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EDITORIALS

Medical Aid in Dying Remains a Deeply Sensitive and Polarizing Issue

When euthanasia first started to get serious consideration almost 30 years ago, it was perceived as an insanely radical idea -- that a physician would administer life-ending medication to a terminally ill patient who requested it. Soon after, pathologist Dr. Jacob "Jack" Kevorkian brought mainstream attention to the practice of euthanasia, assisting in the deaths of over 100 patients. Dr. Kevorkian later was convicted of second-degree murder and served 8 years in prison.

The ardent and impassioned campaigns by both pro and anti-euthanasia groups have led to today's model -- one with multiple safeguards to prevent abuse -- and now is legal in 6 states with another 15 states seriously considering its legalization. Hawaii was among those states considering a medical aid in dying bill. It passed the Senate but failed to move forward in the House Committee on Health due to some House lawmakers' concern over the bill's language and safeguards. But the high approval rate of this issue makes it likely that medical aid in dying will be contended with next year.

Some of the safeguards in this year's Hawaii Medical Aid in Dying or Death with Dignity (DWD) SB 1129 include two physicians must diagnose the patient as terminally ill with 6 months or less to live; the patient must be mentally competent; the patient must make a request for life-ending prescription both in writing and orally and witnessed by two people (one of whom must be unrelated to the patient); there must be a waiting period between requests; and at all time, the patient can rescind the request and even after obtaining the medication can refuse to take it. Most importantly, the physician's role in physician-assisted suicide (PAS) is limited to writing the life-ending prescription. The patient must administer it himself or herself without anyone's assistance. If someone tries to coerce the patient into exercising this option, that is considered attempted murder.

With solid proper safeguards in place, to most people who have no religious or moral objections to PAS, it is becoming more of a reality that this controversial option of palliative care could become adopted as law in the state of Hawaii in the near future. Supporters of PAS maintain that this is about adding another option to how a patient dies, not taking away existing options such as terminal sedation of high doses of morphine or other voluntary cessation of life-saving procedures. Participating in PAS is a voluntary choice. Patients will not be required to take life-ending medication, no matter what medical insurers recommend, as some people fear. Physicians are not required to dispense life-ending medication if they believe assisting suicide goes against their Hippocratic oath. PAS is centrally about expanding one's individual right over his or her own body in the most crucial moment, in dying. It is not about taking away another person's right who has moral or religious beliefs against PAS. Opponents of PAS have their choice in the way they die; PAS supporters say that they should be afforded the legal right to die the way they chose as well. It's arguable that PAS is not suicide at all. Suicide entails having depression and a desire to die; patients who choose PAS cannot be mentally depressed to qualify for the procedure and have no option but to die within months as diagnosed by two physicians.

PAS, if enacted into law eventually, must also be guarded from abuse and families must resist any pressure by medical insurers that might push for life-ending prescription as a better cost-saving option. No one should ever feel pressured to have a "duty to die" to save on medical costs. The issue of euthanasia never

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FROM THE PUBLISHER

Lawmakers constantly grapple with life-changing policy that arouse heated passion and contention. Then there are a few exceptionally sensitive issues that keep coming back to legislatures and the high courts for decades because they are too polarizing to be decided on without the most meticulous consideration. For our cover story this issue, we take on one of those rarefied topics, euthanasia or more commonly called today, medical aid in dying/death with dignity or physician-assisted suicide.

HFC's associate editor Edwin Quinabo reports on the medical aid in dying senate bill that nearly passed the state legislature. He interviewed Sen. Karl Rhoads, who introduced the bill, as well as various people in our community and medical professionals who all provided interesting insight on the topic. We hope our cover story inspires families to talk about the subject of dying and what they would want in the way of medical attention in their last days. It's an uncomfortable subject to discuss, but all too important.

Also in this issue, get a preview of the upcoming Annual Filipino Fiesta which will be held on May 6, 9 a.m. to 5 p.m. at Kapiolani Park. This event will be particularly special as it marks 25 years of celebration. Kudos to all the organizers. Mark your calendar and we hope to see you at the fiesta.

In our mainland news, there are two very important topics to keep an eye on: first, the proposed budget that President Donald Trump sent to Congress listing his priorities; and second, the impact of the new healthcare system proposed to replace Obamacare. Trump's blueprint budget is cause for great concern as it proposes to cut major federal funding and programs that benefit our environment, the elderly, the poor, and important scientific and medical research. Perhaps even more disturbing is the president's new healthcare system that would lead to millions of Americans going uninsured. Currently, the plan was shelved in Congress due to lack of support even among some Republicans, but the president says replace and repeal Obamacare will be taken up again, eventually.

As usual, we have a mix of interesting topics to read about written by our regular columnists. Guest writer Dr. Bradley Willcox, an aging expert, writes in our Ask a Doctor column about how eating certain foods can greatly contribute to living a longer and healthier life.

We hope you enjoy this issue and thank you for your continued support. Until next issue, warmest *aloha* and *mabuhay!*

Chona A. Montesines-Sonido

Trump's Budget Proposal Doesn't Make America Great

President Donald Trump's budget plan called "America First: A Budget Blueprint to Make America Great Again" looks more like a wish list for the militarization of our country. His budget calls for seismic changes: adding billions to the Armed Forces, Homeland Security and Veterans Affairs while slashing all other federal agencies and doing away entirely with long-standing programs.

His plan to throw billions more at an already superior military that no other country can come close to competing with is simply derelict spending. The Armed Forces would receive a 10 percent annual increase or \$2.6 billion to an already



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CANDID PERSPECTIVES



By Emil Guillermo

Democracy Beats Trump on Health Care, Travel Ban

before a vote.

Immediately, he started to blame the Democrats. But for what?

For making sure that millions stay insured with essential health care they need?

“Let Obamacare explode,” Trump said from the White House after the aborted vote.

Fact is, Obamacare is not exploding. No doubt there are problems with ACA, but mostly it’s due to the insurance and drug companies that want to assure profitability rather than people’s health. That’s one area that needs fixing. Under a more universal broad pool, with the largest possible number of insureds who can spread the risks of health care, Obamacare would work better. That would be an emulation of Medicare, a single-payer plan. That’s the answer to many of the problems with ACA.

Republicans don’t like to admit that Obamacare was a compromise to begin with. And now it’s working like a compromise, with some people upset, and many happy they finally have some coverage.

But how do you control costs? Or streamline it?

The replacement, Trumpcare, wouldn’t have done any of that.

It’s a costly lesson for Trump who is learning that you

can’t run the country like a business.

Profit and dollars aren’t everything.

You have to care about the people.

Even those who don’t look like you.

Trump Travel Ban Setback

The other major recent setback (and mind you, I’m not even going to get into his lies about Obama), is the travel ban.

And I must admit, I wasn’t sure if Islamophobia was going to be beaten back and stopped this time around.

But a Native Hawaiian judge in the nation’s most Asian American state has spoken for all. Maryland piled on for good measure after the Hawaii court’s decision. But the effect is the same.

Trump’s revised travel ban is dead until Trump can revive it with some legal mouth-to-mouth. (Now there’s an image for you.)

When Trump signed travel ban 2.0 as Executive Order 13780 on March 6, it appeared to be sanitized from most of the obviously unconstitutional elements that were in the first travel ban stymied by the courts.

It even had provisions to allow for certain business and



Judge Derrick Kahala Watson



Ismail Elshikh

family travel. The possibility of waivers for some people was written into the order.

And yet, it was still a ban on six majority-Muslim nations that appeared to be religious discrimination, a violation of the First Amendment’s Establishment Clause.

The government lawyers tried to make it all smell legal enough.

Turns out it wasn’t as fragrant as a Hawaiian plumeria.

With just hours before the travel ban 2.0 was set to take effect, federal judge Derrick Kahala Watson in Honolulu halted it nationwide by issuing a temporary restraining order to the listed plaintiffs: the State of

Hawaii and Ismail Elshikh.

You heard a lot about Hawaii, but not much about Elshikh in most of the news reports.

Elshikh was critical to the important issue of standing to file the lawsuit.

Hawaii’s claims were similar to the state of Washington’s in the suit that stalled the first travel ban. Like Washington, Hawaii’s universities would suffer monetary harms, as would the state as a whole—especially its important tourism industry.

But Elshikh was the named human face in this suit.

An American citizen of

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Repeal and Replace? Not the Donald, though maybe that will come in time, sooner than we think.

The Trump fail on health care is epic. It is, as they say, a defining moment of what is still a nascent presidency.

It is how Trump does business. And it doesn’t work in government.

The least qualified, least experienced to govern now finds himself exposed.

Don’t kid yourself any longer. Trump is ill-equipped and unable to do the job as leader of the free world.

He’s still an arrogant bully, with henchman. But that kind of thing doesn’t stand a chance in a functioning democracy.

The president sought to take away health care from 24 million people, and couldn’t get the deal done. The man who prides himself in being the master negotiator couldn’t get the majority of Congress to commit what I call medically-assisted political suicide.

In the end, even the president had to realize it was better to cut his losses and pull the bill

EDITORIALS (from page 2, MEDICAL....)

was, is, or should be about promoting a culture that devalues life or religion. Surveys show that there are many deeply spiritual and religious people who support death with dignity. To those who have moral issues against PAS, they ought to also keep up their fight to prevent any slippery slope of the law from occurring. Their passion to save lives have helped in establishing some of the safeguards we see where PAS is now legal.

There is always room to improve on any existing or proposed law. One additional safeguard for lawmakers to explore is strengthening penalties where coercion might come

into play. There should also be additional language in a future bill that protects physicians and healthcare workers who refuse to be a part of any PAS procedure. The current language is that PAS is completely voluntary to the patient and physician. There is harsh penalty against coercion of the patient -- a charge of attempted murder; but there should also be penalties that coerce healthcare workers who are against PAS from doing it.

PAS is not a black and white issue. On both sides, people are compassionate, well-informed, have conviction and respect for life. The fundamental question is where

should government rest its legal weight? -- in the hands of the individual by adding another choice in dying or leave it in the hands of fate, or some would say, God; and bearing to mind in this calculus, the U.S. Constitutional construct that the church is separate from the state. Some could make a differentiation that there are laws of man and laws of God. Should PAS become law, the individual patient and the individual healthcare professional, can still make that choice to adhere to which is personally greater, the law of man or the law of God, if at all the individual perceives the two to be at odds on this issue.

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COVER STORY

Is Physician-Assisted Suicide Right for Hawaii?

By Edwin Quinabo

The issue of euthanasia has been debated for decades in classrooms, the courts, assemblies and legislatures -- perhaps even, before written laws when man first started to live in tribal communities.

The idea of dying -- how and when -- is something everyone has thought about, a universal act of intellectual inwardness, and the first step to larger ideas of immortality and the afterlife. So naturally, euthanasia's importance as an issue to be encoded into law evokes the highest degree of sensitivity, embroilment, and division. This issue's political biology is unique in that it involves a troika of polemic odds: individual liberties vs religious opposition; control over our own body vs the traditional role of palliative healthcare; and the redefinition of dying with dignity vs the prohibitive taboo of dying by suicide.

This issue is so loaded and layered in complexity that labeling it cannot be pinned down to one word, euthanasia. Today, it has become to be known as death with dignity,

physician-assisted suicide, physician-assisted death, physician-managed death, medical aid in dying, patient suicide or mercy killing. The broad term is death with dignity (DWD). In euthanasia and mercy killing, the physician administers life-ending prescription to the patient; in all the other terms using physician-assisted suicide/death, the physician writes the life-ending prescription but the patient must administer it himself. Ultimately, the umbrella term of euthanasia is the practice of intentionally ending life to relieve long-term pain and suffering.

Like other highly contentious issues that turn upside down the way we live and what we accept as a societal norm, the issue of euthanasia has reached a tipping point to where general agreement in favor of it, is slowly convinc-

ing lawmakers to consider its adoption into law. Currently, euthanasia or DWD is legal in six states: California, Colorado, Montana, Oregon, Vermont and Washington State. It was being considered for legalization this year in 15 U.S. states, including Hawaii.

Hawaii takes on DWD

This legislative session, Hawaii state lawmakers came close to passing a medical aid in dying bill, SB 1129. It passed the full Senate but was recently deferred in the House Health Committee by chairwoman Rep. Della Au Bellati who had concerns over safeguards, record-keeping, and physician training to be able to prescribe for aid in dying. While the bill was put on hold this session, the issue is likely to be taken up next year.

Sen. Karl Rhoads, who introduced SB 1129, said the bill will be alive next session. "It won't have to start over. The House Health Committee could rehear it if they choose to. The language could be changed, but the current version has more safeguards than the Oregon law which has been in effect for 20 years. There are other tweaks that could be usefully made, but fundamentally the bill is fine as is."

Early on, the medical aid in dying received strong support this session. Former governors George Ariyoshi, John Waihee, Ben Cayetano, and Neil Abercrombie have jointly called for a medical aid in dying bill to pass.

Sen. Rhoads, a supporter of DWD and current vice-chair of the Judiciary



committee, said "with proper safeguards, I support death with dignity. Unfortunately, some of us face situations where the pain is intense and there is no realistic chance of avoiding a slow, agonizing death. Right now, the State prevents doctors from helping patients who want to end their lives peacefully. I believe that should be the individual's decision, not government's," said Sen. Rhoads.

He details the safeguards of the bill: "First, if your religious beliefs are such that you cannot in good conscious exercise an assisted suicide option, then you don't have to. Even if you ask for the prescription, you can change your mind at any time and never take it. If someone tries to coerce you into exercising the option, that is attempted murder. It's the individual's option under any circumstance. Second, doctors do not have to participate in prescribing life ending drugs if they don't want to. That too is voluntary. Third, you have to be mentally sound and make the request for prescription yourself. Two health care providers must certify that you have less than six months to live. If either of them suspect you are mentally ill, they have to send you to a psychiatrist or a psychologist. If you are determined to have mental illness that impairs your decision, you are not eli-

gible to request the prescription," said Sen. Rhoads.

The most crucial safeguard is that the patient must administer the life-ending prescription him or herself. The patient must request in writing for the prescription and twice orally. The second oral request must be at least 15 days after the first oral request.

Sen. Rhoads said: "It's (medical aid in dying) not a very controversial issue. If you look at the polling, it's 80-20 in favor. So, my guess is eventually we will pass something."

Public opinion

According to the Anthology Marketing Group's survey in November 2016, 8 of 10 Hawaii voters (80 percent) agreed that a "mentally capable adult who is dying of a terminal disease that cannot be cured, definitely (55 percent) or probably (25 percent) should have the legal option to request prescription medicine from their doctor, and use that to end their suffering in their final stages of dying.

In 2015, an extensive survey conducted by Stanford University researchers and published in the Journal of Palliative Medicine, showed support of physician-assisted death in Hawaii by 76.5 percent.

Lead author of the study

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COVER STORY

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VJ Periyakoil, MD, clinical associate professor of medicine at Stanford and director of the Stanford Palliative Care Education and Training Program, said a majority of respondents support physician-assisted death (PAD) among ethnic groups, older Americans, and even among religious or spiritual people.

“It is remarkable that in both states (California and Hawaii), even participants who were deeply spiritual (52 percent) were still in support of physician-assisted death. Both genders and all/racial ethnic groups in both states were equally in support of PAD.

Regardless of what’s considered popular at the time, detractors of euthanasia remain steady in their resolve.

Retired psychologist, Teresita Bernales, said she opposes assisted suicide because it goes against her faith.

“I follow and respect views of the Catholic Church. Direct killing of a human being is an immoral act. There are no logical reasons that justify this kind of killing. A Catholic politician who supports this is promoting a culture of death. Every Catholic politician must oppose this measure,” said Bernales.

She is reminded of Pope John Paul II who said: “Rather than subjectively ending the lives of those who suffer, true compassion calls us to share in their suffering. In so doing, we may use appropriate levels of palliative care -- pain relief -- as long as we do not remove their personal experiences of life and death.”

The Roman Catholic Church and other Christian churches have been the principal adversaries of euthanasia. The Bishop of Honolulu Larry Silva said another reality to consider is what Pope Francis calls our “disposable culture.” The Bishop said “In this worldview, human beings who are unproductive, weak, and vulnerable lose their ‘value,’ and this diminishes their true humanity.

“The suffering of others is a call to us all, not to end life

by offering a lethal medication, but to care for them (the dying) in love, even when it is most difficult to do so.”

Aside from the moral and religious argument against euthanasia, Bernales believes rising healthcare costs could influence a patient’s decision. “Escalating healthcare costs, coupled with a growing elderly population, set the stage for an American culture eager to embrace alternatives to expensive, long-term medical care. Passage of assisted suicide may soon create a dangerous ‘duty to die’ that pressures older people and those with depression into ending their lives. Death may become a reasonable substitute to treatment and care as medical costs continue to rise,” she said.

University of Hawaii at Leeward Professor Raymund Liongson is comfortable with his faith and believes death with dignity is the reasonable choice. “It is a prudent exercise of free will and judgment that God has given to His human creation. The purpose of life is for it to be lived freely and productively, with honor and dignity, and with the least suffering and agony. Life is to bring light and happiness to others, not gloom and despair. It is a gift that was received, but it must also be a privilege that must be humbly and courageously surrendered. And as the protection and preservation of life is a basic human right, the decision to cogently terminate one’s own life sooner when it is clear that life is coming to an inescapably painful and wearing end, that decision should also be honored and respected.”

He added “Terms like mercy killing and physician-assisted suicide leave an unpalatable taste because of the words ‘killing’ and ‘suicide,’ that our culture is not ready to accept. This is, however, hypocritical especially in societies that turn their heads away from cases of mass murder, state-sponsored killings, and wars.”

May Mizuno believes if there are appropriate safeguards, then the individual should have a choice, another

option to end his or her life in a “dignified manner.”

“In my experience with my own family member who was terminally ill over a decade ago, I watched him suffer. It was very painful. Today, that excruciating experience still haunts me. You won’t know or understand (pain in dying) until you experience it. This (physician-assisted suicide) is not about killing people, but rather about providing individuals, terminally ill patients, a choice not to suffer,” said Mizuno.

While the proposed Hawaii DWD bill specifically leaves the right to assisted suicide entirely on the individual patient after doctors’ assessments, retired state employee Jenny Alconcel Quezon said “whatever the real scenario would be about the patient administering it (life-ending medication), we (the family) would have to agree on this procedure. This gut-wrenching topic should be agreed on among the entire immediate set of family members in order to have a peaceful transition in the ohana dynamic.

“Euthanasia involves many factors in determining its use. This would entail the

patient’s directive, his religious beliefs, family situation, and most importantly, medical condition and physician’s honest, objective opinion,” said Quezon.

She recalls the painful situation when her mother Soledad Arre Alconcel was diagnosed with 4th stage lymphoma cancer. “My father wanted to save her by agreeing to intensive rounds of chemotherapy, plus two surgeries. It was very difficult to watch mom so lethargic and unable to speak after her treatments. Finally, mom told me to promise that I would tell dad ‘no more surgeries’ because she was too weak. That devastated me beyond words.”

The Alconcel’s experience is the typical scenario all across the country where PAS is not legal -- that a family follow their loved one’s medical directive and decide together to stop further life-sustaining procedures. Some can argue that this standard practice to discontinue life-sustaining procedures already is a form of passive euthanasia in that a patient elects to die by refusing further treatment either while conscious or beforehand via a medical directive.

Medical community’s opinion

The Hawaii Medical Association has had a long-standing opposition to medical aid in dying, but this year has switched to a neutral stance, stating early on that it would not oppose any medical aid in dying legislation.

The American Nurses Association said DWD is in “direct violation of the Code of Ethics for Nurses, and the ‘ethical traditions and goals of the profession, and its covenant with society.’”

Locally, the Nursing Advocates and Mentors’ president Beatrice Ramos Razon supported SB 1129 and said the choice “is best left to the patient.”

The Hawaii Board of Nursing has not taken a stance but advocates that advanced practice registered nurses be added to the list of potential “counselors” along with psychiatrists and psychologists in a DWD bill.

The Hawaii Psychological Association testified in support of SB 1129.

Ramon Sumibcay of the Philippine Nurses Association of Hawaii (PNAH), said “My

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Tackling Hawaii's Unfunded Liability Crisis

By Dennis Galolo

House and Senate members will soon decide the fate of the State's 2018-2019 fiscal biennium budget, unfunded liability crisis, proposed extension of the general excise tax for rail and other important money-related bills that will affect every resident in Hawaii.

Since the start of 29th Hawaii State Legislature on January 18, legislators have the unenviable task of making adjustments to the state's two-year, \$28.5 billion budget, finding ways to generate revenues and setting forth proposals to save taxpayers' money. Gov. David Ige in his State-of-the-State address warned legislators that a slowing economy would make the State's budget plans too costly.

Earlier this month, the state's revenue forecast dropped by \$250 million. Some legislators saw hardships but others like Rep. Romy Cachola saw an opportunity to come up with innovative ways to help balance the budget.

Rep. Cachola introduced House Bill 887 and House Bill 888—two measures that can help address the budget shortfall and our unfunded liability crisis. The State currently faces an \$11 billion Health Unfunded Liability (HUL) and \$12 billion Pension Unfunded Liability (PUL).

Combined, the State and counties need to pre-fund \$500 million for the HUL and \$300 million for the PUL for a total of \$800 million each year over the next 30 years. Pre-funding means making yearly contributions into a worker's health and pension plan now so that there are enough funds for benefit payments later.

House Bill 887 HD1 allows the State to cap the pre-funding level to at least \$2 billion, which has the same effect as freeing up \$500 million per year for the next 30 years. Of that amount, \$300 million will be diverted to pre-fund the Employee Retirement System for 30 years and beyond.

Rep. Cachola says the remaining \$200 million can be used for State and county road repairs and improvements or

to offset the State gas tax and proposed County fee increases for vehicle weight, property tax, vehicle registration, trash collection services and bus fares.

"There would not be a need for the State and counties to raise fees," says Rep. Cachola. "The \$200 million can also be used to fund collective bargaining agreements, education, affordable housing, homelessness problem, kupuna care and the rail transit project."

House Bill 888 HD1 calls for a feasibility study of providing health benefits to state and county employees using a self-insured model. A total of 46 out of 50 states now self-insure and/or self-fund at least one of their employee health care plans. Of these 46 states, 20 of them self-fund all of their health plan offerings.

"If we convert Hawaii's employee health insurance coverage from fully insured to self-insured with a \$2 billion reserve, we stand a better chance of guaranteeing health-care benefits to all public workers," says Rep. Cachola.

"Both bills will allow us to address this crisis without having to pre-fund \$800 million a year for unfunded liabilities, or raise State general excise and property tax for the Counties." These bills are dedicated to all of our constituents, especially those who are a paycheck away from being homeless, and the young and future generations.

HB 887 HD1 and HB 888 HD1 passed Third Reading in the House and has been transmitted to the Senate for review.

Rep. Cachola introduced other measures relating to the Filipino community, including:

- HB 1420 HD1: Honors Filipino-American veterans of World War II by appropriating money for burial grants that cover funeral and burial costs, including the cost of repatriation of remains to the Philippines, provided that federal funds for the purpose remain unavailable. It crossed over to Senate and referred to the committees on Public

Safety, Intergovernmental and Military Affairs (PSM), and WAM.

"The dying wish of some Filipino veterans was to have their remains returned to the Philippines for burial with their families," says Rep. Cachola. "I hope the Legislature will recognize these veterans' sacrifices and honor their final wishes of being buried in their homeland."

- HR 50/ HCR 88: Establishes a student exchange program between the University of the Northern Philippines and community colleges in Ilocos Sur, and UH-Manoa and its community colleges. It was referred to the committees on Higher Education and Finance.

Rep. Cachola says that the Filipino community should come out and testify on these and other measures that affect them.

"The more informed and active you are in the political process, the better off overall is our community," he says.

EDITORIALS (from page 2, TRUMP'S....)

massive military budget that really should be decreased by 10 to 15 percent. An additional \$2 billion will go to the country's nuclear program that already possesses enough stockpile to annihilate the world 10 times over. Since the logic is so preposterous, Americans should really question what is the motivation here and to what extent do we allow the military industrial complex lobby to continue fleecing our country

in the name of national security and patriotism. It is not unpatriotic to think that throwing money at an already well-financed giant will do nothing to improve security. Remember, the U.S. outspends in billions more than the next 9 countries' military budgets combined, including China, Russia, the U.K., France, Germany, etc. Trump's military increase proposal is unprecedented and would be the largest

boost for the country while not engaged in war.

Trump's militarism priority is even more egregious when looking at what he plans to cut back. The huge swath of reductions includes cuts in the Environmental Protection Agency, State Department, Labor Department, Department of Housing and Urban Development, Department of Health and Human Services, Education Department and Small Business Administra-

tion, to name a few. Some of the most glaring, daresay immoral reductions, include cuts to Women, Infants and Children nutrition assistance, and other anti-poverty programs such as Meals on Wheels which provides hot meals to the disabled elderly. The \$3 billion in Community Development Block Grants program that has been a lifesaver to building depressed communities around the country is also on the chopping block. Medical and science research, public broadcasting PBS and NPR, housing for the poor, farming communities, urban communities, and most stunning the Environmental Protection Agency which is slated to get 50 programs axed -- will all suffer at the hands of Trump's budget. Not included in this budget that are big ticket items are Medicare and Social Security.

The only good news in this bad for America blueprint is that the U.S. Congress will

have the last say. Democrats, and even some Republicans, view the president's priorities as unrealistic and even inhumane. His tear-down-everything proposal must be met with the greatest opposition. His plan to cut the State Department by 29 percent -- the international diplomatic arm of the government and alternative to engagement in war -- is also curious, and telling of this president's militaristic ambitions. This budget reveals early on what kind of country Trump wants for Americans: high in militarism and border security; low in the preservation of the environment, investment in the elderly, poor, housing, science, research, the arts, and diplomacy. If Trump's vision does not agree with yours, contact your senator or U.S. congressional representatives now. One election victory should not be a license to tear down all that this president is proposing.

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WHAT'S UP, ATTORNEY?



By Atty. Emmanuel Samonte Tipon

What If Hillary Had Won and Issued a Travel Ban?

identified the particular nations as potential sources of terrorists. Nobody would have sued her to stop the ban. It is the states where Hillary won that sued Trump – like Hawaii.

It is unfortunate that the protection of the American people, which President Trump promised during his campaign, has become politicized. Anything that President Trump does has been attacked. If he were to give a thousand dollars to everybody in the United States, he would be criticized: “Why not give a hundred thousand dollars.” And if he were to give a hundred thousand dollars, he would still be criticized: “Why not give a million dollars?”

Federal Judges Divided on Travel Ban

You might not read or hear about this in the liberal, biased, pro-Democratic Party, (and “corrupt” according to some people) media, but federal

judges are divided on the issue of the validity of the travel ban, which would suspend for 90 days the entry of nationals from six countries, which were pinpointed by the Obama administration, to enable consulates abroad to conduct extensive background checks.

On March 15, 2017, a federal judge in Hawaii, Derrick Watson, issued an order granting a motion for temporary restraining order enjoining President Trump and officers of the United States from enforcing or implementing Sections 2 and 6 of Executive Order across the Nation. The judge posed the issue thus: National security is unquestionably important to the public at large, but the plaintiffs and the public have a vested interest in the “free flow of travel, in avoiding separation of families, and in freedom from discrimination.” The question is: do the nationals of these 6 countries (and for that matter any country) have

freedom to travel to America? Who gave them that right? If so, can citizens of the Philippines living abroad have freedom to travel to America? If their visa applications are denied, will the State of Hawaii sue on their behalf because they have “a vested interest in the free flow of travel”? Many Filipinos have been separated from their families living in the United States. Will the State of Hawaii also sue on their behalf to avoid separation of families?

On the other hand, on March 24, 2017, a federal judge in Alexandria, Virginia, Judge Anthony Trenga, refused to block President Trump’s revised executive order. Judge Trenga pointed out that the issue was not whether the order “is wise, necessary, under- or over-inclusive, or even fair” but whether the order “falls within the bounds of the President’s statutory authority or whether the President has exercised that authority in violation of constitutional restraints.” He noted that there is no “facially discriminatory order cou-

pled with contemporaneous statements suggesting discriminatory intent.” The judge indicated that the court cannot conclude for the purposes of the motion that these statements, together with the President’s past statements, have effectively disqualified him from exercising his lawful presidential authority.” See <https://www.docdroid.net/zXkmJ4O/sarsour-opinion.pdf.html>

Judge Trenga said that “Congress has the exclusive constitutional authority to create immigration policies.” In exercising that authority, Congress has enacted Section 212(f) of the Immigration and Nationality Act which provides:

“(f) Whenever the President finds that the entry of any aliens or of any class of aliens into the United States would be detrimental to the interests of the United States, he may by proclamation, and for such period as he shall deem necessary, suspend the entry of all

(continued on page 13)

“Must a government be too strong for the liberties of its people or too weak to maintain its own existence?” – Abraham Lincoln

What if Hillary Clinton had won the presidency and had issued a travel ban against citizens of certain Muslim majority nations, what would the Democrats and their allies in the liberal, biased, pro-Democratic Party, (and “corrupt” according to some people) media have said? Instead of jeers as their reaction to President Trump’s travel ban, they would be saying “cheers”. “She is strong on defense, strict on immigration.” It was the Obama administration that had

OPEN FORUM

Put Local Communities and the Constitution First

By ACLU, Hawaii Affiliate

For nearly a hundred years, the American Civil Liberties Union has fought to defend the Constitution and this nation’s values of liberty and equal treatment. Similarly, the American Civil Liberties Union of Hawai‘i has been defending the Hawai‘i Constitution and Hawai‘i’s values of diversity and inclusiveness for over fifty years. As with prior Administrations, we have been keenly focused on aspects of the new Trump Administration’s agenda that run contrary to that mission. Perhaps in no area have we had more significant concerns than with immigration. We have challenged the President’s travel ban on refugees and Muslims and been deeply critical of other aspects of his immigration agenda, especially with regard to interior immi-

gration enforcement, which is the subject of this letter.

Given clear indications that the Trump Administration seeks to encourage, if not compel, local jurisdictions to directly support federal immigration enforcement, the American Civil Liberties Union Foundation of Hawai‘i writes to you, the leadership of the City and County of

Honolulu, to inform you of potential challenges and legal liability associated with your involvement in federal immigration enforcement.

We ask that the City and County of Honolulu not become an accomplice to the Trump Administration’s agenda of division and fear. We also offer our support in efforts to resist the pressure from the Trump Administration, and assistance where the City and County of Honolulu may seek to refine its policies and practices in this area. The enforce-

ment of immigration laws is a role assigned to the federal government under Article 1, Section 8 of the Constitution, and local governments have no obligation under federal law to participate in immigration enforcement. Below, we provide key reasons that an increasing number of states and localities across the nation have opted—even before President Trump announced his mass deportation plans—to leave the immigration enforcement business to the federal government and focus their resources on local matters. We also provide background information on two particularly ill-conceived practices that have led to a range of negative consequences, including Constitutional violations and liability, for local governments.

Principal Reasons to Decline Involvement in Federal Immigration Enforcement

- Local Priorities – Local

law enforcement has traditional priorities that include responding to emergencies, patrolling neighborhoods to prevent crime, facilitating certain func-

tions of the court system, and numerous other duties. Time spent engaging in federal immigration enforcement detracts

(continued on page 8)

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By Dr. Bradley Willcox,
MD, Aging Expert



Q: *First of all, please describe your job?*

Dr. Wilcox: As a geriatrician, the vast majority of my time is spent treating people who suffer from the afflictions of old age. These are almost always chronic in nature — heart disease, arthritis, cognitive decline, diabetes, and the list goes on.

Q: What is the connection between inflammation and aging?

Dr. Wilcox: Oxidative stress and inflammation are two key factors for development of chronic disease and other ravages of old age. Oxidative stress—a major contributor to inflammation, is believed to be a principal mechanism of aging. The two are linked and chronic inflammation is so important that it's termed inflammaging by many aging researchers.

Q: How do you prevent inflammation and chronic disease?

Dr. Wilcox: The good news is that most of the ailments I treat can be markedly

A Key to Longevity Is Eating Healthier

delayed and largely prevented by a healthy diet, exercise, and other lifestyle factors.

Consuming the right foods, with the right micronutrients, mitigates risk for many age-associated diseases and will help lessen inflammation.

It's no coincidence that the Okinawans, the longest-lived people in the world, consume foods rich in marine phytoactive compounds such as astaxanthin and have low blood levels of inflammation.

Q: Can you talk a little about astaxanthin?

Dr. Wilcox: Yes. It's known as a marine carotenoid, found in algae and red-colored marine life such as salmon, shrimp, and krill. It's consumed as part of the traditional Okinawan diet and shows promise in our research. The compound has powerful, broad-ranging anti-oxidative and anti-inflammatory properties. Research indicates astaxanthin may benefit those suffering from inflammation-related conditions including arthritis and rheumatoid disorders, metabolic disease, as well as cardiovascular, neurological, and liver diseases. It's available as a supplement derived from microalgal and synthetic sources and labeled for a variety of health applications.



Q: What's the difference between the astaxanthin from microalgal and synthetic sources?

Dr. Wilcox: A: Astaxanthin from microalgal and synthetic sources are both safe and beneficial to health. It is important to note that synthetic astaxanthin has the same molecular structure as astaxanthin found across various marine species such as salmon, shrimp, and lobster. The difference between microalgal astaxanthin and synthetic astaxanthin really comes down to the purity, consistency, and formulation. Synthesis has the advantage of being a strictly controlled process that results in a very pure and consistent product. And importantly, synthetic astaxanthin can be formulated to provide greater bioavailability, meaning it's absorbed better by your system and hence packs more punch. A recent study

demonstrated that two 12 mg capsules of synthetic astaxanthin were roughly equivalent to six 12 mg capsules of microalgal astaxanthin. (Full disclosure, I'm on the scientific advisory board for a company that markets a synthetic astaxanthin dietary supplement.)

Q: Can you discuss your research regarding the connection between the FOXO3 gene and longevity?

Dr. Wilcox: In short, the FOXO3 gene, which everyone has, is strongly associated with human longevity. However, people with a particular variant of this gene have a 2-3 times greater chance of living to 100. I'm also convinced that FOXO3 is connected to mitigating inflammation. The bottom line is that even if you don't have the "optimal" FOXO3 variant in terms of longevity, by expressing or

"turning on" the gene, you may be able to duplicate the "longevity" mechanism.

Q: So how do you "turn on" the FOXO3 gene?

Dr. Wilcox: You can do it by eating certain foods. What we've learned is that particular micronutrients found in marine-based carotenoid-rich foods (e.g., seafood, seaweeds, and other items) have compounds such as astaxanthin that will activate this gene.

Q: Any parting advice?

Dr. Wilcox: Eat lots of colorful plant foods, such as vegetables, fruits, sweet potatoes, stick to whole grains, eat seafood several times per week, drink tea, engage in regular physical activity, avoid tobacco, drink moderately, and of course, supplement wisely.

DR. BRADLEY WILLCOX, MD is a clinician at the Queens Hospital and a research scientist. He trained at the University of Toronto, the Mayo Clinic, and Harvard Medical School. Dr. Willcox is Principal Investigator of the National Institute on Aging-funded Kuakini Hawaii Lifespan Study and Kuakini Hawaii Healthspan Study, which are ancillary studies on aging from the Kuakini Honolulu Heart Program. He is also Professor and Director of Research at the Department of Geriatric Medicine, John A. Burns School of Medicine, University of Hawaii, located on the Kuakini Health System campus. He runs the Long-Term Care Hospitalist Program at The Queen's Medical Center, where he is a four-time nominee for Physician of the Year.

OPEN FORUM (from page 7, PUT...)

from performance of these core duties. Immigration enforcement does not advance local priorities, because it commonly targets individuals who pose no threat to public safety. Traditional police work designed to solve serious crimes should not be displaced by efforts to identify and arrest people who may have overstayed a visa.

- Local Law Enforcement/Community Relations – To effectively protect public safety, local law enforcement needs cooperation from local communities. Local residents serve as witnesses, report crime, and otherwise assist law enforcement. The foundation

for this cooperation can often be destroyed when local police are viewed as an extension of the immigration system. Survivors of domestic violence refrain from reporting offenses; individuals with key information about burglaries fail to contact the police. Hate crime go unreported and unpunished. These outcomes are not limited to the undocumented population. Many undocumented immigrants have U.S. citizen spouses and children. There are also immigrants with legal status—like COFA6 migrants—who will not seek help from local authorities fearing that they too will become targets of a criminal investigation and

later deported. Additionally, because citizens and immigrants with legal status often fall victim to mistakes by ICE, their views toward local officials can sour as well.⁷

- Fiscal Considerations – Immigration enforcement is expensive. The federal government does not reimburse the cost of most programs and practices, and local jurisdictions can incur millions of dollars in added expenses as a result. These costs come through additional detention expenses, overtime payments for personnel, and litigation costs. Additionally, local jurisdictions have to bear the financial and social burden of

breaking families apart.

- Legal Exposure – Local jurisdictions that participate in immigration enforcement often end up in court and held liable for constitutional violations. Local police acting upon ICE detainer requests have faced liability for unlawful detentions in violation of the Fourth Amendment and Due Process Clause. They have also been sanctioned by courts for violating prohibitions against racial profiling, especially under 287(g) "taskforce" agreements.

- Standing up for Hawaii's Values – Hawai'i is the most diverse state in United States. Diversity and inclusiveness are part of our DNA. The Trump

Administration's interior enforcement plans seek to indiscriminately tear communities and families apart, making anyone who for any reason does not have legal immigration status a potential target for deportation. These include adopted members of our kama'aina community, who have been in the United States and Hawai'i for decades. We ask that you—like our Attorney General Doug Chin—have the courage to stand up to the Administration's agenda of division and fear, and uphold the values of diversity, inclusiveness, and opportunity that have made the State of Hawai'i and Honolulu what they are today.

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Join in on the Fun at the 25th Annual Filipino Fiesta

It's that time again for culture, fun, entertainment and camaraderie at the 25th Annual Filipino Fiesta on Saturday, May 6 from 9 a.m. to 5 p.m. at Kapiolani Park in Waikiki.

The Filipino Community Center, Inc. said this year's theme "And the Fun Continues..." aims to commemorate the rich tradition over the years while showcasing the unique facets of the Fil-

ipino culture and the community of Hawaii. The day-long event begins at 9:00 AM with a jubilee-themed celebration at Kapiolani Park. A multitude of authentic Filipino traditions will be available such as Filipino cuisine, indigenous Filipino arts and crafts, and more. Entertainment at the Kapiolani Park bandstand will be featured with a full line-up of entertainers including local talent, artists

from the mainland, and high-profile celebrity personalities from the Philippines.

Participation from the local Hawaii and Hawaii-Filipino community from the over 100 Filipino community organizations, U.S. and or Philippine based business owners and/or their representatives are expected.

The annual Filipino Fiesta began 25 years ago when L & L Drive-Inn

founder Eddie Flores initiated the celebration as part of the awareness campaign to garner support for the construction of the FilCom Center. It has since become Hawaii's largest showcase of Filipino culture with an annual attendance of more than 10,000 people attending each year. The event embodies the essence of a celebratory time in the Philippines known as "Flores de Mayo"

or "Flowers of May" which is a festival held in the Philippines in the month of May. The Flores celebration has also taken an additional meaning with Hawaii's largest Filipino event's founder, Eddie Flores, coincidentally sharing the same name.

For more information about the Filipino Fiesta, please visit www.filcom.org or call (808) 680-0451.

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

Egyptian descent and a Hawaii resident for over a decade, Elshikh is the Imam of the Muslim Association of Hawaii and a community leader. He has a wife and five kids, all of them U.S. citizens.

It was his mother-in-law in Syria, who last visited in 2005 and does not have a visa, who propelled his legal standing. The family applied for an I-130 Petition for Alien Relative in September 2015.

On January 31, 2017, Elshikh called the National Visa Center and was told the visa had been put on hold because of the first travel ban. When the second ban was announced, Elshikh feared his

mother-in-law would be barred from entry unless she was granted a waiver.

Apparently, the possibility of a waiver in travel ban 2.0 didn't invalidate his legal claims.

In his decision, the judge ruled that "Dr. Elshikh has standing to assert his claims, including an Establishment Clause violation."

"[My children] are deeply affected by the knowledge that the United States--their own country--would discriminate against individuals who are of the same ethnicity as them, including members of their own family, and who hold the same religious beliefs" Elshikh is

quoted in the decision. "They do not fully understand why this is happening, but they feel hurt, confused, sad."

Sad. That's a word Trump likes to use in tweets.

If Trump reads the decision, he may be sad to see his own words used against him. Like when he referred during the campaign to a "Muslim ban" and said it had "morphed into an extreme vetting." Or how a press release stated unequivocally: "Donald J. Trump is calling for a total and complete shutdown of Muslims entering the United States."

At a rally in Nashville, Trump was dismayed that even what he called the "watered-down version" of his travel ban

had failed. He called the judge's decision an example of "judicial overreach."

But the court's rejection of the executive order is all about Trump's "executive overreach."

On the Establishment Clause issue, the judge cited the government's claim that the executive order was not religiously motivated because "the six countries represent only a small fraction of the world's 50 Muslim-majority nations... and covers every national of those countries, including millions of non-Muslim individuals."

Judge Watson saw through the ruse: "The illogic of the Government's contentions is palpable. The notion that one can demonstrate animus to-

ward any group of people only by targeting all of them at once is fundamentally flawed."

It exposed Trump's strained attempt to justify his xenophobic overreach.

But it took the State of Hawaii and Ismail Elshikh to be brave enough to stand up to it—for all of us.

That's the way it works, in a strong democracy energized by the people, and not by a bully.

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.

COVER STORY (from page 5, IS PHYSICIAN...)

basic argument is focused on the individual right or patient-centered right to end the agony, pain and suffering. This means that every person should have the right to end his or her suffering if he or she is terminally ill, that is certified by a second or third medical opinion. The right must be documented in a person's advance directive or just expressed verbally while the patient is still competent to make a decision."

Dr. Fernando Ona, a mem-

ber of Hawaii Partnership for Appropriate and Compassionate Care, testified against SB 1129, saying his opposition is from a human rights perspective. He believes that physician-assisted suicide is killing and that "the best antidote to killing is compassionate care."

"Proponents statements that this (physician-assisted suicide) is the will of the people only shows us how confused people are over the difference between providing palliation of pain and assisting

patients to kill themselves. There is a big difference," he said.

Dr. Rosalo Paeste, president of the Philippine Medical Association of Hawaii Foundation, participated in a news conference going on record against a physician-assisted suicide bill. He expressed concern over the role of insurance companies in PAS, saying patients with terminal conditions such as cancer might not be offered lifesaving treatments as a cost-saving measure.

"The legislative bill will serve to deprive patients of interventions that may help them survive," he said.

Other physicians oppose PAS because it violates their Hippocratic oath.

The issue is so contentious in the medical community that some healthcare professionals will express their personal opinions privately but have reservations going on record for or against PAS. At the

same time, the cautious "wait-and-see" trepidation is running out for the uncommitted as more medical associations realize the possible role of PAS in healthcare, and that they have no choice but to take a stand, either way.

AN ADDITIONAL OPTION

Amidst the wrangling over terminology, moral and ethical conduct, DWD advocates point out that their focus is about adding another option for patients in the way of alleviating pain before they die. Currently, "terminal sedation" of massive doses of morphine until the patient loses consciousness and eventually stops breathing is one option. Prior to terminal sedation, studies show that in some conditions such as cancer, there are feelings of breakthrough pain that even the best palliative options cannot alleviate. The prevalence is high between 33-95 percent.

DWD advocates say that choice via terminal sedation will still be an option. But the other option of PAS that they are fighting for gives the patient the right to consciously decide when their pain becomes unbearable and when they want to end their suffering.

Some argue that medical aid in dying should not even be considered suicide. Mary Steiner of Compassion & Choices Hawaii and Dr. Chuck Miller, a retired oncologist, argue that "suicidal ideation indicates a mental illness, involving people who are so severely depressed that they no longer want to live. Medical aid in dying involves individuals who would love to live, but can't. They're dying -- and soon. These people request medical aid in dying not out of despair or depression, but to maintain some dignity and comfort in their final days, to ease their pain and suffer-

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PERSONAL REFLECTIONS

THANK YOU, MAMA AND PAPA

by Seneca Moraleda-Puguan

There are things in my heart better written than spoken. I have always been so grateful to be blessed with wonderful parents, imperfect they may be. I pray that I will have the courage to say these words audibly, but for now, let me pour my heart out through this letter.

Papa and Mama,

I can still vividly remember the days we were all together, a happy family of six staying in a bungalow with leaking roof and three small rooms we call our home. Mama, you would wake your four children persistently every morning because we were all lazy to wake up on cold mornings while Papa prepared the car to bring us to school. We didn't have much. We were a simple family but it was a happy one because we were together. We endured storms together. We sang and danced. We laughed and shared stories over meals, and we cried and prayed together, too. There were times we would see you both fight over money and other issues at home. Me and my siblings fought too, a lot actually. But at the end of the day, we were one unit.

As time passed and we grew older, things changed. We had to part ways. I had to go to the capital and study in the university. Mama, you had to leave for the U.S. to earn more money so we could have a better life while you, Papa, had to stay and take care of my younger brothers. With my eldest sister graduating, me entering the university and two more in high school, you needed to find a way to provide for us. We didn't want to be separated from each other but life's demands grew bigger. We just had to survive. And you thought that working abroad was the answer.

Time and distance were not on our side. Eventually, our family fell apart. We all

led different lives. It was heartbreaking to accept, very difficult to endure. The family that was once together became broken. The nest that was once filled with joyful noise became empty and silent.

But I don't blame you. I know you were just doing what you thought was best for our family. Though your decisions broke your children's hearts, we forgive and love you.

I wished we didn't allow time and distance to get the better of us. I hoped we stood strong and fought for our family. I prayed we chose to be together through thick and thin, in lack or plenty. I wished. I hoped. I prayed. I still do. But I have learned to accept, move on and just choose to be grateful.

Even if we are all living in different worlds now, even if we are all living separately and only connected by technology, I still thank God for our family.

Mama and Papa, I am who I am now because of you. Being a new parent, I have learned and am still learning so much from both of you, your strengths and your weaknesses, your triumphs and mistakes. Becoming a mother made me realize the hardships and the sleepless nights you endured, the anxieties and fears you faced whenever we were sick or were in trouble, and your persistent labor just to give us the best. Saying 'Thank you' will not suffice. Uttering 'I love you' will not be enough.

I hope we can do more. I hope we can give back more than what we have received from you. I hope we can take care of you, more than how you took care of us. I hope we can still have the chance to be under one roof even for just a while.

Mama, thank you for feeding me, bathing me, losing sleep and enduring my cries and tantrums. Thank you for being patient in raising me up. Thank you for giving up your dreams so we can reach ours. I am truly grateful for the one day God gave us to spend time

with each other when your trip back to the U. S. from the Philippines was cancelled because of snow. Indeed, His hand must have been at work so that you will be able to meet and play with your youngest granddaughter and have a glimpse of your second child's life in Korea. One day was not enough. It was too short. But it was precious and sweet.

Papa, thank you for your guidance. Thank you for always being there whenever we need someone to talk to, to cry and laugh with. You have become a mother and father in one. You have your shortcomings as a father, but your love towards us outweighs them all. Thank you for all your advice, even if sometimes they are unsolicited. Thank you for filling our house with music and stories. Thank you for your efforts to keep our family united. Thank you for being a strong pillar. Remember the three months you spent with us in Korea? Your granddaughter, Callie, loves you. She enjoyed playing with you and learning from you. She misses you and hopes to spend more time with you.

Papa and Mama, you are my heroes. You are both my inspiration. You are my best friends. We don't get the chance to talk to each other as often as we could. We don't get to see, hug and kiss each other as much as we wanted to but I praise God for every day knowing that you are healthy and well. Thank you for exemplifying selflessness and sacrifice. Thank you for teaching us what love is. Thank you for not giving up on us, I know there were many times you wanted to but did not. Thank you for laying down your lives for us. Thank you, and I'm sorry. Sorry for the many times I disobeyed you, for yelling back at you, for hurting you in so many ways. Sorry for the countless times we misunderstood your intentions. Now, I know why you had to discipline us, why you had to deny us from things we wanted but would not benefit us. I understand better now.

It's because you love us.

Thank you for being the best parents that you can be. It's not ideal, it's not perfect but you are and will always be the mother and father that God has given me and my siblings, and I will forever be grateful for such a marvelous gift. Please enjoy yourselves. You spent your lives for your children, it's about time you live for yours. Please do not worry about us, we are all living good lives because of your hard work and perseverance. We love you both very much,

you are in our thoughts and prayers.

Know that not only your children are proud and grateful for your lives, your grandchildren too. They are blessed to call you their 'Lolo' and 'Lola'.

Blessed daughter,
Seneca

In Exodus 20:12, it says, *"Honor your father and your mother; that your days may be long in the land that the LORD your God is giving you."* Parents, no matter how imperfect or flawed, are worthy of honor and respect.

HAWAII-FILIPINO NEWS

Play Golf for a Good Cause at Pop Warner Fundraiser

Lihue Pop Warner Association (LPWA) will hold its 1st Annual Golf Tournament Fundraiser on Sunday, April 23 at the Ocean Course Hokualoa.

The 18-hole, 4-man scramble shotgun tournament will start at 7 a.m. Each attendee will receive a welcome bag with special gifts upon registering. There will be prizes including two round trip tickets to Las Vegas and participants will get a chance to win a 2017 Chevy Col-

orado Truck from sponsor Kuhio Motors. Lunch will be provided.

If you would like to be a sponsor or for more information on the event, call Renee Kawakami at 808-482-4000.

Pop Warner is a non-profit organization that provides football and cheer programs for youth. Founded in 1929, Pop Warner is the only national youth sports organization that require scholarship aptitude to participate - and is committed to developing America's young people on and off the field.



Michael A. McMann, M.D.

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Coming Soon to Manila: The World's Cheapest Michelin-starred Meal

IN BETWEEN DEADLINES
By Cheryl Tiu

SINGAPORE — We were all moved when we first saw that viral video of chef Chan Hong Meng — in complete disbelief — that his humble hawker stall, Liao Fan Hong Kong Soya Sauce Chicken Rice & Noodle, had received a Michelin star.

“I’ve never heard of Michelin inspectors visiting a street stall,” the Malaysian-born chef recalled in the video produced by Michelin Singapore. “Can even a hawker be nominated?”

The Michelin representative was said to have told him, “We only judge based on the food, not on the venue.”

Chef Chan’s soya sauce chicken rice and noodle then became the cheapest Michelin-starred meal in the world, priced at SG\$2 or US\$1.50 (around P75). And the next day, it was business as usual. He was up at 6 a.m. and back at his stall.

Now ‘Hawker Chan’

However, while chef Chan may think life hasn’t changed since the award, the demand for his dishes has grown by leaps and bounds. To address this, he partnered with Hersing Culinary (the same folks behind Tim Ho Wan), and opened Liao Fan Hawker Chan — or “Hawker Chan” for short — a quick-service restaurant with

branches in Singapore on 78 Smith Street (just across the original hawker stall) and the industrial area of Tai Seng.

The wait at the new branches has been shortened to one to two hours — and even just 30 minutes during off times — from its previous three hours at the original stall. Dishes are the same, however. Hawker Chan is air-conditioned; thereby the price of his famous Cantonese-style soya sauce chicken rice has been raised to \$3.80 to cover overhead expenses. Hawker Chan is also expanding around the region this year “to accommodate everyone — both locals and foreigners — to make sure everyone can get a taste of the food he cooks, and reach out to customers,” he tells Philippine STAR.

Coming To The Philippines In 2017

The good news for Pinoys is that Hawker Chan will be coming to the Philippines by way of FoodDee Global Concepts (run by husband and wife Rikki and Beng Dee, and son, Eric), and will be opening their flagship in the third quarter of this year.

“Our group has always been on the lookout for the best brands with the best value,” says Rikki Dee. “Hawker Chan fits well into our vision to deliver the best brand at the right price for the consumer.”

He also reveals that the location will be at a “major mall” and in the coming years, they are looking to open at least 20



Author Cheryl Tiu feels so lucky to have been served by chef Chan at Hawker Chan

stores in the Philippines.

Dee also assures that prices will be competitive. “We are looking at P99 for a chicken meal, to P199 for three kinds of roast items. Fantastic pricing for a Michelin star,” he says, adding that, “the chicken meat melts in your mouth.” While in the beginning, they will be serving only the dishes from

Hawker Chan, in the future they plan to create Philippine-exclusive dishes.

And how does chef Chan plan to maintain the quality? He tells us that he will prepare all the sauces personally and bring it overseas to maintain consistency. He will also make sure he will properly train the chefs. While he has never been

to the Philippines, he looks forward to coming (possibly in June) and is open to incorporating Filipino garnishes into the dishes.

Apart from the Philippines, Hawker Chan is also opening in Taiwan, Thailand and Indonesia. In an interview with The Straits Times, Chan reveals that he hopes to follow in the footsteps of Kentucky Fried Chicken: “KFC sells chicken and has been successful in ensuring that the taste of its food remains the same throughout the world. I hope to do the same and become the No. 2 chicken eatery chain around the world after it.” move them, we significantly reduce the possibility that they develop into malignant cells.”

Many of the risk factors for colon cancer are within your control, the American Cancer Society assured in an MMC report. As the society added: “From maintaining a healthy weight to eating right and watching for abnormal symptoms, you can reduce your risk of getting the disease, and increase the likelihood of a positive outcome.” (www.philstar.com)

HAWAII-FILIPINO NEWS

Federal Judge Converts Travel Ban from Temporary Restraining Order to Preliminary Injunction

Federal Judge Derrick K. Watson granted the state’s motion to convert the temporary restraining order of President Donald Trump’s travel ban to a preliminary injunction. Unlike a

temporary restraining order, a preliminary injunction generally has no set expiration.

State Attorney General Doug Chin said: “This is an important affirmation of the values of religious freedom enshrined in our Constitution’s First Amendment. With a pre-

liminary injunction in place, people in Hawaii with family in the six affected Muslim-majority countries — as well as Hawaii students, travelers, and refugees across the world — face less uncertainty. While we understand that the President may appeal, we believe the court’s well-reasoned decision will be affirmed.”

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LEGAL NOTES



By Atty. Reuben S. Seguritan

New Bill to Eliminate Per Country Cap on Employment Visas

Second, since only a small number of visas are granted in countries with more applicants, the remaining applicants create a backlog of high-skilled workers who wait for years for visas that might not even be issued. Third, US companies and employers are deprived of hiring the best high-skilled workers from countries with large populations. Clearly, something must be done in order to remedy the unfair immigration system for employment-based petitions.

Congressman Jason Chafetz of Utah has proposed a bill which aims to address the per country percentage limit for employment-based petitions problem. The "Fairness for High Skilled Immigrants Act of 2017" or HR 392 proposes to make employment-based

visas available to applicants on a first-come first-served basis regardless of whether they are from a populous country or not, and no matter how many other applicants there are from their country. For high-skilled workers from the Philippines, the passage of this bill into law could mean that their dreams of living and working in the United States would be fulfilled faster. This is the chance for Filipinos to go to a country with a lot of opportunities and jobs for high-skilled workers so they can better provide for their families.

This bill is also good news for US companies and employers because it would be easier for them to hire high-skilled workers from around the world, including workers from more populous countries

like the Philippines. The talented, smart and creative high-skilled workers will propel US companies and employers to make more innovative products, services and techniques that will provide rapid growth to the economy and the job market.

This proposed bill is in furtherance of an earlier rule which took effect on January 17, 2017. On November 18, 2016, the USCIS released the final rule entitled "Retention of EB-1, EB-2, and EB-3 Immigrant Workers and Program Improvements Affecting High-Skilled Nonimmigrant Workers". This rule aimed to simplify the process for employment-based visa programs for highly-skilled workers and imposed changes.

The rule provides that im-

migrant workers may keep their priority date when applying for adjustment of status. While priority dates cannot be transferred to another worker, it can be retained by an applicant for his subsequently filed EB-1, EB-2, EB-3 petition as long as the approval of the initial Form I-140 petition was not revoked for fraud, willful misrepresentation of a material fact, the invalidation or revocation of a labor certification, or material error. This will help certain workers accept promotions, change employers, or pursue other employment opportunities without fear of losing their place in line for immigrant visas.

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

The current immigration system for employment-based petitions has some flaws. First, only a maximum of 7% of available employment-based visas can be issued to any one country regardless of how many applicants there are. This means that applicants from countries with smaller populations (and therefore a lower number of applicants) can get their employment-based visas quicker than an applicant from a more populous country like the Philippines. In 2014, the Philippines had the most number of employment-based applications.

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

aliens or any class of aliens as immigrants or nonimmigrants, or impose on the entry of aliens any restrictions he may deem to be appropriate."

Congress has already spoken in clear and certain terms. It vested upon the President the power and duty to "suspend" the entry of all aliens or any class of aliens as "he may deem to be appropriate". The law does not say, as "he may deem to be appropriate with the approval of the courts." The President is the sole judge of when to "suspend" the entry of aliens. The law does not give the courts any say on this matter, otherwise Congress would have said so. *Expresio unius, est exclusio alterius.* (The express mention of one thing excludes all others). Judge Trenga said that "the President has unqualified authority to bar the physical entry to the United States at the border".

Five U.S. Court of Appeals judges of the Ninth U.S. Circuit Court of Appeals who supported a rehearing en banc (by the full court) of the travel ban case (after a 3-judge panel refused to lift the injunction against the first travel ban) led by Judge Jay Bybee said that

President Trump's Executive Order of January 27, 2017, suspending the entry of certain aliens, "was authorized by statute, and presidents have frequently exercised that authority through executive orders and presidential proclamations. Whatever we, as individuals, may feel about the President or the Executive Order, the President's decision was well within the powers of the presidency," and "[t]he wisdom of the policy choices made by [the President] is not a matter for our consideration." Judge Bybee emphasized that "The exclusion of aliens is a fundamental act of sovereignty." Judge Bybee pointed out that: "We are judges, not Platonic guardians. It is our duty to say what the law is, and the meta-source of our law, the U.S. Constitution, commits the power to make foreign policy, including the decision to permit or forbid entry into the United States, to the President and Congress."

Motive of Lawmaker Is Not a Factor in Judging Validity of Law

Judges against the travel ban claim that Trump was motivated by anti-Muslim sentiments in imposing the travel ban. They cite Trump's campaign speeches. Trump clarified in his campaign speeches that what he meant was "extreme vetting" (background check).

The Hawaii judge in his order blocking President Trump's Executive Order acknowledged that the Government appropriately cautioned that "courts should not look into the 'veiled psyche' and 'secret motives' of government decision makers and may not undertake a 'judicial psychoanalysis of a drafter's heart of hearts.'

The Virginia judge refused to psychoanalyze President Trump for his motives in issuing the travel ban.

If psychoanalyzing lawmakers was allowed, one could challenge the anti-dog eating laws of certain states as unconstitutionally motivated against ethnic origin and race by psychoanalyzing the legislators to unveil their "veiled psyche" and "secret motive" to discriminate against nationals of certain Asian countries.

OBSERVATION: In a letter to the editor of a Hawaii newspaper with Democratic leanings on 3/26/2016, the female writer said that Hawaii Judge Watson was a

classmate of former President Obama and that Obama was coincidentally in Hawaii when the Judge issued his temporary restraining order (TRO). But in another letter to the editor of the same newspaper, the woman writer was quick to point out that there is no connection with the issuance of the TRO. As Hamlet's mother remarked: "The lady doth protest too much, methinks" Me says nobody is claiming that one plus one equals TRO.

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

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PHILIPPINE LANGUAGE



DAYASADAS
By Pacita Saludes

Semana Santa - Nasantuan Nga Aldaw Ti Tawen

Bulan ti Marso ti kanayon a segseggaan a panangitalimudokan ti rikna, panunot ken panawen. Ti panagraem iti Apo a Mannakabalin iti Nasantuan nga Al-aldaw (HOLY WEEK) ti segseggaan a tinawen idia Filipinas. Nasantuan nga al-aldaw a panangibukbuktayo iti panunot tayo a manglagip ti panagdayaw iti APO. Puera de los buenos, adu pay ti makalipat iti maymaysa nga aldaw iti maka-lawas iti Domingo (Sunday) a mapan agdayaw ken ni Apo Dios. Daya ti pudno ket ditay mailibak ta no dadduma no sanguen tayon dagiti inal-daw nga aramidtayo malipatan tayon uray iti panagdayaw laeng ti balikas iti Apo gapu ngarud kadagiti agtataruptop nga aramid iti inal-daw. Saan met ket nga agpapada dagiti tao ngem didak pabasolen ta kasta

ti maobserbar tayo iti bukod tay a bagi. Ngem amin a rusat ken aramiden ket rebbengna a lagipen ti Apo ta isu ti mamagignay ken mangitururay kadatay amin a nabiag.

SEMANA SANTA ti panawen a saantay koma a malipatan. Idia pagilantayo no malagiptay pay, panawen dagitoy nga aldaw ti naipang-

pangruna a panangrikna iti pangraem iti Apo a namarsua kadatayo. Mangrugi ti SEMANA SANTA ti Domingo de Ramos agingga ti Domingo Paskua-dagiti nasantuan nga aldaw ti tawen nga isu ti aldaw ti panagtutuok ti Apo gapu kadatayo. Idia pagilantayo, binigat a mapan tayo iti balay ti Dios nga agkararag ken manglagip ti

panagtutuok ni Apo Jesus gapu kagiti basbasol tayo.

Idia Filipinas no taliawentayo dagitoy nga aldaw a ditay malipatan a panununoten ti agpakawan kadagiti naglabsingan tayo. Saan tayo koma a tagidaksen dagitoy a maipalagip kadatayo ta no dadduma awanen ti kaipapanan ti SEMANA SANTA ti kaaduan kadatayo. Ti Biernes Santo ti pannakatay ti Apo ket palagip laeng kdagiti nataengan a nakalipaten ti

pammati ken kasta met kadagiti ub-ubbing a saanen a makalagip kadagitoy a panawen ditoy rabaw ti daga nga ayantayo amin.

Sabado Gloria, Domingo Pascua a kunatayo idia pagilantayo - dagitoy nga aldaw a panagrag-o ti biag ti amin nga tao. AGYAMANTAYO ITI APO A NANGPARSUA KADATAYO. AGYAMANTAYO KADAGITI GIN-AWA a masagsagrap tayo ditoy lubong bayat ti panagbiag tayo. GOD BLESS EVERYONE!

Tawen 1986 ti immuna a pannakakitak Israel Nakayanakan ken nagtutuokan ni Apo Jesus Ikarkararagko a mapanak manen tapno maulitko Makita nagdaldalanan ni Apo Jesus a nagtutuok

Ti atitiddog ken kabatbatuan a kalsada ti Israel Pinanurnormi a sinurot dagiti tugotmo Nalabsanmi dagiti nagrabsutanda iti sisiit Nga inda pinangkorona iti ulo ni Apo Jesus

Ditoy Apo ti pinagnam a pinanurnor Iti baklaymo ingget bantot a krus a sandi Ti basbasol dagiti tattao ditoy lubong Nakaisaplitam ti adu a daras no magnaka

Ditoy nagsagabaam kinaranggas dagiti Hudio Nakaidaldalebam gaput nabantot a krus baklaymo Sarsarunoen daka a kasla nasukir a karnero Sinursurotmi met ti dana ingat ungto

Dagiti nadangkok a Hudio inlansadaka Iti binaklaymo a cruz tapno agdeppaka

Aglulua a mangtangtangad ti patpatgem nga Ina Ni Apo Santa Maria a mangipatpatgem kenka

Inkali daka dagiti nangidadanes kenka Linawlaw daka dagiti naranggas a nangsursurot kenka Pinanawan daka agraman agar-arubos a lulua Da Veronica ken patpatgem nga Ina

Iti maikatlo nga aldaw nagungarka Iti nakaskasdaaw a panagsublim nagsiddaawanda Sika ti Anak ti Dios a Mannakabalin A mangispal kadagiti tattao a managbasol iti lubong

Apo impakitam a sika ti Anak ti Dios Ken taklin dagiti tao a managbasol Apo sika ti mangisalaklan Pagdaydayawan ditoy lubong!

PHILIPPINE NEWS

Robredo Camp: 'Weak' Poll Protest to Blame for Delay in Case

by Kristian Javier
Thursday, March 30, 2017

MANILA, Philippines — Vice President Leni Robredo's lawyer on Thursday said Sen. Ferdinand Marcos Jr. should attribute supposed delays in his poll protest on the "weak" election case he filed against the vice president.

"If Marcos only filed a strong and meritorious election protest with full compliance with the rules on the substance or evidence to be alleged in the complaint, we would not have any ground to question his apparent haphazardly prepared election protest," lawyer Romulo Macalintal said in a statement.

Macalintal said that one requirement for filing an elec-

toral protest is stating detailed allegations of electoral fraud.

Macalintal said that Marcos made detailed allegations in only 57 of the 662 municipalities he is protesting. The lawyer said that the protests in those municipalities should be the only ones given due course while the rest should be dismissed.

Earlier this month, the former senator, in his reply to Robredo's opposition of his motion for the preliminary conference on the case, accused the vice president of delaying the electoral protest.

"If protestee Robredo has nothing to hide, why does she keep trying to delay the proceedings? What is there to

(continued on page <None>)

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COMMUNITY CALENDAR OF EVENTS

FILIPINO WOMEN'S CLUB OF HAWAII FOUNDATION ANNUAL TERNO BALL | April 15, 2017 | 6:00 PM | HIBISCUS ROOM, ALA MOANA HOTEL | Contact Nelly Pongco Liu @ 228-7808, Carlota Ader @ 797-4381 or Mercy Mullins @ 226-1320.

MAUI FILIPINO CHAMBER OF COMMERCE FOUNDATION ANNUAL SCHOLARSHIP GOLF TOURNAMENT | April 22, 2017 | KAHILI GOLF COURSE | Contact Bill Ruidas at 873.8605 or co-chairperson Alfredo Evangelista at 808.242.8100.

PMAH MEMORIAL WEEKEND & CME | May 27 - 29, 2017 | TURTLE BAY HILTON | Contact Nelly Pongco Liu @ 228-7808, Carlota Ader @ 797-4381 or Mercy Mullins @ 226-1320.

2ND PMAH GOLF TOURNAMENT | October 18, 2017 | 9:00 am (Registration), 11:00 a.m. (Golf Tournament Begins) and 6:00 p.m. (Awarding of Prizes and Buffet Dinner) | HOAKALEI COUNTRY CLUB | For registration, contact Elmer Baysa, MD @ 689-8315, Ray Romero, MD @680-0554 or Christopher Regala, MD @ 622-2626.

MAINLAND NEWS

Trump's Budget Proposal Slashes Billions to Key Public Programs

WASHINGTON, D.C.-- President Donald Trump unveiled his budget plan that would raise spending in Defense, Homeland Security and Veteran Affairs, while slash the budgets of 14 other federal departments. WIC grants, money states get for health care and nutrition for low income women, infants, and children, as well as \$3 billion in block grants to states for Meals on Wheels, housing aid and community assistance are some of the proposals slated to be cut.

Senator Mazie Hirono (HI-D) said: "The President would completely eliminate programs that support Hawaii's affordable housing efforts, clean energy investment, and opportunity for educational advancement and community service. It would end the Essential Air Service program that serves as a lifeline to Kalaupapa, Molokai, eliminates the TIGER grant program, which funded improvements to Saddle Road on Hawaii Island and Pier 29 on Oahu,

and would threaten the Impact Aid program that ensures that every student in Hawaii's public schools receives a quality education.

"In addition, under this plan, cuts to agencies such as the Environmental Protection Agency, and Departments of Health and Human Services, Labor, Housing and Urban Development, and Commerce will seriously undermine protections for clean air and water, public health, worker safety, and our economy.

"Altogether this budget says one thing--If you're rich and powerful, you'll be fine. Everyone else is left out to dry. Those aren't Hawaii's values, and they certainly aren't mine. I will fight against these nonsensical and harmful cuts."

Johanna Puno Hester, president of the Asian Pacific American Labor Alliance, AFL-CIO (APALA) and Assistant Executive Director of the United Domestic Workers, AFSCME Local 3930 said "We are outraged by the proposed budget that would slash

millions of dollars to key public programs that advance opportunities for working families, their children, and communities nationwide, and strive to protect the workers and the environment from exploitation and degradation. Instead, the increases we're seeing to agencies, like the Department of Homeland Security and Department of Defense, serve only to fulfill Trump's anti-immigrant and anti-Muslim agenda and promote the mass criminalization of people of color -- a divide and conquer attack to preserve the wealthy, white status quo. Millions of dollars could be used to create jobs, strengthen infrastructure, and provide opportunities for workers, students, and the middle class.

Yet, taxpayer dollars are being wasted in trying to promote an inherently racist agenda. We are not fooled by the budget nor will we accept any version of it, tactic, or policy that attacks ours and allied communities."

Asian Civil Rights Group Urges Congress to Reject Deportation Funding

WASHINGTON, D.C.--The Asian Americans Advancing Justice, an affiliation of five civil rights organizations, denounced President Donald Trump's request that Congress provide an additional \$3 billion for the rest of the fiscal year 2017 to the Department

of Homeland Security to grow its mass deportation force, increase immigrant detention beds, and begin planning the construction of a border wall.

"We strongly opposed to increased immigration enforcement funding on the backs of taxpayers. Rather than separat-

ing families through mass deportation efforts, the U.S. government should spend more money on building infrastructure and creating economic opportunities. The so-called "skinny budget" released along with the supplemental border funding request slashes funding for myriad programs that

PHILIPPINE NEWS (from page 14, ROBREDO...)

fear about a simple Preliminary Conference?" Marcos said.

Robredo, in an interview with dzMM on Tuesday, denied the accusation, saying a recount would be in her favor since that will resolve doubts on her mandate.

"Because until the issue is resolved, it would only give Marcos' supporters the right to claim that he's the real vice president," Robredo said.

Macalintal stressed that the Robredo camp wants a swift resolution of the poll protest.

"As a matter of fact, we also look forward to the early resolution of our motion to dismiss the protest on the said 662 municipalities, which is clearly insufficient in form and substance," Macalintal said. (www.philstar.com)

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border wall. The entire cost to construct the border wall is estimated to be \$21.5 billion. The Administration has promised to triple the number of Immigration and Customs Enforcement officers it employs at an estimated cost of \$8.4 - \$10.8 billion over five years and add 5,000 more border patrol agents for an additional cost of \$3.3 billion over five years.

"The border is secure. The undocumented population has been stable since 2009 and around 66% of undocumented immigrants have lived here for more than 10 years. We need a fair and humane immigration system, not an immigration system imposed by militarized force. We need to give individuals in this country a pathway to citizenship and treat them with the dignity."

support children, families and working people.

"This \$3 billion increase — funding above and beyond the close to \$20 billion the U.S. already spends per year on immigration enforcement — is just the very beginning of plans to waste billions of taxpayer dollars on inhumane immigration enforcement measures.

"We find this request shameful and urge Congress not to give in to the Administration's fear-mongering and hateful rhetoric on immigration. We oppose rounding up and deporting millions of immigrants who make important contributions to their families, their communities, and our society.

The civil rights group also opposes the construction of a

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In a head-to-head human study with ordinary astaxanthin, ZanthoSyn demonstrated nearly 3x the absorption—meaning one would need to take 3-6 capsules of ordinary 12 mg astaxanthin to deliver an equivalent amount of astaxanthin to the bloodstream as 1-2 capsules of ZanthoSyn premium 12 mg astaxanthin.

The astaxanthin in ZanthoSyn has been designated as GRAS (Generally Recognized as Safe), a rigorous safety process defined by the FDA. It is safe for daily use and does not have the side effects of anti-inflammatory drugs on the market today, such as ibuprofen, naproxen,



aspirin, and acetaminophen, which are not GRAS and should not be used on a daily basis for inflammatory health management. In addition, ZanthoSyn does not have any fishy aftertaste or smell, commonly found in fish oil supplements and ordinary astaxanthin products extracted from algae.

ZanthoSyn is available at all GNC stores throughout Hawaii and is priced economically at \$39.99 for a 60 capsule bottle and \$23.99 for a 30 capsule bottle. For those with financial hardship, a patient assistance program is available through participating physicians or by calling Cardax at 1-800-618-3050.

“We are gratified to see ZanthoSyn used in the practices of the nearly 100 doctors we have approached to date,” said Randall Mau, Director of Medical and Business Affairs at Cardax. “We look forward to expanding the use of ZanthoSyn to many more doctors and patients in Hawaii, the U.S., and abroad.”

“The scientific evidence is very strong—managing chronic inflammation is crucial to healthy aging and longevity,” said national aging expert, Dr. Bradley Willcox, MD, who trained at Harvard Medical School and the Mayo Clinic, now Principal Investigator of the Kuakini Hawaii Lifespan Study and Kuakini Healthspan Study, and Director of Research at the John A. Burns School of Medicine, Department of Geriatric Medicine, University of Hawaii. “With ZanthoSyn, we now have a safe tool to do just that.”



To learn more, Cardax will be hosting a Community Educational Workshop on *Inflammatory Health and Wellness* at the Waipahu GNC store, located at the Waipahu Town Center, on Saturday, April 1, 2017, from 2 to 5 PM.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Paid Advertisement.