree from the University of the Philippines. He placed third in the Philippine Bar Examination in 1956. His current practice focuses on immigration law and criminal defense. He writes law books for the world's largest law book publishing company and writes legal articles for newspapers. He has a radio show in Honolulu, Hawaii with his son Noel, senior partner of the Bilecki & Tipon law firm, where they discuss legal and political issues. Office: American Savings Bank Tower, 1001 Bishop Street, Suite 2305, Honolulu, Hawaii, U.S.A. 96813. Tel. (808) 225-2645. E-Mail: filamlaw@yahoo.com. Website: www.bileckilawgroup.com. He was born in Laoag City, Philippines. He served as a U.S. Immigration Officer. He is co-author with former Judge Artemio S. Tipon of the best-seller "Winning by Knowing Your Election Laws" and co-author of "Immigration Law Service, 1st ed.," an 8-volume practice guide for immigration officers and lawyers. Atty. Tipon has personally experienced the entire immigration cycle by entering the United States on a non-immigrant working visa to write law books, adjusting his status to that of a lawful permanent resident, and becoming a naturalized United States citizen

PERSONAL REFLECTIONS

THE MELODIES OF CHRISTMAS: MISSING CHRISTMAS IN PINAS

by Seneca Moraleda-Puguan

Im Dreaming of a White Christmas...

I used to sing this song when I was younger, dreaming of what it feels to have a white Christmas. Living in a tropical country where the possibility of a white Christmas is zero, I thought it would just remain a dream. Living in South Korea for three years now and having stayed in the United Kingdom for a couple of years, the dream of experiencing a white Christmas where the treetops glisten and children listen to hear sleigh bells in the snow has been fulfilled. It's an experience like no other. But now I'm dreaming of something different. I'm singing a different tune.

"Pasko na sinta ko, hanap hanap kita..."

Growing up in country where Christmas carols are already being played as early as September and Christmas trees are displayed until February, I couldn't help but compare the celebration that we Filipinos have during, what they say, the most wonderful time of the year.

I can hear the voices of some young boys and girls caroling, hoping to receive a little cash. Wreaths are hung, trees are decorated and lit, nostalgic Christmas songs are being played all day long. Christmas is indeed in the air. Even the cool breeze tells me that the most wonderful time of the year is here.

Everyone is busy shopping and preparing gifts for friends and loved ones. Everyone is excited to attend one party to another - one with colleagues, one with 'barkada', another with college batchmates, with churchmates, with the whole clan and with every relationship one can think of.

Children are excited to go

to their 'ninongs' and 'ninangs' carrying their piggy banks and red stockings. Aunts and uncles are busy preparing gifts for their nieces and nephews. Moms and dads are consumed about thinking of what's the menu for Noche Buena.

Oh, Christmas in the Philippines...festive, fun, truly wonderful!

But now all I can do is dream and imagine. All I can do is wish and remember memories of Christmas back home.

When I was younger, we would gather as a family on Christmas Eve over 'Noche Buena'. My grandparents, aunts and uncles, cousins and every member of the family would share a meal together. We would exchange gifts and line up to receive our envelope filled with crispy five peso bills from our grandfather. We would stay up all night as we share stories, laugh, have games, and sing karaoke together. And the next day, we would go to other relatives, eat and celebrate all day or even week long. It was indeed the most wonderful time of the year.

Things changed when I grew older. All of us lived separate lives. Many have gone abroad. We have raised families of our own. But the spirit of Christmas lived on. We have gained new friends and our family has grown bigger. We've had more parties to attend, more gifts to give and receive, more reasons to celebrate.

But Christmas abroad is different. The silence is deafening. The gloomy winter weather can be lonely. The Christmas season has become ordinary and just another holiday in the calendar.

Here in South Korea, though Christmas songs are played in malls, there are big Christmas trees along the streets and shopping sale everywhere, there are not many parties to go to and no Noche

Buena to prepare for. Only Filipinos stay up late to celebrate and wait until midnight to welcome the birth of Christ. No caroling, no videoke until wee hours of the morning, no grandiose celebrations. After Christmas Day, it's back to business and life as usual. It's no big deal.

In South Korea, Buddhism is still widely practiced though a large population practice Christianity. But unlike the Philippines, which is a predominantly Christian nation, Christmas in South Korea is not that grandly celebrated.

I yearn to spend the holidays with relatives and friends. I really miss the joyful, loud, festive and long Christmas celebration back home. Christmas is definitely more fun in the Philippines.

"Let's sing Merry Christmas and a Happy Holidays, this season may we never forget the love we have for Jesus..."

Christmas may not be as fun, festive and splendid here in South Korea or even in other countries as compared to the Philippines, but I am reminded that this season is neither about the extravagant gifts we receive nor the glitzy decorations that embellish our homes. Christmas is not about how loud Christmas songs are played or how many parties we go to. Wherever we are in the world, the essence of Christmas is love. It is remembering the love of God by sending His one and only Son, Jesus Christ that we may be saved. Whether we choose to celebrate this season with simplicity or lavishly, silently or joyfully, what matters is that we love just as we are loved, we give just as we are given.

"Sa maybahay, ang aming bati, "Merry Christmas! Na mal'walhati". Ang pag-ibig, pag siyang naghari, araw-

araw ay magiging Pasko lagi!..." America or Europe, I pray that our hearts will always choose to sing...

Truly, love is what makes the Christmas season meaningful. Whether here in South Korea or in the Philippines,

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HOLIDAY MENU FOR A HEALTHY HEART

By Deni Rose M. Afinidad-Bernardo

MANILA, Philippines - While malls buzz with Christmas countdowns, hospitals are down with body count.

"As we approach Christmas, people die left and right because heart attack and stroke go up from November to January," warns functional medicine physician Stan Chua.

When it comes to heart health, he says genetics play a small part. "But because you and your family live in the same house, you have the same diet and environment, so you may have the same outcome," he explains.

"Our genes are still the same with Moses, except for one to two types, but people then didn't die of heart disease. Genes are not our destiny, except if you have a chromosomal disease," he adds.

According to him, the number one best-selling drug in the world is for cholesterol. That drug alone, he says, earns about US\$ 60 billion a year, which could be equivalent to the Philippines' annual budget.

He says, it is sad that people spend so much on heart medications when they can save a lot more by using diet as therapy since they eat every day, anyway. Based on his research, heart attacks usually happen after lunch or dinner.

Eczema, rashes or diabetes can come with heart health problems due to diet.

Besides serving pro-heart food in your Christmas table, it also pays to avoid vices, says Chua. Smoking, in particular, can cause cramps in the muscles, which include your heart.

"Walking is the best therapy for heart health," he declares. "The gym is not always the best option. It's hard to maintain because it entails fees or a contract."

Thirty minutes of walking every day can be simple, he says, but it can change everything, including your stress, blood sugar and cholesterol levels. It is also the least expensive exercise with the least risk for injury.

If you are bored with just walking, the doctor suggests downloading exercise apps.

As for those too busy to workout, he says: "What fits your busy schedule more, exercising for an hour a day or being dead for 24 hours a day?"

To prevent cardiovascular disease, Chua recommends not to avoid food, but to pick the right ones. Since Christmas is full of colors, start with a colorful plate containing the following heart-friendly menu.

Chocolates, cheese and wine

May it be anger or excitement, extreme emotions could stress the heart out.



Besides serving pro-heart food in your Christmas table, it also pays to avoid vices. Philstar.com/File photo

To alleviate stress or depression, Chua advises increasing your endorphins or happy hormones by eating more chocolates or taking cheese with wine. Make sure your chocolates are sugar-free! Chua reminds that fat-free products are also usually high in sugar.

Omega 3 and 6 fatty acids

Essential fatty acids (EFAs), such as Omega 3 and 6, can be found in fish like salmon, sardines, trout, mackerel, tuna and cod; as well as in plants such as almonds, wheat germ, pecans, pumpkin seeds, peanuts and sunflower seeds. Natural oils rich in EFAs include evening primrose, borage, flax seed and krill.

EFAs promote hormonal balance and strong immune system. They aid in nerve function and cardiac health by regulating blood pressure. While these are good for the heart, they could also be harmful if

used in excess, Chua warns.

"Omega 3 is a blood thinner, which has twice the effect when combined with aspirin," he attests. "Olive oil is good, but up to a certain extent. It is rich in Omega 9, which could become a blood thinner and lead to a higher cholesterol, just like Omega 3."

Olive oil, he says, spoils at 120 degree-Celsius. Frying, which usually escalates to up to 180 degree-Celsius, kills all Omegas in the food and transform these into trans fat.

When cooking, coconut oil, he says, is one of the safer ones, as it has a high heat tolerance of 190 degree-Celsius boiling point. He also vouches for sesame oil and chili oil as they are "wonderful together."

Should one would go on a diet, he recommends the Paleolithic or Paleo diet, not because it is all about proteins, but since it requires a balance between the Omegas, particularly, Omega 3 and 6.

He also points out that organic meat has a higher Omega 3 than 6, while farm or red meat has higher 6 than 3. So, to achieve a balanced Omega 3 and 6, the key is to take a mix of both red and organic meat.

Though organic meat is generally good, he says he is not a hundred percent for it as it still has all the bacteria that can trigger allergy.

Herbs

In spite of the high pay,

many doctors resign because of stress, Chua discloses.

To control stress, he recommends putting herbs into one's meal.

According to him, to have a healthy heart does not mean one should remove meat from one's diet and become a full-blown vegetarian. It would be sufficient, he says, to just add a cup of vegetables, or about five leaves of veggies, in your every meal every day.

Magnesium

Magnesium helps nerves and muscles function, as well as keep the heart rhythm steady. Magnesium, however, is the first nutrient to go down when you are stressed, Chua says.

Thus, the doctor prescribes replenishing yourself with magnesium from breads, whole grains, seeds, nuts, green leafy vegetables, beans, potatoes, bananas, kiwi, avocados, prawns, broccoli, and chocolate.

Vitamin B

According to Chua, B Vitamins are essential for energy production because "if you run out of it, you lose energy. You cannot use fats and sugar as energy for exercise."

Vitamin B12, naturally found in fish, poultry, red meat, milk, eggs, and cheese, helps in making red blood cells and in proper nerve cell function.

Meanwhile, Folate or Vitamin B9 from dried beans, green leafy vegetables, legumes, citrus fruits, asparagus, poultry, and fortified breads, cereals, and noodles, helps keep brain and cardiovascular systems healthy.

Together, Vitamin B 12 and Folic Acid are important for hormonal balance, especially if one is menstruating or trying to get pregnant, says Chua.

Vitamin D, Niacin and CoQ10

Found in fish oils, egg yolks, and fortified food like milk, Vitamin D modulates neuro-muscular and immune system functions.

(continued on page 14)

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LEGAL NOTES



By Reuben S. Seguritan

What You Need to Know About Deportation

rather than expending funding on individuals charged with minor crimes like traffic violations.

Back in 2011, the government deported a record-high of 396,906 individuals, 90% of those removed were criminals and repeat immigration law offenders. Fast forward to fiscal year 2015 and total deportations declined to 235,415, according to a report dated December 22, 2015 from the Department of Homeland Security (DHS). As of July 2016, ICE has completed 168,781 deportations, a slight decline from the same point in 2015.

While this trend and Trump's latest pronouncements may ease the worries of some people, it must be noted that those who are without lawful immigration status may still be placed under removal

proceedings. It is therefore important for them to know what to do when facing deportation. An increase in sweeps or workplace raids may occur in the coming months.

Contrary to popular belief, unless subject to expedited removal an alien is generally entitled to court proceedings before being removed. Removal proceedings typically start with the service of a notice to appear (NTA) upon the alien.

The NTA specifies, among other things, the alleged immigration violation, the charge against the alien and the specific provision/s of the law alleged to have been violated, and the time and place of the hearing. An NTA may be served in person or by mail. As non-citizens are required to notify the USCIS of any change of address within 10 days of the change, in many

cases the ICE may simply mail the NTA to the alien's last addresses and it would be considered valid service.

If served with an NTA, the alien is strongly advised to consult an immigration lawyer because being placed under removal proceedings is a serious matter. An immigration lawyer can tell him whether proceedings can be terminated because of a problem with the NTA on its face or in the way that it was served. The lawyer can analyze the facts of the case, explain what options may be available, and if the alien would be eligible for a relief from removal. Reliefs include voluntary departure, asylum, adjustment of status and cancellation of removal.

The alien must attend the scheduled master hearing, which is a preliminary hearing where the charges are read and the alien is asked to admit or contest the allegations and whether he intends to seek re-

lief from removal. An individual hearing is scheduled if the case will be heard on the merits.

The alien may be represented by an attorney at the master and individual hearings. However, unless provided pro bono services by a volunteer attorney or by a non-profit organization, any legal representation will be at the alien's own cost because there is no right to government-appointed counsel in immigration cases.

The alien must keep the immigration court updated of any change of address and must attend his hearings. If he fails to notify the court of an address change, and because he did not receive correspondence he fails to attend a hearing, the proceedings may continue and may result in the alien being ordered removed in absentia.

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

As ASEAN Chair, Philippines Expected to Put South China Sea on Table

by Patricia Lourdes Viray
Friday, Dec. 9, 2016

MANILA, Philippines — As the Philippines assumes chairmanship of the Association of Southeast Asian Nations (ASEAN) in 2017, the country is expected to take the lead role in keeping the South China Sea issue on the table.

Amy Searight, a Southeast Asia expert at a top Washington think tank, said the Philippines is the key to keeping the South China Sea agenda for ASEAN discussion.

The Philippines and Vietnam, which is also a South China Sea claimant state, are expected to be most vocal on the issue.

"Other ASEAN members, especially the non-claimants, will not step into the lead if they don't see the Philippines out in the front and Vietnam should not be expected to carry this burden alone," Searight, a

program director at the Center for Strategic and International Studies (CSIS), said on Thursday at the Pilipinas Conference organized by Stratbase Albert del Rosario Institute.

Vietnam, however, is re-assessing its options given that Manila has been silent on the issue for the past months, Searight said.

The Philippines is also expected to take the lead in building support in the region for the Permanent Court of Arbitration's ruling on the disputed waters.

Searight noted that the arbitral tribunal's ruling goes way beyond the claims of the Philippines although it is only binding on Beijing and Manila.

"It has a potential to clarify to a valid extent some sea disputes in a useful way but it would be nothing but a dead letter if the Philippines will not stand by it," the CSIS director said.

Meanwhile, the role of the ASEAN on the South China Sea issue is to provide rhetorical support for the maritime rights of its member states who are also claimants.

"ASEAN itself would not take a position on sovereignty disputes but it can and it should defend freedom of navigation and overflight and the right of claimant states to fully administer their territorial sovereignties and [exclusive economic zones]," Searight said.

Searight lamented that the ASEAN is not united enough to press China to negotiate bilaterally and multilaterally with other claimant states.

"It might be worthwhile to work on a code of conduct with China regarding the disputed sea but this should not be the sole focus of the ASEAN," Searight said.

"ASEAN should explore creative policy on issues like illegal fishing and environ-

mental preservation of maritime areas that are important to most ASEAN members and relevant beyond the South China Sea," she added.

"It's in the interest of all ASEAN member states that China be convinced that bullying its smaller neighbors is un-

acceptable and counterproductive," the CSIS director added.

During the ASEAN Summit in Laos last September, President Rodrigo Duterte called on his fellow leaders to craft a framework for a code of conduct for claimants in the South China Sea. (www.philstar.com)

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PHILIPPINE LANGUAGE



DAYASADAS
By Pacita Saludes

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Ti mamagsapat kadakuada (Installing Officer) ket ni Consul General Gina Jamorallin iti Phillipine Consulate. Dagitoy manen ti mangitungpal kadagiti nakabuklan ti organisasion. Adun dagiti naitulongda iti ilida a Candon kangrunaanna a tamingenda dagiti pagadalan. (They will be donating 2 stand-up electric fans each for 32 elementary schools in Candon City iti umay a tawen 2017). Ikkanda ti 32 a pagadalan idiaiy Candon tapno comfortable dagiti agad-adal ken nasalun-

atda a naynay.

Mangited ti CANDO- NIANS ti SCHOLARSHIP para kadagiti colleges iti Candon. They will be recognizing yearly graduates kadagiti high school ken college. Dakkel dayta a dur-asan ti pagillian kangrunaanna kadagiti agtutubo (agad-adal) iti ciudad ti Candon.

Kadaytoy met la a rabi ti panangselebrar ti CANDO- NIANS ti Paskua (Christmas celebration). Iyawis ti Candonians of Hawaii ti itatabunotayo amin a kailokanuan tapno masaksian ken maam-ammotayo amin dagiti mannaki-gayyem nga opisyaales ken tubo daytoy nga ili. CONGRATULATIONS TO ALL THE OFFICERS led by Mrs. Grace Go.

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Nadumaduma a maris silaw ti maaramat aglawlaw Anniniwan daydi beggak naidumat raniag Nangipakdaar idadateng Berbo a Mannakabalin Nangsalbar basbasol ti lubong nakiro a taeng Tattao naparagsak ket biagdat natalalingenngan

Tallo nga Ari ti nangtonton selng daydi bituen Nangngegan met kankanta dagiti anheles Ti Mesias nayanaken, dimtengen ti rabaw ti daga Dagiti tallo nga ari nagrukbabda, nagruknoyda Dagiti sagutda iti naiyanak a namarsua

Tumarnaw dinto pulos maumag dagiti nagasat a darikmat Naragsak a panawen naisangrat a panagsisinnagut Panagsisinninged, panagpipinnateg babaen sagsagut Lagip idadateng ti pannakaiyanak ti dinto malipat Ni Ninio Jesus a nangispal sangalubongan.

Narongbo a selebrasion ti maaramid inton Disyembre 3, 2016, 6:00-11:00 pm a maikadua a daras a panagtaken ni Presidente Helen Grace V. Go iti CANDONIANS OF HAWAII. Dagiti opisyaales: Pres Helen Grace V. Go; 1st Vice Pres Felipe M. Pacquing II; 2nd Vice Pres Reynaldo Custodio; Recording Sec Encarnita

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FOOD & LEISURE (from page 9, HOLIDAY....)

Niacin or Vitamin B3, on the other hand, is important for nerve function. Its sources include fish, poultry, red meat, peanuts and fortified hot or cold cereals.

Chua says Vitamin D, Niacin, and CoQ10 is the best combination for heart health. Unfortunately, there is not enough of these nutrients found in food, so you need to get these from the sun and through food supplements.

Vitamin C Over-the-counter vitamins have very low concentrations, according to Chua. For Vitamin C, however, only 10 grams a day is the safe dosage, he stresses.

Vitamin C is needed for healthy blood vessels, iron absorption, and brain function. Kiwi, red berries, tomatoes, red and green capsicums, spinach, guava, broccoli, grapefruit, and orange juice are rich in Vitamin C.

and the digestive process. These are common in yogurt, cheese, milk, sour cream, cottage cheese, brine-cured olives and fermented cabbage or kimchi.

Chua specifically prescribes probiotics to those unable to regularly include fiber in their diet. Fiber helps with muscle and nervous system function.

"You want living, not dead, bacteria," he says, so keep your probiotics chilled to make sure the good bacteria live.

The probiotics and prebiotics (the food that sustains probiotics) in the milk brand Nido 3+ Protectus helps Zion protected from within and with a strong immunity against diseases, says Zion's mom, actress Sarah Lahbati.

"I'm more secured in letting him explore. Thus, he's been more playful and interested in other fields such as music," shares Sarah.

Her wish this Christmas is for Zion to have "good health, good grades, and more blessings and wisdom from above."

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PHILIPPINE NEWS

US Use of Philippines for Sea Patrols Unlikely

by Jaime Laude
Friday, Dec. 9, 2016

It is highly unlikely the government would allow the US military to use the Philippines as a springboard for freedom of navigation patrols in the disputed South China Sea to avoid antagonizing China.

Defense Secretary Delfin Lorenzana said yesterday US ships and aircraft could use bases in Guam or Okinawa or fly from aircraft carriers to patrol the disputed waters.

Under President Duterte's predecessor, Benigno Aquino III, some US aircraft and ships stopped in the Philippines on the way to patrolling the disputed waters to challenge China's territorial claims.

Duterte, who took office in June, has taken steps to mend ties with China and became hostile toward the Obama administration, after it raised concerns over Duterte's deadly crackdown on illegal drugs.

Asked if the Philippines would continue to host US ships and aircraft patrolling the disputed waters, Lorenzana said Duterte is unlikely to allow it to avoid any provocative actions that can escalate tensions in the South China Sea.

"It's unlikely," the defense secretary said. "We'll avoid that for the meantime. Anyway, the US can fly over there coming from other bases."

US officials did not immediately comment. The commander of US forces in the Pacific, Adm. Harry Harris, said last month that despite Duterte's rhetoric, military cooperation with Manila has not changed.

Duterte has publicly threatened to scale back the Philippines' military engagements with the US, including scuttling a plan to carry out joint patrols with the US Navy in the disputed waters, which he said China opposes.

Joint annual combat exercises have been reduced and will be redesigned to focus on disaster response and humanitarian missions.

Among the maneuvers to be dropped starting next year are amphibious landing exercises and beach raids, aimed at enhancing the country's territorial defense.

Duterte's actions have become a hindrance to US efforts to reassert its presence in Asia, although the US military has vowed to continue patrolling one of the world's busiest commercial waterways.

After Duterte met Chinese President Xi Jinping in Beijing in October, China allowed Filipinos to fish at the disputed Panatag (Scarborough) Shoal. China took control of the rich fishing area in 2012 after a tense standoff with Philippine government ships.

Philippine Coast Guard ships have also resumed patrols at the shoal.

Aside from the easing of tensions at Panatag, Chinese coast guard ships are no longer blocking Philippine resupply ships from Ayungin (Second Thomas) Shoal, farther south in the Spratlys, Lorenzana said. (www.philstar.com)

CANDID PERSPECTIVES (from page 3, TRUMP....)

The smallish condos were being sold for anywhere from 10-15 million pesos. At 46 pesos per U.S. dollar, that's \$326,000—an alluring price for a middle-class Filipino American looking for an relatively inexpensive retirement home.

"They used my dining room for paperwork," said Castro. "I don't think they understood the law."

They understood sales though. They went to places where Filipinos gathered in malls and restaurants, and Castro said he saw white boards of their activity, amassing a figure near \$124 million pesos in sales—\$2.7 million during their time.

The California Bureau of Real Estate confirmed it is against the law for foreigners to solicit for foreign properties in the state without a California license.

Human Trafficking?

But it may also be a case of human trafficking, says Maria Elizabeth Embry, a Northern California anti-human trafficking advocate. She said the visitors' visas arranged

by dance entrepreneur JoJo Quiroz and by Antonio's Century Properties brought 16 Filipino citizens to the U.S.

Embry said trafficking elements are present. It is the recruitment or transferring of people, sent here on a visit visa, but made to do work not covered by the visa. But was that a condition of the visit?

Embry has written an open letter to President Duterte of the Philippines asking for an investigation of Antonio's business practices of deploying Filipinos to sell properties without a license in the U.S.

"The appointment of Mr. Antonio to a position giving him diplomatic immunity is nothing but a disgrace to the local and international diplomatic community," Embry wrote.

President Duterte has not responded. I attempted to reach both Antonio and Quiroz but have yet to hear back. While Antonio is the head of Century Properties in the Philippines, Quiroz does appear to be a licensed real estate agent in

California.

Still, the performers brought in from the Philippines on visitor visas were neither authorized to work in real estate nor licensed to solicit or sell in California. That would be a violation, according to the California Bureau of Real Estate. And if fraud or widespread misrepresentation about the properties were involved, the bureau could also refer the matter to law enforcement for possible criminal action. A bureau spokesperson said they would take any complaints from consumers.

For now, Juvenal Castro, who housed four of the sellers in his spare bedroom for a few months, said most of the dancers have moved on. Some travelled to the east coast, while others returned to the Philippines.

But this is a case of stinky fish—it goes to the head. That would be Jose E.B. Antonio, who remains a special envoy to the U.S. and a big F.O.T.

Maybe he's the reason Trump has recently warmed to Duterte

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and vice versa. That surely doesn't ease the appearance of conflict between Trump and Antonio, his tower builder in the Philippines.

EMIL GUILLERMO is an award-winning journalist and commentator who writes from Northern California. He recently won the 2015 Dr. Suzanne Ahn Award for Civil Rights and Social Justice from the Asian American Journalists Association California.



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For more information, please contact us at 808-671-3911 or Dr. Russell Tacata, BCWW President at 808-531-5454.

The Bayanihan Clinic Without Walls, Inc. (BCWW) is a non-profit community based healthcare organization established by the Philippine Medical Association of Hawaii (PMAH) in 1997. The Filipino word Bayanihan means helping one another, deriving its literal context from the Filipinos' long standing tradition of doing community work together. The process of pulling together and helping someone in need is all in the spirit of Bayanihan. In our state, it translates to the spirit of Aloha.

The Bayanihan Clinic Without Walls was founded in response to the need to provide much needed free medical services to those who have no medical coverage in the State of Hawaii. Under this mission, everyone, from indigent locals, the homeless, immigrants, to anyone who cannot afford traditional medical coverage are recipients of the Bayanihan Clinic's free medical and dental services. Bayanihan Clinic Without Walls was bestowed 501 (c) (3) privileges as a nonprofit organization in April 1999 and is allowed to accept tax-deductible donations

The BCWW has seen a total of 21,000 recipients since 1997 and currently sees an average of 100 patients per month. It has been holding community health fairs in Honolulu and other islands of Hawaii. It also assists in medical missions outside of Hawaii and helps qualified patients with critical medical cases as the need arises. BCWW is a continuing collaborative endeavor with the Hawaii State Department of Health's Lanakila Easy Access Project (LEAP), Hawaii State Department of Health.