

HAWAII

FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ MARCH 28, 2020 ◆

COVID-19 OUTBREAK: DEVASTATING OUR LIFE AND COMMUNITIES AROUND THE WORLD

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ASK A DOCTOR

READY FOR THE STORM—
THE COVID-19
ILLNESS

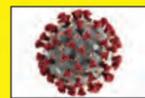
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EDITORIAL

We Must Learn from the COVID-19 Outbreak and Make Major Policy and Funding Changes

The crisis of the novel coronavirus strain COVID-19 is a wake-up call and reveals major shortcomings: first, the need for the U.S. government to act swiftly on disease outbreaks around the world; and second, the need for the U.S. government to set up infrastructure and protocols to deal with pandemics.

To the first point, there was no excuse for the sluggish response to COVID-19. Globalization is nothing new – the world has been interconnected financially and culturally for decades. Americans travel; America welcomes travelers from around the globe. Recent history also have shown viral outbreaks (SARS, Ebola, MERS) have had deadly consequences. These facts should have been warning enough for the U.S. to begin taking precautions once the outbreak spread through Asia.

Late reaction will have dire consequences

The first COVID-19 case was reported in China on Dec. 1, 2019. Remember COVID-19 is a strain of the already known and deadly coronavirus family of viruses (which SARS is also a part of), so the potential for widespread contagion was extremely high and could have easily been anticipated. By the end of last year, COVID-19 had already spread throughout China. In January 2020, COVID-19 jumped to other countries.

It took almost two months, in the last days of February 2019, for President Donald Trump to hold his first news conference to address COVID-19. And that was largely to address Wall Street anxiety as investors were the first to react to COVID-19 even before it came to America's shore.

Trump said in late February, "The risk to the American people remains very low. When you have 15 people, and the 15 within a couple of days is going to be down to close to zero. That's a pretty good job we've done."

He also dismissed the virus early on as some political ploy by Democrats and the media.

The American media was also negligent and late, only seriously reporting on COVID-19 in the second week of February; while throughout Asia, the outbreak dominated headlines in Asian media for two months.

Why is the delay important to stress? Why do weeks and months matter? As health experts are saying, combatting the virus is of dire consequence by the hours and days. It could be the difference between tens of thousands being infected or spared. The delay must be emphasized in order for the U.S. not to fall into the same trap in the future. It cannot be just water under the bridge, now let's move forward.

The Federal government is ill-prepared for a pandemic

To the second point, the federal government is grossly unprepared for a pandemic crisis. It was made worse when President Trump eliminated key positions aimed at preventing pandemics two years ago, and sought to scale back work to deal with disease outbreaks elsewhere.

At the time of eliminating those positions, he talked about how easy it would be to get everything back in place should it be necessary. That's a reactive measure, bad judgement as Americans now can see.

But the unpreparedness is not Trump's fault alone. Cutbacks, shrinking the national budget, decentralizing the federal government have been the preferred trend for at least the past two decades. Mostly Republicans, but moderate Democrats as well,

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FROM THE PUBLISHER

The coronavirus strain, novel COVID-19 is a public health crisis most of us have never lived to see. There have been viral outbreaks in the past decades – Ebola, SARS, MERS, Swine flu, to name a few – but none have been as impactful globally as COVID-19 that is taking lives, infecting mass populations, and causing economic hardship. The pandemic is already estimated to last 18 months or longer.

For our cover story this issue, associate editor Edwin Quinabo gives us one of the most comprehensive articles available on the COVID-19 outbreak. He presents the big picture, global impact, then specifically addresses the dire situation in both the U.S and locally here in Hawaii. The latest statistical data is listed, which perhaps will rise by the time this issue is printed, given how fast-paced, by the hour, the pandemic is sweeping throughout communities everywhere. The article covers restrictions implemented in the state such as social distancing to contain COVID-19; and assurances Gov. David Ige and government officials are conveying to the public that vital services will continue such as public utilities, banking and telecommunications. Grocery stores, pharmacies, and gas stations will remain open throughout the crisis. The cover story addresses specific financial relief our state and federal officials are working on. It provides guidelines for COVID-19 testing that is available in Hawaii; and guidelines that the Department of Health recommends we all be doing to keep us safe from infection. The macroeconomics – Wall Street markets, unemployment, impact on industries – are addressed, as well as tax extension and a cash relief proposal that is being ironed out by both Democrats and Republicans. Our Filipino community also chime in on what their concerns are over the crisis. The magnitude of this event requires relaying critical information to our community and we're glad to be a part of this massive effort. And a first for our newspaper, we are presenting two editorials on the same subject because there are so many parts to COVID-19 needing to be addressed.

On the same subject, HFC columnist Emil Guillermo writes "Are You SQ? Self-Quarantining to Save America" and HFC columnist Seneca Moraleda-Puguan submits "Corona's Crown." Seneca offers a unique perspective because she lives in South Korea where COVID-19 has taken a dramatic toll. She writes, "Our family had been on quarantine since the start of the outbreak in South Korea. My husband goes to work but my two children and I have been staying home. We have postponed our son's first birthday celebration. We have been attending church services online. We limited our weekend travels...Anxiety is attacking. But we are finding ways to entertain ourselves and make the most out of the situation."

March is Women's History month. In this issue HFC's Mark Lester Ranchez contributes "Girl Power: Six Pioneer Pinays in Hawaii," featuring Belinda Aquino, Ph.D, Senator Donna Mercado Kim, Stephanie Castillo, Melody Calisay, Ph.D., Pia Arboleda D.A. and Kit Zulueta. Read how these pioneering women have made enormous contributions in our community.

Lastly, our two legal columnists and immigration experts have articles this issue. Atty. Reuben Seguritan contributes "Adjustment of Status while in Removal Proceedings," and Atty. Emmanuel S. Tapon's topic is "Immigration Lawyer Held Ineffective for Not Using Interpreter."

Thank you for supporting your community newspaper. Please be safe, calm, and cautious. We're all being challenged, but we shall prevail. Until next issue, warmest *Aloha* and *Mabuhay!*



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Chona A. Montesines-Sonido

EDITORIALS

Stop the Blame Game; We're All in this Together

Unfortunately, there are increasing reports of racism against Asians in the U.S. and other parts of the world due to the coronavirus (COVID-19) pandemic.

In Australia, Asians talk of not being able to go out in public without being verbally abused. A simple cough, Asians have reported, will trigger looks of derision and contempt from those around them.

In New York, numerous attacks on Asian Americans prompted Mayor Bill de Blasio to urge New Yorkers to report hate crimes.

American conservative media, and President Donald Trump himself, are amplifying xenophobia by calling COVID-19 the “Chinese Virus” or “Wuhan Virus.” Even more demeaning is the term “Kung-Flu” being thrown around on social media.

Let's be very clear, yes, COVID-19 originated from Wuhan, China, but viruses historically have originated in

many parts of the world.

To point a finger and blame nationals (or the race) of the country of origin of a viral outbreak, is simply ignorant and uneducated. With COVID-19 in the beginning stages -- and already we are seeing racism targeting Asians – vitriol and hatred could get worse. Racism related to COVID-19 must be nipped at the bud, now; and must not be tolerated.

This pandemic should not be another divisive tool weaponized politically (we know who the chief culprit of this sick strategy is), but rather a means to bring Americans together.

First, examine the facts. Look at the major viral outbreaks in just the 20th century below and their origins.

*Ebola, origin: West Africa, deaths 11,300, 2013-2016;

*H1N1/09 virus Swine Flu, origin: debated United States or Mexico, deaths 151,700-575,500, 2009

*HIV/AIDS, origin: Congo, deaths 32 million, 1920 to present

*Spanish flu, origin: (the name is a misnomer and not of

Spanish origin; rather the origin is debated, either Europe or Kansas, United States), deaths over 100 million, 1918-1920

*Encephalitis Lethargica, origin: Europe, deaths 1.5 million, 1915-1926

*Cholera, origin: India, deaths 800,000, 1899-1923 (there have been multiple outbreaks of Cholera)

In previous centuries, outbreaks have originated in Canada, Germany, Egypt, Russia, Argentina, Iraq, Australia, Portugal, Denmark, United States (multiple times), Iran, England, Ireland, Romania, Spain, Italy, France, Sweden, Mexico, Greece.

Blaming Illegal Immigrants

Besides Asians, right-wing movements are also blaming illegal immigrants for spreading COVID-19, which is completely off-based. The spread was largely caused by tourism (business or pleasure); and has nothing to do with illegal migration.

The Blame Game

Historically, in times of ex-

treme economic hardship or as we're seeing now pandemics, psychologists say the trend has been to look for a scapegoat.

The psychological explanation of scapegoating: the ego's defense of displacement plays an important role in scapegoating, in which uncomfortable feelings such as anger, frustration, envy, guilt, shame, and insecurity are displaced and redirected onto another, more vulnerable, person or group. Typical targets of scapegoats are immigrants, minorities, “outsiders.”

Psychologists say scapegoating is often a way for people with personality disorders to feel better, and often is based absent of facts.

Come together

The COVID-19 has two potential outcomes. We can go down the path where we've been traveling of late – partisan politics, deep racial and social division. Or, this outbreak can be a catalyst to change this trajectory. It can unify Americans; slap common sense back into our thought-processing.

And, hopefully, we can arrive to this idea that we're all in this together, working together for a common good.

The origins of viruses have sprung up in many parts of the world historically. We see now how China is pouring hundreds of millions of dollars into Europe (the new hotbed of COVID-19) and even the U.S. to help contain the disease. It is sharing invaluable data with the World Health Organization and scientists to stop COVID-19. We should be looking at these efforts China is making, and stop the blame game.

COVID-19 is non-discriminating. Each individual must do his-her part to stop the spread the disease. The lesson is very clear, practically jumping out at us – either we come together as a species or we will fall altogether. The political-cultural-historical boundaries mean little in the natural world as evidenced by COVID-19's tentacles.

Why not, for once, we try something new and leave division out of our problems, and recognize our sameness, our humanness – our humanity. ■

(We Must Learn...from page 2)

have been on an irresponsible budget slash rampage on vital and necessary programs, including areas that would deal with viral disease outbreaks.

It has been chic to be anti-government for years. Americans have been demanding the downsizing of government over several voting cycles now; and have ignored scientists' warnings of climate change and pandemics. Certainly, big government is not ideal; but “smart” government, meaning that vital programs must be funded, must continue.

So what do we have as a result? -- a public health system that is understaffed and unprepared; inadequate hospital beds to deal with a pandemic; a national healthcare system that discourages underinsured and uninsured to seek medical attention in the case of a pandemic (even after the bill being fast-tracked to help with COVID-19 costs gets passed); no public health protocols in place, adding to confusion and breakdown in communication between inter-government agencies and

federal-to-local governments; food insecurity for impoverished Americans; and a testing system for COVID-19 that is grossly inadequate, which delayed response will reveal in the near future to have cost lives.

Lessons learned

COVID-19 must change Americans' values and perspectives. Americans must finally see the importance of government. Since the Reagan era, there has been skewed support for big corporations over government. But historically, it is government that bailed out this country during times of crisis. We've seen it in the last recession. And, once again, government will play the biggest role in uplifting our country in this crisis by doing among the few vitals – bail out businesses, offer help to workers, pay for health services related to COVID-19, stimulate the economy. Government is expected to pour in trillions in relief and recovery by the time this pandemic is over.

We must also support science and see the vulnerability of our species and the environment. We must pay attention to the global threats like pandemics and climate change that scientists have been warning about for over two decades now. Science is real and unfortunately the American electorate is still not getting it.

It's not just a matter of understanding new threats; it requires reallocating funds from post WWII, Cold War threats such as the obscenely over-funded military to areas that scientists are urgently saying must be addressed – climate change, pandemics, and the necessary infrastructure to deal with such crisis when they occur.

This practice of continuously throwing trillions upon trillions of dollars at old threats (funding never-ending, regional, mostly Middle-East wars) and not addressing new threats that pose far greater harm to our country and the entire world must change.

Special interest groups who are profiting from the

status quo will say that the COVID-19 outbreak should not be politicized. But that logic follows the same pattern of special interest groups saying gun regulation should not be politicized after each mass murder. If not know, when?

Fortunately, COVID-19 does not have the high mortality rate (about 3 percent of patients with COVID-19 die) compared to the Ebola (60-90 percent mortality).

What makes COVID-19 so dangerous is the high transmittable rate, which has a deadly effect on select populations with compromised immune systems.

But imagine if a future viral disease had both the high mor-

tality rate as the Ebola and the high transmittable rate as COVID-19. That scenario could potentially kill millions of people globally, especially if governments do not have in place solid infrastructure and health protocols in place.

The U.S. must learn from this outbreak and stop ignoring scientists' warnings as fairy tales. We must act now, because literally, our lives depend on it. ■



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COVER STORY



COMMUNITIES AROUND THE WORLD IN A TAILSPIN OVER THE COVID-19 OUTBREAK



By Edwin Quinabo

The world is gripped in uncertainty, anxiety; and in a few hotbed locales, paralyzed by fear over the new strain of the coronavirus (novel COVID-19).

People are wanting to cling on to something positive, wanting to believe that COVID-19 is hyped and the peak, blunted. But the acceleration of new cases, by the days, by the hours, confirms a sobering reality that the world – from Asia, to Europe, to North America – is faced with one of the worst viral outbreaks in modern history.

And that each person, in the fog of uncharted territory, must work together to rout COVID-19 before some semblance of normalcy can return.

How soon can this happen? The long-term prediction is when a vaccine is developed over at least a year's time. Other projections thrown about – 18 months. Until then, containment and mitigation are the goals health experts are aiming for.

The good news, Asia, where COVID-19 originated, is seeing dramatic decreases in new cases. The bad news, Europe, is nowhere near a plateau and is now the new center of large-scale infections.

The U.S. is taking all the precautions – from requiring social distancing to having testing for COVID-19 made available to the masses – to avoid staggering outbreaks as China (81,093 cases, 3,270 deaths) and Italy (59,138 cases, 5,476 deaths).

The United States is now third in the number of cases reported worldwide, according to the latest statistics (Monday, March 23, 2020, press time) from worldometers.info website. The U.S. has 39,389 cases, 467 deaths.

Other hotspots are Spain (33,089 cases, 2,206 deaths) Iran (23,049 cases, 1,812 deaths), Germany (27,546, 115 deaths), France (16,689 cases, 674 death), and South Korea (891 cases, 111 deaths).

The Philippines has 462 cases reported and 33 deaths.

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COVER STORY

How it all started

In December 2019, a cluster of unknown pneumonia cases broke out in Wuhan, China. Investigators traced the outbreak to the Huanan Seafood Market (ground zero) and determined the pneumonia cases were caused by a new strain of the coronavirus, COVID-19.

Within a month, COVID-19 spread throughout mainland China and to other parts of Asia, mostly South Korea and Japan. Soon after, it became global, prompting the World Health Organization (WHO) to declare it a pandemic.

By mid-March 2020, COVID-19 touched ashore along continental coasts and deep inland around the globe, spread across 194 countries with a total count of 362,052 confirmed cases and 15,496 deaths.

COVID-19 in Hawaii (cases, prevention, continued services and relief efforts)

The Hawaii Department of Health (DOH) reports there are a total of 41 confirmed or presumptive positive cases of COVID-19 in Hawaii. The DOH is monitoring all of these individuals and supervising their isolation, as well as the self-quarantine of their family members.

Gov. David Ige announced state actions to slow the spread of COVID-19, including discouraging visitors to postpone their vacations to Hawaii for at least the next 30-days and re-schedule for a later date.

“The actions I’m announcing may seem extreme to some of you, and we know that it will have negative effects to our economy. But we are confident that taking aggressive actions now will allow us to have a quicker recovery when this crisis is over,” said Gov. Ige.

He said all passengers disembarking cruise ships will be screened. The airport is also working on implementing screening of arriving visitors. A mandatory 14-day quarantine for all travelers started on March 26, 2020.

There is growing stigma that travelers (tourists) are responsible for bringing over COVID-19. But the DOH sent out a statement contradicting this belief. Of the 41 positive



test results to date, 32 of them are a result of traveling Hawaii residents who returned home.

A group of Hawaii legislators, including the Senate President Ronald Kouchi and House Speaker Scott Saiki, sent a letter to Gov. Ige criticizing him for not calling for a quarantine of all arriving travelers earlier than the March 21 mandate.

This is all new territory; for a public health crisis to disrupt the daily lives of the entire state. Grocery stores race to restock empty shelves. Streets are bare. Thousands work from home and students’ new classroom is their computer screen. Internet providers now must worry about bandwidth overload. Churches, at the height of the Lenten season, are empty. Two prevailing daily practices for most -- watch the news and get more groceries.

At the same press conference, the governor has also directed the following:

- Limit social gatherings to groups of 10 people or less to follow the Centers for Disease Control and Prevention (CDC) guidelines.
- Close bars and clubs
- Close restaurants, but drive-thru, take out, or delivery are allowed
- Close theaters
- Avoid discretionary travel
- Suspend services and activities in places of worship
- Do not visit nursing homes or retirement or long-term care facilities
- If someone in your household has tested positive for COVID-19, keep the entire household at home.

The governor assured the public that all utilities, ship-

ping facilities, financial institutions, telecommunications companies, grocery stores, pharmacies, gas stations and other vital services will continue to operate in the normal course.

State and businesses are working out plans to ensure employees have benefits, even if employees are not at work; halting eviction for non-payment of rent; halting foreclosures; working with public and private utility providers to avoid shut-off of service.

All non-essential government workers are directed to stay home and will continue to be paid; and are banned from non-essential travel.

What’s closed? state libraries, state parks, offices, events at the Aloha Stadium and the Hawai’i Convention Center for the next 30 days.

Honolulu Mayor Kirk Caldwell issued a “stay at home, work from home” order for City workers to last through April 30. Maui Mayor Mike Victorino issued a similar directive.

“At the end of the day this is about protecting our ohana,” Caldwell said.

The Hawaii State Legislature 2020 session has been suspended until further notice.

“These are difficult times, but Hawaii has a history of coming together when faced with challenges. I’m confident that together we will rise to the task,” said Gov. Ige.

The Hawaii Emergency Management Agency (HI-EMA) reported that some members of the National Guard have been activated to assist the state.

“If we keep waiting to react to certain situations, it’ll be too far from the power curve. We’re gonna plan for the worst

case but hope for the best. We got these planners working nearly 24/7 to come up with a plan,” said Gen. Ken Hara, director of HI-EMA.

He said part of the plan is preparing certain neighborhoods for quarantine. He reminded businesses against price gauging, which could be prosecuted.

Hawaii Attorney General Clare E. Connors and Hawaii Consumer Protection Executive Director Stephen Levins are urging the public to be aware of, and report, scams and price gouging related to the COVID-19 pandemic.

“The public has to be extra cautious of those who would take advantage of our community in a crisis situation,” said AG Connors. “We advise everyone to be vigilant, especially as we all work to ensure that everyone has access to necessities.”

Rep. John Mizuno, Chair of the House Health Committee, said “The DOH is providing information to residents to prepare for an emergency, similar to a hurricane, to have a 14-day supply of food, water, first aid kit, flashlights and an extra supply of medications.”

The Hawai’i Public Health Institute and the Hawai’i Children’s Action network, comprised of 94 local doctors and health professionals, is urging Gov. Ige to immediately limit COVID-19 by closing all non-essential businesses and asking everyone to stay home.

Deborah Zysman, Executive Director of Hawai’i Children’s Action Network, said “Governor Ige must mandate extreme social distancing measures before the spread worsens.”

According to Jessica Yamauchi, Executive Director of the Hawai’i Public Health Institute, “Hawai’i is fortunate to have a relatively small number of patients right now, but this number will continue to increase. We recently saw our first confirmed case of community spread; if we wait to act until the situation gets worse, it will be too late.”

The medical groups’ calls for a stricter lockdown echoes calls nationwide. To stem the spread of COVID-19, Gov. Gavin Newsom of California ordered all 40 million residents of the state to stay at home. California is the first state to adopt a complete lockdown.

Senator Kouchi was specific about what he believes “social distancing” means. “It’s canceling events, closing businesses, and reducing interaction with other people to stop the spread of an infectious disease. ‘Flattening the curve’ is an attempt to reduce the pressure that infected people place upon limited medical resources in a pandemic.”

The idea of “flattening the curve” is to prevent masses of people getting sick at once, which would be devastating on hospitals and clinics due to

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COVER STORY

Communities Around....*from page 5*

their limited resources and bed capacity.

Federal Level: Sen. Mazie Hirono said lawmakers are working on increasing unemployment benefits to getting paid sick leave for workers affected by the COVID-19 crisis. There are also provisions for food assistance and low interest loans to small businesses impacted by COVID-19 under the SBA Economic Loan Recovery Program.

Lawmakers are also working on providing free testing for COVID-19 and paid family leave.

The U.S. House already passed earlier in March a \$8.3 billion bill to help state and local governments. H.R. 6074, “The Coronavirus Pre-

paredness and Response Supplemental Appropriations Act, 2020.”

U.S. Congressman Ed Case, a member of the House Appropriations Committee, voted to pass the bill, saying “The Congress has worked quickly to advance a robust response to this public health emergency. While state and county governments and other entities in Hawai’i and throughout our country have been on the frontlines to date, this is clearly a national matter which requires the full mobilization and application of national resources across the board.”

Some features of the bill include: more than \$3 billion for research and development of vaccines, therapeutics, and diagnostics; \$2.2 billion in

public health funding for prevention, preparedness, and response; \$950 million of which is to support state & local health agencies; nearly \$1 billion for procurement of pharmaceuticals and medical supplies, to support health-care preparedness and Community Health Centers, and to improve medical surge capacity.

Hirono said lawmakers will continue to monitor the situation and see how else they can further help in areas where people are being hurt by the pandemic.

President Trump just signed into law the bipartisan bill “Families First Coronavirus Response Act” which contains provisions found in earlier House bills.

Testing for COVID-19 in Hawaii

The DOH provided guidelines for the COVID-19 screening. The public should follow these steps:

- First, contact your health-care provider in advance to determine if you need to have an in-person visit with your provider.
- Your provider will determine over the phone whether you meet the criteria for COVID-19 testing.
- If your provider directs you to come in for a screening, bring a photo ID and insurance card.
- Your provider will take a swab for testing. The specimen will be sent to a lab. During this time, you are expected to self-quarantine at home until test results are available, which could be up to 3 to 4 days.
- If you are healthy or experiencing mild to moderate flu-like symptoms, DOH urges you to stay at home and avoid an unnecessary visit to a screening site. The screening sites are only for those who are severely ill with COVID-19 symptoms.

tagious (and could be deadly for some people with underlying health conditions), what concerns me the most is the spread of misinformation online. It creates mass hysteria which leads people, especially the rich and the well-privileged, to panic and hoard health essentials leaving the normal people nothing to buy for themselves. This is alarming because this selfishness might endanger the general public’s health and safety even more. Proper awareness and health education are vital in times like this.”

Acosta said some precautions she is taking include maintaining proper hygiene, frequently washing and sanitizing her hands, avoiding touching her face, avoiding crowded areas, and using a mask and gloves when taking public transportation. She also works on boosting her immune system by taking vitamins and eating healthy.

Joanna Ortega of Lucena City, Quezon, Philippines, also said she is taking vitamins and eating healthy. She commented that she will be wearing a mask from time to time just to be safe.

Ortega thinks it is possible that more people are infected but they just are unaware of it because they haven’t had symptoms yet.

On traveling, she doesn’t recommend it. “People could be a carrier without showing symptoms. Nope. Definitely. I won’t be traveling. I don’t want to be selfish,” she added.

Ragna Faye Bartianna of Lucena City, Quezon, expressed concern over the health care system in the Philippines and how the government is handling the situation. “Clearly, we are not ready for this kind of unfortunate event.”

Jim Bea Sampaga of Waikiki, said she isn’t scared of getting infected because she is taking preventative measures such as staying away from crowded places and not going out.

“Even if I did get infected, I know that I will survive the virus because I don’t have any severe illnesses. I will survive the virus because I’m young and healthy but other people are not as lucky as I am,” said Sampaga.

(continue on page 7)

COVID-19 SCREENING SITES IN HAWAII

(as of 4:30 p.m., March 16, 2020)

To help manage available healthcare resources for the public statewide, the DOH advises everyone to take the following steps:
 1. Stay home if you are well or experiencing mild to moderate flu-like symptoms.
 2. Call ahead to your healthcare provider before going to a medical facility.
 3. If your doctor would like you to come in for a screening, bring a photo ID and insurance card.
 4. If your doctor decides that you meet the criteria for COVID-19 testing, he or she will provide a lab order for the test and take the swab for testing.
 5. The specimen will be sent to a private or state lab for the results.

Please note that conditions are changing rapidly and screening options may change. Thank you for your kokua and understanding.

OAHU COVID-19 SCREENING SITES

Call Ahead For Walk-In Screening

Facility Name	Address	Phone Number	Hours of Operation	Days Open
Adventist Health Castle	640 Ulukahiki Street, Kailua	(808) 263-5500	24 Hours	Every day
Island Urgent Care	6600 Kalaniana'ole Highway, #114a, Honolulu	(808) 735-0007	8 am - 8 pm	Every day
Island Urgent Care	400 Keawe Street Suite #100, Honolulu	(808) 735-0007	8 am - 8 pm	Every day
Kahuku Medical Center	56-117 Pualalea Street, Kahuku	(808) 293-9221	24 Hours	Every day
Kaiser Permanente Moanalua Medical Center	3288 Moanalua Road, Honolulu	(808) 432-0000	24 Hours	Every day
Kalihi-Palama Health Center	915 North King Street, Honolulu	(808) 848-1438	8 am - 4:30 pm	Mon - Sat
Kalihi-Palama Health Center	89 South King Street, Honolulu	(808) 792-5560	8 am - 5:00 pm	Mon - Fri
Kapiolani Medical Center for Women & Children	1319 Punahou Street, Honolulu	(808) 983-6000	24 Hours	Every day
Kuakini Medical Center	347 North Kuakini Street, Honolulu	(808) 536-2236	24 Hours	Every day
Pali Momi Medical Center	98-1079 Moanalua Road, Aiea	(808) 486-6000	24 Hours	Every day
Straub Medical Center	888 South King Street, Honolulu	(808) 522-4000	24 Hours	Every day
The Queens Medical Center	1301 Punchbowl Street, Honolulu	(808) 691-1000	24 Hours	Every day
The Queens Medical Center - West Oahu	91-2141 Fort Weaver Road, Ewa Beach	(808) 691-3000	24 Hours	Every day
The Queens Health Care Center	599 Farrington Highway, Suite 201, Kapolei	(808) 691-7338	8 am - 5 pm	Mon - Fri
The Queens Health Care Center	95-1249 Meheula Parkway, Milliani	(808) 623-2435	8 am - 5 pm	Mon - Fri
Tripler Army Medical Center (Military only)	1 Jarrett White Road, Honolulu	(808) 683-2778	24 Hours	Every day
Wahiawa General Hospital	128 Lehua Street, Wahiawa	(808) 621-8411	24 Hours	Every day
Windward Urgent Care	46-001 Kamehameha Highway, Suite 107	(808) 234-1094	8 am - 9 pm	Every day

Call Ahead for Drive-Thru/Drive-Up Screening

Adventist Health Castle	640 Ulukahiki Street, Kailua	(808) 263-5500	8 am - 5 pm	Mon - Fri
The Queens Medical Center - West Oahu	91-2141 Fort Weaver Road, Ewa Beach	(808) 691-3000	5 pm - 9 pm	Mon - Fri
Kapiolani Medical Center for Women & Children	1319 Punahou Street, Honolulu	(808) 983-6000	8 am - 5 pm	Mon - Fri
Pali Momi Medical Center	98-1079 Moanalua Road, Aiea	(808) 486-6000	8 am - 5 pm	Mon - Fri
Straub Medical Center	888 South King Street, Honolulu	(808) 522-4000	8 am - 5 pm	Mon - Fri
Windward Urgent Care (Drive-up access with MD referral)	46-001 Kamehameha Highway, Suite 107	(808) 234-1094	8 am - 5 pm	Mon - Fri

Walk-In Screening

The Queens Medical Center	1301 Punchbowl Street, Honolulu	(808) 691-1000	8 am - 8 pm	Mon - Fri
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Oahu Total **25**

KAUAI COVID-19 SCREENING SITES

Call Ahead For Walk-In Screening

Facility Name	Address	Phone Number	Hours of Operation	Days Open
Kauai Veterans Memorial Hospital	4643 Waimea Canyon Drive, Waimea	(808) 338-9431	24 Hours	Every Day
Samuel Mahelona Memorial Hospital	4800 Kawaihau Road, Kapa'a	(808) 822-4961	24 Hours	Every Day
Wilcox Memorial Hospital	3-3420 Kuhio Highway, Lihue	(808) 245-1100	24 Hours	Every Day

Call Ahead for Drive-Up Screening

Wilcox Memorial Hospital	3-3420 Kuhio Highway, Lihue	(808) 245-1100	11 am - 3 pm	Mon - Fri
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Kauai Total **4**

MAUI COUNTY COVID-19 SCREENING SITES

Call Ahead For Walk-In Screening

Facility Name	Address	Phone Number	Hours of Operation	Days Open
Kula Hospital	100 Keokea Place, Kula	(808) 878-1221	24 Hours	Every day
Lanai Community Hospital (Pending)	628 7th Street, Lanai City	(808) 565-8450	8 am - 5 pm	Mon - Fri
Maui Memorial Medical Center	221 Mahalani Street Wailuku	(808) 244-9056	24 Hours	Every day
Maui Memorial Medical Center (Pending)	221 Mahalani Street Wailuku	(808) 244-9056	8 am - 5 pm	Mon - Fri
Molokai General Hospital	280 Home Olu Place, Kaunakakai	(808) 553-5331	24 Hours	Every day

Call Ahead for Drive-Up Screening

Molokai Community Clinic	280 Home Olu Place, Kaunakakai	(808) 553-5331	8 am - 5 pm	Mon - Fri
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Maui County Total **6**

HAWAII ISLAND COVID-19 SCREENING SITES

Call Ahead For Walk-In Screening

Facility Name	Address	Phone Number	Hours of Operation	Days Open
Hilo Medical Center	1190 Waiuanuenue Avenue, Hilo	(808) 932-3000	24 Hours	Every Day
Kona Community Hospital	79-1019 Haukapila Street, Kealahou	(808) 322-9311	24 Hours	Every Day
North Hawaii Community Hospital	67-1125 Mamalahoa Highway, Waimea	(808) 885-4444	24 Hours	Every Day
North Hawaii Community Hospital	67-1125 Mamalahoa Highway, Waimea	(808) 885-4444	10 am - 2 pm	Mon, Wed, Fri

Call Ahead for Drive-Up Screening

Hilo Medical Center (Pending)	1190 Waiuanuenue Avenue, Hilo	(808) 932-3000	10 am - 2 pm	Mon - Fri
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Hawaii Island Total **5**

State Total **40**

Filipino community's reaction

Naomi Acosta of Waipahu, said “Aside from the fact that COVID-19 is highly con-

COVER STORY

(Communities Around...from page 6)

The CDC reports that only 3 percent of people who contract COVID-19 will die. Eighty percent would be able to recover at home; and a smaller percentage would require hospitalization.

The vulnerable groups to the virus are seniors, people with compromised immune systems due to medications or health problems, people with respiratory illness, pulmonary disease, diabetes, kidney problems and people with cancer.

Earlier data from China shows that younger people are not as susceptible to developing life-threatening symptoms. But health officials believe they hadn't drive the point emphatically enough to the younger generation they could be carriers and be spreading the disease to their loved ones.

Sampaga said, "What scares me the most is how the government and the people are handling the pandemic. Testing kits aren't even available to accommodate the whole country. They're expensive too. There are still no vaccines developed. We are all out of face masks, alcohol and hand sanitizers because of capitalism and panic buying."

Josephine Lamarca of Kunia, a retired RN, is not as confident over COVID-19 as Sampaga.

Lamarca said she is afraid of getting it, and possibly dying from it. She does not plan to travel at this time and is taking the common precautions of handwashing, hand sanitizing and staying away from large crowds.

Lawrence Pagulayan, a student and Waipahu resident, said he's worried about stores closing due to a shortage of supplies and the economic impact the crisis is having. He said his family's health is priority and they will not be traveling any time soon and are taking all the necessary precautions.

Guideline to prevent getting infected with COVID-19

The DOH recommends the following:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- CDC does not recommend that people who are well wear a facemask to protect themselves from illnesses, including COVID-19. Keep in mind that supplies are limited and we need to make sure there are enough masks for our front-line health care workers. If you are sick then wear a mask to protect the people around you.
- Prepare for the possibility that people may want to stay home or may be asked to stay home to prevent the spread of illness.
- If you have daily medication needs, have more than a week's supply on hand and have as much on hand as your insurance will allow you to have.
- Not everyone can afford to stock up on supplies or has the space to store them, but anything you can arrange in advance means one less inconvenience or one less trip to the store while you are sick.

To sign up for public notifications regarding COVID-19, go to health.hawaii.gov/news/covid-19-updates.

Economic impact

Wall Street is experiencing record drops in the market. Wall Street has had bad days periodically. But the markets normally would bounce back within a day or week given solid employment and confidence in today's economy.

With unemployment rising -- businesses are already letting employees go in the restaurant, food and beverage industries, travel, tourism and accommodations industries -- rebounding will not be that simple, nor quick. It's also questionable how long small businesses can carry losses

from temporary closures due to near stand-still business.

The Federal Reserve made a historic move to artificially boost the economy. It dropped interest rates to zero and launched a quantitative easing program. It also injected an unprecedented \$1.5 trillion into the economy. All initiatives to restore confidence in the markets and to improve liquidity for debtors.

Two days later, the market plunged by 3000 points, signaling that low confidence remains even after the Federal Reserve's emergency "tooling" of the economy.

Some economists say the nation has already sunk below a bear market and is on the way to a full-blown recession. Should the crisis last for months, the financial predicament for the U.S. could even rise to an economic depression.

First Hawaiian Bank Wealth Management Group gave a more optimistic outlook of the market, "In the short term there is still significant downside risk. Although we are cautiously optimistic that the epidemic has peaked in China, it is very easy to imagine worsening conditions in other countries like Korea, and new geographic hotspots cropping up in the coming days. Thus, we would not advocate buying the market today ("catching a falling knife"). However, longer term, if our economic forecast is correct, stocks should bounce back and could end the year higher than they are today."

Myra Asuncion, a former Pearl City resident who moved to Washington State where the COVID-19 has had a devastating impact on their communities, said she and her husband, are jittery about the stock market.

"We've already instructed our financial planner to pull out some of our stocks. We think this recession will be worse than the recession of 2008."

Financial planners recommend to keep your retirement funds untouched and to stay in it for the long haul, if possible.

University of Hawaii economist Carl Bonham told members of an advisory committee to the House of Representatives that he expects tour-

ism industry workers will soon start losing jobs and having their hours cut.

Normally, Hawaii hotels experience an average of about 80% occupancy. But Bonham said this figure will likely drop by 30 to 40 percentage points.

"One of the worst possible scenarios is that we have a widespread outbreak in Hawaii," Bonham added.

The visitor industry accounts for 17% of Hawaii's economy and 19% of the state's jobs.

Tax deadline extended; Cash infusion Proposal

To alleviate some of the immediate financial burden, individuals and businesses will be allowed to delay paying their 2019 tax bills for 90 days past the usual April 15 deadline. The extension is an effort to inject up to \$300 billion into the economy.

The president is also working on a \$1 trillion stimulus package that could include direct payment to Americans as

high as \$1,200. Checks would be mailed to Americans. The idea is to lessen the economic damage and provide a widespread cash injection into the economy.

The cash infusion proposal is gaining bipartisan support.

Staying Calm

While health experts and government officials are advising the public not to go into a state of panic amid the COVID-19 crisis, millions of Americans cannot help but to feel overwhelmed. Arguably two of the most important things are at risk: one's health and ability to earn income.

Will I get the COVID-19? How will I pay my bills? Compounding anxiety is the uncertainty of how long this crisis will last.

Asuncion echoed what officials have been saying, "We're all in this together. Try to find a healthy balance between urgency and calm. We will see better days, hopefully sooner than later. ■"

Philippine Consulate General Suspends Services

The Philippine Consulate General announced it will suspend its consular services from Friday, March 20, 2020, until further notice.

For emergencies including travel to the Philippines for medical treatment, visiting a critically-ill relative, death in the family or repatriation of remains, please call (808) 253-9446 or email honolulu.pcg@dfa.gov.ph. ■

PH DFA Temporarily Suspends Visa

The Philippine Department of Foreign Affairs will be temporarily suspending visa privileges to combat the spread of the Coronavirus Disease 2019 (COVID-19) in the Philippines.

Effective March 22, 2020, the temporary suspension of visa-free privileges includes those who are on Visa Waiver Agreements (visa upon arrival), nationals of certain countries (like the U.S.) that can enter the Philippines visa-free, and holders of Hong Kong and Macau SAR passports, Macau-Portuguese passports, and British National Overseas passports.

Exempted from these suspensions are foreign spouses and children traveling with a Filipino national that are non-visa required nationals.

Previously-issued visas by Philippine Foreign Service Posts are also deemed temporarily-canceled and holders will not be allowed to enter the country starting March 22, 2020 until further notice. ■

ASK A DOCTOR

Ready For The Storm

By Ricardo C. Custodio, MD, MPH

From an early age, Filipino parents teach their children how important it is to take good care of house visitors. Hospitality and serving others are strong cultural components of being Filipino. Respect for our elders is another. Service and respect for our elderly are illustrated by the “*mano apo*” and explains why a majority of care homes in Hawaii are operated by Filipinos. Filipino and other caregivers for our aged and disabled face a huge, looming challenge ahead. It is time to prepare, get ready and brace for the storm surge.

2019 Novel Coronavirus

On January 20, I did my first novel coronavirus (COVID-19) clearance on a pediatric patient at the Kalihi-Palama Health Center next to Chinatown. He was a seven-year-old Chinese boy who traveled through Wuhan City with his family. My medical assistants attached an article to his chart about a mysterious respiratory illness spreading in Wuhan that had sickened

dozens and killed a few. The illness was linked to contact between humans and animals in the open markets of Wuhan City.

My patient did not have any of the symptoms of fever or cough or shortness of breath. He and his family had only stayed one night in a hotel, went to one restaurant and had not visited the Huanan Seafood market. I did not know it at the time, but the day I cleared that patient, the number of COVID-19 cases in Wuhan rose from 62 to 198 with four deaths. That same day, Chinese health experts announced that human to human transmission of the new coronavirus had been confirmed.

The World Health Organization (WHO) officially named the new virus, Coronavirus Disease 2019 or COVID-19. It is the seventh coronavirus to surface in the world. The first four coronaviruses were mild. Then came Severe Acute Respiratory Syndrome (SARS) in 2002 (5,327 cases, 349 deaths) and Middle East Respiratory Syndrome (MERS) in 2012 (2,121 cases, 788 deaths). SARS and MERS



were deadly but were contained to a few countries. They were epidemics, a widespread occurrence of an infectious disease in a community at a particular time.

On March 11, 50 days after clearing my first patient, WHO officially declared COVID-19 a pandemic, a disease prevalent over the whole world. That same day, Hawaii had its first case of community transmission meaning that a person without a travel history infected the virus to someone else in the community. We do not know exactly how many COVID-19 cases are out there because we have not been able to adequately test everyone.

Covid-19 Illness Basics

If you have fever, cough and a runny nose, that’s probably not COVID-19. Coronavirus is fever, cough and shortness of breath because it can bypass the nose and goes straight to the lungs. No runny nose, but runny lungs that lead to pneumonia. CT Scans show a unique diagnostic “ground glass” appearance and damage on the periphery of the lung.

Children can get infected, but no COVID-19 deaths or fatalities have occurred in kids less than 15-years-old. Children, thankfully, will have a mild case or they will show no symptoms at all. High-risk populations in-

clude people over the age of 70 and people with chronic diseases or a weak immune system. Best to keep them home away from crowds to avoid contact with people who carry the virus.

Mano Apo

This is why Filipino and Filipino-at-heart caregivers and healthcare professionals must prepare and brace for the worst. We need to trust our cultural values of compassion, respect and service. We need to take care of our elders, our sick, our family and each other. We need to be ready for the storm. Below is a chart on Basic Coronavirus Care, please share as you see fit. ■



DR. RIC CUSTODIO is a pediatrician at the Kalihi-Palama Health Center and an Associate Professor of Health Science at the University of Hawaii at West Oahu. For over 40 years, he has dedicated his career to providing health care for the poor and underserved in Hawaii.

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VILMA D. FUENTES, Doctor of Physical Therapy

B.C.C. = BASIC CORONAVIRUS CARE Updated: 3-12-20

DO YOU HAVE?	FEVER T>100.40	COUGH	CONTACT WITH A SICK PERSON	SHORTNESS OF BREATH PO2<90%	Fever can be measured with a THERMOMETER. High fever is a temperature over 100.40 F KUPUNA OVER 70 ARE AT HIGH RISK!!! Shortness of Breath can be measured with a PULSEOXIMETER: A small device that clips onto your finger, it measures the amount of oxygen in your blood. Less than \$20 at Walmart. Normal is 95% to 100%. Low Oxygen is less than 90%
NOT SICK	NO	NO	NO	NO	SELF CARE Avoid close contact with people who are sick Avoid touching mouth, nose & eyes Wash hands frequently while counting slowly to 20 Clean & disinfect frequently touched objects & surfaces Eat Right, Exercise & Drink Plenty of Fluids. Breathe! Take time to be alone, spend time with family, pets & friends
EXPOSED	NO	NO	YES	NO	QUARANTINE AT HOME & SELF-CARE (see above) Stay home, don't leave the house for at 14-30 days Cover your mouth when you cough Take time to be alone & connect with family, pets & friends Breathe! Seek medical care if uncertain or worsening
SICK & STABLE	YES	YES	NO	NO	CALL YOUR DOCTOR'S OFFICE FOR ADVICE If you are told to quarantine at home, stay home, don't leave the house for 14-30 days. -if you leave your home to seek medical care: - Wear a mask & Cover your mouth when you cough - Wash hands frequently for at least 20 seconds. Breathe! Stay connected with family and friends. Take care of pets
SICK	YES	YES	YES	NO	
SICK & UNSTABLE	YES	YES	YES	YES	SEEK MEDICAL CARE Seek medical care to get Covid-19 testing and/or treatment Breathe! You may need extra Oxygen or even a Ventilator You may need I.V. Fluids, Antivirals & Antibiotics Stay connected with family and friends. Get care for pets

WHAT'S UP, ATTORNEY?



By Atty. Emmanuel S. Tipon

Immigration Lawyer Held Ineffective for Not Using Interpreter

other detainees to communicate with Attorney G. After several unproductive calls Attorney G told Sow that he would secure a French interpreter. Attorney G refused to meet with Sow at the detention center.

Sow requested copies of documents that were sent by his friends to Attorney G and to discuss his case. Attorney G eventually visited the detention center but there was no interpreter. Without an interpreter, Attorney G did not fully understand Sow's concerns. Sow and Attorney G met again before the hearing but it was conducted without any interpreter. They did not meet again until thirty minutes before the merits hearing. There was no interpreter. Sow tried to communicate with Attorney G that the content of the affidavits submitted by his friend did not match up with what happened and the dates of the same events were inconsistent. Sow told Attorney G that the evidence was no good, but Attorney G dismissed his concerns. Sow said that Attorney G did not prepare Sow for direct or cross-examination.

The Immigration Judge denied Sow's asylum application. Sow hired a new lawyer and appealed to the Board of Immigration of Appeals. He claimed ineffective assistance of counsel. The BIA denied the motion to remand, reasoning that Attorney G reasonably relied on, and submitted the evidence, provided by Sow and his friends. According to the BIA, submitting evidence that Sow was involved in collecting did not render the attorney's performance ineffective.

Sow appealed to the Court of Appeals. He argued that that his counsel acted deficiently by not (1) communicating with him about the substance of his case; (2) allowing Sow to review the evidence despite Sow's repeated requests; and/or (3) adequately preparing for the merits hearing. Sow further maintains that these deficient acts were prejudicial because, if Attorney G had fulfilled his

basic obligations, he would not have submitted the flawed affidavits that were the basis for the adverse credibility finding.

The Court of Appeals reversed, finding that the BIA was arbitrary and capricious in exercising its discretion. The court held that a petitioner in removal proceedings is entitled "to effective assistance of counsel where counsel has been obtained." *Dakane v. U.S. Att'y Gen.*, 399 F.3d 1269, 1273 (11th Cir. 2005) (per curiam) (quotation omitted). To establish ineffective assistance of counsel, the petitioner must show that (1) his counsel's performance was deficient and (2) counsel's deficiencies prejudiced his case. To establish deficient performance, the petitioner must show that his counsel's performance "was deficient to the point that it impinged upon the fundamental fairness of the hearing such that the alien was unable to reasonably present" his case. And to show prejudice, the petitioner must demonstrate that the performance of counsel was "so inadequate that there is a reasonable probability that but for the attorney's error, the outcome of the proceedings would have been different."

The Court said that pursuant to federal regulations, an immigration practitioner must maintain communication with the client throughout the duration of the client-practitioner relationship and must take reasonable steps to do so "in a language that the client understands." 8 C.F.R. § 1003.102(r). A practitioner's responsibilities in maintaining such communication include "[p]romptly comply[ing] with reasonable requests for information" and reasonable consultation "with the client about the means by which the client's objectives are to be accomplished." A practitioner must "meet with the client sufficiently in advance of a hearing or other matter to ensure adequate preparation of the client's case." see also *Figeroa v. I.N.S.*, 886 F.2d 76, 79 (4th Cir. 1989).

The court said that Sow established deficient performance. Attorney G either did not listen, or could not understand Sow due to the language barrier and lack of an interpreter. The attorney failed to obtain an interpreter for any of their meetings or phone conversations, a sanctionable offense. See 8 C.F.R. § 1003.102. As a result, Sow was unable to communicate with his counsel about the substance of his case.

Sow established that counsel's deficiencies prejudiced his case. The IJ's denial of asylum was based entirely on the inconsistencies in the evidence, and competent counsel would have realized that the affidavits included inaccuracies and never would have submitted them.

The Court granted Sow's petition and vacated the BIA's decision and remanded with instructions to remand to the IJ for reconsideration of Sow's asylum claim.

COMMENT: We have actually charged a number of lawyers with ineffective assistance of counsel.

We wrote three annotations on "Ineffective assistance of counsel in removal proceedings" in American Law Reports, Federal 2d, Volumes 58, 59, and 60, Published by

Thomson Reuters. We said that Immigration Law is unique. It is the only civil litigation where a litigant can have a "second bite of the apple" – by claiming ineffective assistance of counsel – and reopen the proceedings. ■

ATTY. TIPON has a Master of Laws degree from Yale Law School and a Bachelor of Laws degree from the University of the Philippines. His current practice focuses on immigration law and appellate criminal defense. He writes law books for the world's largest law book publishing company and writes legal articles for newspapers. Listen to *The Tipon Report* which he co-hosts with son Noel, the senior partner of the Bilecki & Tipon Law Firm. It is the most witty, interesting, and useful radio program in Hawaii. KNDI 1270 AM band every Thursday at 7:30 a.m. Atty. Tipon served as a U.S. Immigration Officer. He co-authored the best-seller "Immigration Law Service, 1st ed.," an 8-volume practice guide for immigration officers and lawyers. Atty. Tipon has personally experienced the entire immigration process. He first came to the United States on a student/exchange visitor visa to study at Yale. He returned to the Philippines to resume practicing law. He came again to the United States on a non-immigrant work visa to write law books, adjusted his status to that of a lawful permanent resident, and became a naturalized citizen. Atty. Tipon was born in Laoag City, Philippines. Tel. (808) 800-7856. Cell Phone (808) 225-2645. E-Mail: filamlaw@yahoo.com. Websites: <https://www.tiponlaw.com>, <https://www.hawaiianimmigrationattorney.com>, <https://www.bileckilawgroup.com>. This article is a general overview of the subject matter discussed and is not intended as legal advice. No attorney-client relationship is established between the writer and readers relying upon the contents of this article.)

A number of Filipinos prefer a Caucasian lawyer as their attorney in an immigration case. Some believe that a Caucasian lawyer has a better chance of winning before a Caucasian immigration judge. An observer said that several Filipinos believe that other Filipinos are as stupid as they are. Hiring a Caucasian lawyer might be understandable but why a Chinese, or Japanese, or Pakistani?

The problem for a non-English speaking Filipino in hiring a non-Filipino speaking lawyer is lack of communication. Federal regulations require that the lawyer and client must communicate "in a language that the client understands."

Communication between a lawyer and client is more essential for success than the color of the lawyer's skin. Believe me, I know of a brown lawyer who has been on a winning streak in deportation court saving Filipinos, Ukrainians, South Asians, and others.

Even though there might be an interpreter during the removal proceedings, there is usually no interpreter during meetings of the lawyer and the client and during visits of the lawyer with the client in detention, if the lawyer visits the client at all.

When there is lack of effective communication between a lawyer and a client because of language problems, the client is deprived of due process of law and the lawyer is considered ineffective.

Take the case of Hamid Sow, a citizen of Guinea, who did not speak English but only French. In 1916 he entered the United States and applied for asylum as a member of a particular social group – the homosexual community. He was detained. He contacted a friend who hired Attorney G who speaks only English. Sow had to rely on



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By Melissa Martin, Ph.D.

March is American Red Cross Month

action would span a century and beyond? Barton founded the American Red Cross in 1881, at age 59, and led it for the next 23 years.

But, what would Clara Barton say and do about the modern-day Red Cross scandal allegations if she were alive today?

Clara's Life

Read the following excerpt from the Red Cross website:

Barton was working in the U.S. Patent Office in Wash-

ington, DC when the Civil War began. Like many women, she helped collect bandages and other much-needed supplies, but she soon realized that she could best support the troops by going in person to the battlefields. Throughout many major battles of the war, she nursed, comforted and cooked for the wounded, earning the nickname the “Angel of the Battlefield.”

When her service to the Union soldiers was complete, Barton traveled to Europe.

There, she became aware of the Geneva, Switzerland-based Red Cross, which called for international agreements to protect the sick and wounded during wartime and for the formation of national societies to give aid voluntarily on a neutral basis.

Upon her return home, Barton was determined that the United States should participate in the global Red Cross network. Working with influential friends and contacts such as Frederick Douglass, she founded the American Red Cross in 1881. Barton served as president of the organization until 1904, when she resigned at age 83.

Clara Barton died on April 12, 1912, at her home in Glen Echo, Maryland. Her legacy to the nation—service to humanity—is reflected in the services provided daily by the employees and volunteers of the American Red Cross. Read her entire biography at www.redcross.org.

Red Cross and the Government

“The relationship between the American Red Cross and the federal government is unique. We are an independent entity that is organized and exists as a non-profit, tax-exempt, charitable institution pursuant to a charter granted to us by the United States Congress. Unlike other congressionally chartered organizations, the Red Cross maintains a special relationship with the federal government...The American Red Cross is not a federal agency, nor do we receive federal funding on a regular basis to carry out our services and programs,” according to www.redcross.org.

The Modern-Day Red Cross

“The Red Cross has endured patches of trouble in the recent past. It faced allegations of financial mismanagement after Sept. 11 and Hurricane Katrina and a series of chief executives were forced to resign. Congress forced an overhaul,” according to a 2014 article. Visit [\[publica.org\]\(http://publica.org\).](http://www.pro-</p>
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“During disasters like Hurricane Katrina, the earthquakes in Haiti and Indonesia and the California wildfires, the American Red Cross has come under fire for its handling of money and resources,” writes Kimberly Aquilina in a 2017 article at www.metro.us.

In his 2018 article, Martin Wooster asked the questions: Can Donors Trust the American Red Cross? Wooster outlined the recent criticisms, but concluded, “Of course, the American Red Cross will always be the largest and most important charity dealing with disasters. But it shouldn’t be the only one...The Red Cross can do better. One way it can improve is if there was more of a competition for donor dollars for disaster relief.” Read the entire story at www.capitalresearch.org.

Despite any shortcomings, the Red Cross is a massive first-response organization that remains worthy of donations, says Daniel Borochoff, president and founder of Charity Watch, which rates relief organizations and gives the Red Cross a B+, reported in an article in USA Today.

However, what happens in power plays and politics at the Red Cross headquarters in Washington D.C. is not what happens in Red Cross chapters in states, cities, and communities in other areas across the USA. Compassionate and hard-working volunteers on the ground are committed and dedicated to helping during disasters and blood donation drives. Clara Barton would be proud of these citizens.

Should you donate to the American Red Cross? Americans need to read, research, and converse before they give to any charity. And make wise giving decisions.

What would Clara Barton say and do about the modern-day Red Cross allegations if she were alive today? ■

MELISSA MARTIN, Ph.D., is an author, columnist, educator, and therapist. She lives in Ohio. www.melissamartinchildreauthor.com.

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FEATURE

GIRL POWER: SIX PIONEER PINAYS IN HAWAII

By Mark Lester Sanchez

Since 1987, Women’s History Month has been celebrated every March to commemorate women’s significant roles in old and contemporary times. Indeed, women today have gained more traction within socio-political spaces around the world, thanks to their unyielding spirits and undeniable genius. And to celebrate this momentous event, here are six Filipino women in Hawaii who have made remarkable contributions in their respective careers and communities.

Belinda Aquino Ph. D.

Women today should be abreast and aware of the changes that occur in contemporary times, such as the increasing use of science and technology to deal with problems of life. They should acquire the knowledge

and skills that are needed to properly handle them because modern life becomes increasingly difficult and complex. The best approach is continuing education to confront and solve these problems or face the risk of being left behind.

A renowned and celebrated educator and author, Dr. Aquino single-handedly founded and was the first director of the Center for Philippine Studies (CPSU) at the University of Hawaii at Mānoa (UHM), which was established in 1975. With her unrelenting dedication and passion, CPSU has benefitted the growing numbers of Filipino Americans studying at UHM, offering a variety of courses on Philippine society and culture, including Philippine languages, literature, history and professional school courses in education, law, and business. These programs have given students a much deeper and richer understanding of their cultural legacy



and ethnic roots as immigrants or local-born Filipinos in America.

Senator Donna Kim

Strong women, strong America.

Sen. Kim made history when she became the first Hawaii Senate President of Filipino descent. A strong proponent of sustainability and public education, she used her platform developing projects on food resilience within the islands, promoting local businesses and employment, and building school programs and infrastructures to support students’ growing needs. During her tenure, she presided over

the Legislature’s approval of Hawaii’s medical marijuana bill and a five-step increase in the state’s minimum wage.

Stephanie Castillo

In all of my 30-plus year career as a media maker, I have considered myself equal among my peers, both men, and women. I act accordingly, and this brings forth equanimity in the way we deal with each other. I continue to strive for excellence, which is never elusive but a matter of hard work, self-confidence, and commitment.

An EMMY award-winning inde-
(continue on page 14)

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Gov Ige Announces Measures to Address Economic Impact of COVID-19

By Jim Bea Sampaga

On March 20, Gov. David Ige announced several measures to address the economic impact of COVID-19 in Hawaii along with the State Department of Labor and Industrial Relations (DLIR) Director Scott Murakami and Small Business Administration (SBA) District Director Jane Sawyer.

Economic Injury Disaster Loans for Hawaii small businesses

Small businesses affected by COVID-19 can now file for low-interest working capital loans of up to \$2 million from the SBA. The loans can be used to pay fixed debts, payroll and other bills that can't be paid because of a disaster's impact. To learn more, visit disasterloan.sba.gov.

State actions to address unemployment claims

Along with addressing unemployment claims filing problems, the state announced a program to efficiently train and transfer labor into Hawaii's businesses that can help reduce job losses and dampen the economic slide due to COVID-19.

The state is taking actions such as expanding the online claims filing system capacity, increasing the phone facilities to field inquires and assist in filing of claims and interpreting Hawaii's unemployment laws to the broadest extent possible to cover those who are out of work because of COVID-19.

"Please be assured that we are taking the actions necessary to ensure that all unemployment benefits claims will be filed and paid as quickly as possible," said Gov. Ige. "Please bear with us as we develop capacity and expand points of entry for filing claims."

Reducing Unemployment

Disruption & Economic Regeneration (RUDDER)

RUDDER is DLIR's economic regeneration initiative that provides State Employment & Training Funds that immediately infuses money into the economy and serve as the foundational strategy for aligning federal workforce programs in a unified effort to efficiently train and

transfer labor into Hawaii's businesses that can help reduce job losses and dampen the economic slide.

"The primary objective of RUDDER is to facilitate an efficient labor exchange between the sectors hardest hit by COVID-19 and healthcare sector employers hiring employees to combat COVID-19," said DLIR Di-

rector Scott Murakami.

"We know that jobs involving cleaning, such as hotel housekeepers, could move into jobs in the healthcare with minimal training and the RUDDER program will facilitate that exchange."

For more updates, visit labor.hawaii.gov/get-the-latest-covid-19-workplace-updates/. ■

Award-winning Actress and Singer Lea Salonga Postpones Hawaii Shows

With the concerns surrounding COVID-19 pandemic, Lea Salonga postpones her Spring 2020 North American Tour, including her scheduled Blaisdell Concert Hall shows for Friday, April 3 and Saturday, April 4.

"While I'm incredibly disappointed to postpone my Spring North American tour," Salonga said in a press release. "We have



Lea Salonga

the safety and well-being of loyal fans and concert-going audiences in mind, at a time when our health services are

strained and large gatherings risk accelerating the spread of Coronavirus."

The Honolulu spring shows have been rescheduled to Friday, October 23 and Saturday, October 24. Already purchased tickets for April's Friday and Saturday shows will be valid for October's Friday and Saturday shows. "Please be safe and healthy," Salonga added. "I look forward to seeing you all this fall!" ■

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Professor, John A. Burns School of Medicine
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GLOBAL NEWS

Wuhan Recovery Gives Rest of World Hope: WHO

GENEVA, Switzerland — The World Health Organization said Friday that the original epicenter in China of the coronavirus outbreak at last reporting no new cases gave hope to the rest of the world battling the pandemic.

The city of Wuhan registered no new cases of COVID-19 in 24 hours—for the first time since reporting its first case in December in an outbreak that has gone on to infect more than 250,000 people around the world and kill more than 11,000 people.

“Yesterday, Wuhan reported no new cases for the first time since the outbreak started,” WHO chief Tedros Adhanom Ghebreyesus told a virtual news conference in Geneva.

“Wuhan provides hope for the rest of the world that even the most severe situation can be turned around.

“Of course, we must exercise caution; the situation can reverse. But the experience of cities and countries that have pushed back this coronavirus gives hope and courage to the rest of the world.”

China as a whole is now reporting only a handful of new infections each day—all of them apparently from overseas visitors—as the crisis has

shifted from Asia to Europe, which has now reported more deaths than China.

Tedros said the WHO’s greatest worry was the impact that the virus could have if it took hold in countries with weaker health systems or more vulnerable populations.

“That concern has now become very real and urgent,” he said, but added that significant sickness and loss of life in such countries was not inevitable.

“Unlike any pandemic in history, we have the power to change the way this goes,” he said.

Young ‘not invincible’
Tedros said that although older people had been the hardest hit by the disease, younger people were not spared, saying they made up many of the sufferers needing hospital treatment.

He said solidarity between the generations was one of the keys to defeating the spread of the pandemic.

“Today I have a message for young people: you are not invincible. This virus could put you in hospital for weeks—or even kill you,” Tedros warned.

“Even if you don’t get sick, the choices you make about where you go could be the difference between life and

death for someone else.

“I’m grateful that so many young people are spreading the word and not the virus.”

WHO emergencies director Michael Ryan said that two out of three people in intensive care in badly-hit Italy were aged under 70.

Physical distancing

The WHO also said it was now using the term “physical distancing” rather than “social distancing” to describe the need to maintain space between people to avoid the virus passing.

Although people may need to go into physical isolation, they did not need to become socially isolated, he said, adding it was important to maintain good mental health during the crisis.

“We can keep connected in many ways without physically being in the same space,” said Maria Van Kerkhove, who heads the WHO’s emerging diseases unit.

“We want people to still remain connected.”

Tedros added: “It’s normal to feel stressed, confused and scared during a crisis. Talking to

people you know and trust can help.”

Whilst advising people to maintain their mental and physical health during the crisis, including exercising and eating a healthy diet to help the immune system, Tedros also had a message for the world’s smokers.

“Don’t smoke. Smoking can increase your risk of developing severe disease if you become infected with

COVID-19,” he said.

The WHO also said it was launching a new health alert messaging service on WhatsApp, containing news, information, details on symptoms and how to prevent against catching the virus.

To access it, WhatsApp users need to send the word “hi” to the number 0041 798 931 892.

The service is initially available in English, with other languages to be rolled out next week. (www.philstar.com) ■

South Korea Reports First Filipino COVID-19 Patient

MANILA, Philippines — A Filipino based in South Korea was confirmed to have caught COVID-19, the disease caused by the new coronavirus.

This is the first confirmed case of COVID-19 infection involving a Filipino in the East Asian nation.

The Philippine Embassy in South Korea said the patient traveled overseas before

exhibiting symptoms. He was tested at a hospital in South Korea on Thursday and was confirmed to be positive for COVID-19 on Friday.

“The Embassy is in close coordination with the Korea Centers for Disease Control and Prevention and local health authorities and stands ready to extend assistance to the COVID-19 positive Filipino national as needed,” it said.

(www.philstar.com) ■

PHILIPPINE NEWS

Philippines’ Leading Scholar on China, Security Studies Dies of COVID-19

By Gaea Cabico
Saturday, March 21, 2020

MANILA, Philippines — The latest fatality from the coronavirus disease in the country is political science professor Aileen Baviera, a respected China studies scholar.

Baviera succumbed to severe pneumonia caused by COVID-19, according to a post of the University of the Philippines Diliman. She passed away early Saturday morning at San Lazaro Hospital in Manila. She was 61.

A former dean of the UP Asian Center, Baviera was one of the few eminent women in her field and a defender of the Philippines’ rights in the South China Sea. Her academic in-

terests included contemporary China studies, China-Southeast Asia relations and territorial and maritime disputes.

She was also the founder of think tank Asia Pacific Pathways to Progress Foundation.

The academic and foreign policy studies community mourned the death of one of the country’s foremost sinologist.

“What a loss for Asian studies,” Lyle Morris, senior policy analyst at US-based think tank RAND Corporation, tweeted.

Lawyer Tony La Viña of Ateneo de Manila University called Baviera an “intellectual giant... irreplaceable in expertise on national and regional security on China.”

The Philippines has reported at least 230 COVID-19 infections, including 18 fatalities. (www.philstar.com) ■

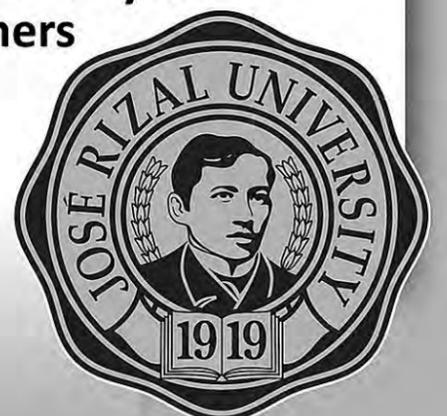
Calling All Jose Rizal College (now JRU) High School graduates of Class of 1971

JRC Class of 1971 is celebrating its Golden Jubilee/50th Anniversary on February 21, 2021 in Manila.

If you belong to the graduating Class of 1971, please contact Chona Montesines-Sonido via email at filipinochronicle@gmail.com.

Or you can join our Facebook group named JRC High School 71@50 in preparation for the event.

GET reconnected with your classmates, teachers and friends! Share us your whereabouts and be a part of the grand celebration!





By Elpidio R. Estioko

Grandparents Will Always Be Ready to Serve!

Taking care of our grandchildren (*apos*) is always a pleasure, a milestone and an opportunity of a lifetime!

I agree with Jonathan J. Russel, author of “The Wonders of Being Grandparents” who wrote: “There are many milestones involved with birth. Your first child is a large milestone. While not a big deal, your grandchild is a wonderful milestone, too. When you reach it, you’re a grandparent.”

Russell is right! We Filipinos value our *apos* so much that taking care of them becomes a full-time job, an *apos*-tolic work. We have more time for them because we are retired. We have more work experience than the child’s parents because we had our children and, in some cases we, grandparents are better at guiding and mentoring than parents.

These two advantages make us natural advisers or mentors who will always be ready to listen... ready to serve!

We’ve reached this stage again when our third *apo* came out of this world from the beautiful island of Oahu,

Hawaii: Kiala Elyse Estioko-Rasay. She was born at 2:00 a.m., 6.9 pounds, March 7, 2020 at Tripler Army Medical Center in Oahu, Hawaii by our daughter Rose Anne Joy “Tweety” Estioko-Rasay and husband SSgt. Jonathan Rasay. She is the latest addition to our family and instantly became the superstar in our family circle.

I had to file my vacation at work and together with my wife Delia took the plane at San Jose Mineta International Airport and flew to Honolulu. We were picked up at the airport by my youngest son Paul Joseph who is pursuing his Master’s degree in a university here in Hawaii, and from the airport, we went directly to the hospital. That’s how eager we grandparents are to see our latest *apo*.

My wife had the first chance to hold her and cuddle her in her arms for almost 30 minutes before handling her to me. It reminded us the time when we likewise held our first two *apos* from Jacksonville, Florida: Kayla and Bibay, now age 16 and 14 years old respectively, children of our son John Edward and her wife Alvi.

Since we arrived, every day we have to go to the hospital the earliest possible visiting hour and leave the hospital the latest vis-

iting day. My daughter and the baby were discharged Tuesday, just in time for the arrival of our children May and Jayson coming from California to also visit their niece.

Immediately after the baby was born, our eldest daughter Maria Edelgrace “Gigi” and her husband went on Facebook and greeted their niece Kiala Elyse. With an interval of 30 minutes, our son Jojo, his wife Alvi and children Kayla and Bibay had a clear glance of Kiala Elyse through a Facetime call. She is indeed an instant superstar!

In her book, “Unconditional Love: A Guide to Navigating the Joys and Challenges of Being a Grandparent Today,” Jane Isay reminds us of the value of grandparents but also delineates the important rules of engagement – when to deepen the conversation, when to back off, and how to stay on your children’s and grandchildren’s teams.

Isay is right because we need to remember that we are not substituting their role as parents and so we should know how to balance our involvement. “Grandparents unconditional acceptance helped to grow children’s empathy: grandparents impart courage, as grandchildren witness living examples of lives filled with love, sacrifice, and struggle; and

in our *apos*-tolic work because the final say and decision ... at the end of the day, rests in the parents!

Yes... we know that *apos*-tolic work is a noble role to play in our life and a responsibility we accepted unconditionally. We also need to remember that we are not the parents of our *apo* but our children! We should know our limits!

Kiala Elyse, welcome to the real world and we are indeed very happy for blessing your parents and us, your grandparents, with your presence! We will be here for you and will always be at your side ready to serve you! ■



grandparents’ encouragement of children’s dreams and builds confidence and personal agency. Grandparents are more likely to see grandchildren for who they really are, not who they wish them to be,” writes Isay.

While we claim we have more experience and are always ready to serve taking care of our grandchildren., we need to know our limits

ELPIDIO R. ESTIOKO was a veteran journalist in the Philippines and an award-winning journalist here in the US. For feedbacks, comments... please email the author at estiokoelpidio@gmail.com.

(FEATURE: Girl Power...from page 11)

pendent filmmaker and experienced journalist, Castillo has been developing documentaries since 1989. Her many awards include three CINE Golden Eagles, a Tele Award, two Best awards at the Hawaii International Film Festival, a Progress Award from the Hawaii United Filipino Council, and a Pamana Arts Legacy Award in recognition of her contribution to the Filipino American community through the documentary, *An Untold Triumph*. Her company, ‘Olena Media, produces marketing, educational, nonprofit and promotional videos in Hawaii and has producing partners in Honolulu, Los Angeles, and Washington DC. She has made more than ten award-winning documentary films and currently working on her 11th.

Melody Calisay Ph. D.

Women play a huge role in our society economically, culturally, socially and politically. With this in mind, I was able to pursue higher education and built a business that was once dominated by men. My strong commitment, dedication, and hard work served as tools for success. I believe that there’s no room for failure if you work hard and focus on fulfilling your dreams.

Dr. Calisay is the President and CEO of East West Marketing, Inc., an importer, and wholesaler of Filipino dry food products. In 1998, she started the business while pursuing her Ph.D. from UHM. Being in the academe and still inexperienced in the business world, she had faced many challenges in the importing business. But with her commitment and dedication, it grew and was able to hire employees in Hawaii and the Philippines. Currently, she works as the Brownfields Coordinator and Remedial Project Manager for the state of Hawaii, overseeing the assessment and cleanup of contaminated properties and providing support to private, nonprofit and government agencies in applying for Environmental Protection Agency grants in assessment and cleanup of contaminated properties.

Pia Arboleda D.A.

I think women’s role is to defy all forms of oppression and injustice. This act of defiance involves making ourselves visi-

(continue on page 16)



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CANDID PERSPECTIVES



By Emil Guillermo

Are you SQ? Self-Quarantining to Save America

my camera. The stick goes out six feet. Or about the length of the late pop icon Prince in heels.

From where I stand, I hold it out toward me like a fishing pole, and do a 360—an Emil 360.

It spins out my safe radius in America. It's broader than you think.

Forget about glass ceilings. Or a border wall. These are our new invisible bubbles in America.

From “Don't tread on me” we've arrived at #Don'tTouchDon'tBreathe-OnMe #KeepYourDroplets2Yourself

(And now that I've invoked the name of Prince, I confess to changing my hand washing song to the refrain from Prince's “The Pope.” You know, “*You can be the president, I'd rather be the pope. You can be the side effect, I'd rather be the dope.*” Sing it karaoke-style. Twice. You'll be cleansed).

But seriously, folks

Of course, I blame the virus.

Trump enabled it all by doing nothing fast. When he should have taken decisive action, he thought only of himself, seeing the case numbers like ratings numbers. Just keep them down. Tell everyone things are fine. Go to work. “It will pass,” he was saying even late last week.

The president is proving to be not just above the law, but above science and truth. And possibly even more deadly than the virus itself.

As I write nearly 50 people have died. It will double shortly.

By not acting to test the public quickly, the U.S. doesn't know what it's fighting. When the virus appears, it's too late.

When truth and transparency is in order, Trump can't help but lie. His Friday news conference was just as filled with untruths as his sniffling ten minute TV address.

On Friday, he said Google engineers were working on a

testing plan for the country to happen quickly.

Not exactly. It's only a pilot program to start web site to aid testing in the San Francisco Bay Area only. Nationwide soon? Don't get your hopes up.

The slowness of real mass testing means people have been allowed to carry and spread the virus without knowing.

The ignorance of our president has permitted the virus to grow to the point where it's now mandatory DIY.

Unless you want “Coronavirus for All,” state and local officials in some areas are banning public gatherings of more than 250.

The new cliché is to have “an overabundance of caution.”

Public places, theaters, and churches are cancelling events until further notice.

Even the “Happiest Place on Earth,” Disneyland is closing.

And because of all that, the stock market—the biggest ratings generator the president cares about—has yo-yoed for the last few weeks, crashing to depths not seen since the worst financial crises in history.

Socially, financially, politically, the president is wreaking havoc throughout simply because he failed to understand the seriousness of the coronavirus in the first place.

Until contained, the virus' numbers are sure to double every five to ten days. Cases and deaths. That's why most of us are staying home to stop the spread.

When person-to-person contact is how it spreads, that's what has to stop. The president talks about a vaccine soon, but experts say that's likely to be least 12-16 months.

It leaves us on the front lines of this war with our best weapons -- social distancing and hand washing.

For his lateness in action—and for leaving the country unprepared by dismantling the office of in the White House specifically designed to be the early warning signal in pandemic crises--does Trump take any responsibility at all?

No,” he replied at his Friday news conference. “I don't take responsibility at all.”

The legacy moment of Donald Trump, simply not up to the task.

Oh, and now Trump says he's taking the test. Would you trust the results if he shared them? I'm sure they're “the most perfect test results” ever.

My Self-Q and my fellow Asian Americans

Frankly, I wasn't feeling too good myself, to paraphrase the late Joe Cocker. I've been nursing a cold. No fever, so it's not likely THE virus.

But I'm sneezing. And my droplets are precious to me. I'm staying in.

However, before going into my voluntary self Q, my virus house-arrest. I admit to doing some panic shopping. The last box of nitrile gloves.

The last Mr. Clean Magic Eraser sheets. Food? The last vegan ramen noodles.

I got some frozen organic blueberries and a few more canned beans, before realizing I didn't need to do any of that.

I have enough. Especially toilet paper.

But now I'm thinking about my fellow Asian American brothers and sisters.

Through social media, I'm hearing about cases of Asian Americans being beaten and attacked.

Connected to the virus? For upending the American way?

It's all unverified, but if all our public and private lives are disrupted, why take it out on Asian Americans?

We're all in it too.

You can point the finger at the right-wing media that calls it “The Chinese Virus.” Or the president who calls COVI-19 a “foreign virus.”

There's no reason to put a xenophobic spin. The name COVID-19 was given to destigmatize the virus.

There are no Republican, Democratic, Chinese or Filipino germs.

Germs don't need to show any papers.

If people want to blame anyone for our health lock-

down, start at the top.

Don't go after innocent Asian Americans.

If all works out, this weekend could be our unifying moment.

We're all doing the same things. Trying to piece together our disrupted lives.

I've had to cancel events at the Filipino American National Historical Society Museum where I am museum director. We're closed until further notice.

My daughter in DC has a fever and was told by a doctor she likely has coronavirus. A test? Not available to her easily. She's resting and fine for now.

But really, what good is a test? Even if you have the virus, there's no cure. They'll tell you take Ibuprofen. And if you're having trouble breathing, they'll give you a respirator, if they have one.

Short of that, all you can do is quarantine.

Most everyone I know is staying in. My 80-something mother-in-law in conservative Ohio is on lockdown wiping down all surfaces to keep from going crazy.

Most are home binge watching something. (Or reading my old columns?)

It seems to be the best way Americans can “flatten the curve” and make sure the numbers of virus cases don't rise above the medical community's capacity to deal with it all.

If we have more patients than hospital beds and respirators, now that would be a crisis.

It's your duty to stay home. Don't spread it. Stay apart, together.

In that sense, maybe it's a cleansing time too. Our public health moment could be a time for Americans to unify, heal and reflect about each other.

The virus has allowed us to hit bottom, restart, and think what it means to be American again. ■

EMIL GUILLERMO is a veteran journalist and commentator. He was a member of the Honolulu Advertiser editorial board. Listen to him on Apple Podcasts. Twitter @emilamok.

As a broken America shuts down, are you thinking about each other and yearning for the way things used to be?

You should be.

Fellow virus fighters, this is the ultimate in the DIY health world.

When health insurance isn't a right for all, and when whether you are sick or well is truly up to you, then all we have left is our own good sense.

It's called public health.

It's what they used to call good hygiene. Clean up. Smell nice. Don't be germly, Jeremy. Be decent in public.

In other words, don't pick your nose. Don't touch your face. Don't make anyone else sick.

I know it's hard in our selfish America, but try thinking of others—for a change.

So now we wash our hands with soap and water aggressively to the tune of “Happy Birthday” twice. Do it in 4/4 time to make sure it's at least :20 seconds. And on the lyric, “Happy Birthday, dear so-and-so...” use a full name. First names are too short. Bong-Bong Marcos Jr. gets you six syllables. A good Thai name like King Maha Vajiralongkorn gets you 8 syllables. Add the honorific “his excellency” and you got 13 syllables.

Better yet, sing out the phrase “Novel Coronavirus, a/k/a COVID-19” for 14 syllables! You will be reminded why you're washing your hands like a fiend.

And then there's the personal urban equivalent of what architects call “open space.”

In the virus era, it's public spacing. Social distancing.

To help me, I have a retracting monopod, essentially a one-legged tripod I use for

PERSONAL REFLECTIONS

CORONA'S CROWN

By Seneca Moraleda-Puguan

The first quarter of 2020 has proven to be a challenging season. The year has just begun but so many things have happened already. Volcanic eruptions in different parts of the world, Australian bushfires, the death of NBA Legend Kobe Bryant, and now the Coronavirus scare. As of the first week of March, there are almost 100,000 affected by the COVID-19 all over the world and more than 3000 have already lost their lives. In South Korea where my family lives, there are more than 6,000 people found to be positive from the virus and there are already 42 fatalities. Numbers are rising by the day—patients, fatalities, and countries that are affected. The world is in haywire.

The virus that started in Wuhan, China has been causing panic, fear and anxiety to everyone in all parts of the world. Governments are working double time to contain the virus. Businesses are temporarily closing. Schools are postponing classes. Families are staying indoors. Airlines are cancelling flights. Important events are also postponed and travel plans are being cancelled. Economies are breaking down and stocks are plummeting. The effects of the virus are undeniably devastating. The coronavirus has turned the world upside down and everyone is hoping for it to be contained as soon as possible.

Our family had been on quarantine since the start of

the outbreak in South Korea. My husband goes to work but my two children and I have been staying home. We have postponed our son's first birthday celebration. We have been attending church services online. We limited our weekend travels. Boredom is definitely kicking in. Anxiety is attacking. But we are finding ways to entertain ourselves and make the most out of the situation.

Last night before retiring, my husband and I prayed for the nations and everyone affected by the virus. He uttered, "something good will come out of this," as he declared hope and healing upon all nations. My heart was struck. Is there something good about everything that is happening? And these are the things I have realized as I ponder upon this global crisis that we are facing.

PERSONAL HYGIENE. The primary and most effective way to avoid contracting the virus is frequent hand washing and avoid touching the face. Everyone is also advised to not use the hands to cover the mouth when coughing or sneezing. Ever since this contagion started, people are starting to realize the importance of hygiene. Everyone has been washing his or her hands properly. I see many people use sanitizers every now and then, not just to clean their hands but also to clean surfaces. People are also more cautious about their health, making ways to strengthen their immune system. Truly, epidemics like this teach us valuable lessons that we usually ignore.



FAMILY TIME. Life in South Korea is unquestionably fast-paced. "Pali-pali" which means hurry up or faster is a very common part of their culture. Being busy is a way of life. Parents leave their children in daycare centers so they can work. Staying overtime at work is very normal among employees while studying in "hagwons" or schools for extra-curricular activities are common among children and students. COVID-19 has caused life in Korea to grind at a halt. It has forced families to stay home and limit their activities. People in Korea have been given an opportunity to spend 'staycation' at home. Students are given more time to be with their families instead of taking extra lessons after school. Parents are able to spend more time with their children. The spread of contagious diseases like COVID-2019 forces people to break from usual habits and slow down from the busyness of life.

COMPASSION and UNITY. COVID-19 may have caused xenophobia and discrimination against Asians, and probably have caused unnecessary panic and hysteria in

out love, compassion and unity among people.

VALUE OF LIFE. For me, the most important lesson and the really good thing that has come out of this crisis is understanding the value of life and what really matters. When things are going well, we can be so consumed by the "busyness" of life and with the things of this world that we forget the brevity and futility of life. Our lives are not our own. At a snap of a finger, our lives can be taken away. COVID-19 has taught me to number my days that I may gain a heart of wisdom. It has reminded me to value what really matters in life—family and not material things. It has taught me to love instead of fear, to hope against hope and to have faith in the impossible.

It is really my prayer for the world and our lives to go back to normalcy. It is my hope that we win against this fight the soonest. The Coronavirus 19 may have been one of the greatest challenges we have faced this 2020 but just like what my husband prayed for, good things will come out of this. This is Corona's Crown. ■

(FEATURE: Girl Power....from page 10)

ble in a society that seeks to keep us in the margins; it entails speaking out against that which hurts our soul. Following the footsteps of those who have gone before us, women must live a life that matters by staying sane in these dark times: laughing voraciously, loving fiercely, cultivating a garden, creating beauty and poetry.

Dr. Arboleda is the recipient of the 2015 University of Hawaii Board of Regents' Medal for Excellence in Teaching. She is the current Director of the Center for Philippine Studies and Coordinator of the Filipino and Philippine Literature Program at UHM, holding a Doctor of Arts degree in Language and Literature. She produces multi-media bilingual materials on Filipino folklore and indigenous culture and is also a Filipino-English translator.

Kit Zulueta

Women today don't settle anymore with the limited opportunities presented to them. We are critical thinkers who don't need to prove ourselves for respect. We lead and influence people; we bring joy and celebrate communities. And if you roll your eyes at us—too bad, because we're here to run the world.

Zulueta is the principal of Kit Zulueta Productions, a creative and marketing firm based in Wailuku, Maui. As a consultant, she enjoys the creative freedom in helping her clients with their marketing goals. She spent nine years in various roles with County and State employers, as Deputy Chief of Staff of the Mayor's Office, Communication Director for the Maui County Council and Marketing Director for the University of Hawaii Maui College. She served as past president for the Maui Filipino Chamber of Commerce and Filipino Young Leaders Program and continues to serve on various nonprofit boards. Before moving to Hawaii, she was an Executive Assistant to a Philippine senator, a filmmaker, and a karate athlete. ■

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LEGAL NOTES



By Atty. Reuben S. Seguritan

Adjustment of Status While in Removal Proceeding

ating the petitioner's proof of US citizenship or LPR status and proof of the petitioner and applicant's relationship.

The I-485 applicant during removal proceedings must show by clear and convincing evidence that he is eligible to adjust status because of his relationship to the I-130 petitioner. Clear and convincing evidence is showing that it is more likely than not that what the applicant is saying is true and real. The evidence of the applicant must outweigh the evidence of the government so that the judge will be convinced that the application for permanent residence should be granted. If he is the spouse of the petitioner, he must prove by clear and convincing evidence to the immigration judge that their marriage is genuine and not to gain a green card. Immigration judges are critical if the applicant and petitioner got

married after the removal proceedings began. Hence, the applicant must show all of the evidence they have to show that the relationship is legitimate and they want to build a life together as a married couple in the US.

There are certain eligibility requirements which the applicant must meet when filing his I-485. These are: 1. currently in the US; 2. he entered the US legally; 3. a visa is currently available for the applicant; 4. unless he is an immediate relative, he has never worked without permission; 5. unless he is an immediate relative, he always maintained lawful non-immigrant or parolee status; 6. he was not a crew member, an alien admitted in transit without a visa, an alien admitted with an S visa (alien witnesses and informants), or an exchange visitor admitted with a J visa (visa issued to research schol-

ars, professors and exchange visitors); 7. Unless an immediate relative, he was not a nonimmigrant admitted under the visa waiver program; and 8. He is not inadmissible.

An applicant can also be eligible to file the I-485 if he qualifies under INA Section 245(i). This Section allows undocumented immigrants to file I-485 even if they did not enter the US lawfully or if they otherwise violated their immigration status. This Section requires the applicant to be the beneficiary of a visa petition submitted to the USCIS or a labor certification submitted to the Department of Labor on or before April 30, 2001. If filed after January 14, 1998, physical presence on December 21, 2000 in the United States must be proved. If filed on or before January 14, 1998, no proof of physical presence in the US on December 21, 2000 is required. Any such visa petition or labor certification in favor of the appli-

cant must have either been approved or been approvable when filed. This means that the petition was valid and not fraudulent, and that there was a genuine relationship when the petition was filed.

When the applicant files the I-485, he may also file I-765, Application for Employment Authorization so that he can work while the I-485 is pending. However, there is no certainty that the USCIS will approve the I-485 application. The granting of the I-485 is always discretionary. Applicants are advised to ensure that all required documents, such as the proof of marriage to the US citizen or LPR spouse, or the birth certificate to show that the petitioner is the parent of the child applicant, is clear and true. ■

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

An applicant may file for an adjustment of status (I-485 application) while he is in removal proceedings. Removal proceedings is the procedure of the government to remove aliens who are illegally in the United States or who are otherwise inadmissible to the US. However, since the applicant is already in removal proceedings, the immigration judge will receive the I-485 application and not the USCIS. This will form part of the defense of the applicant to being removed from the US. The immigration judge will only accept the I-485 application after the USCIS has processed and approved the I-130. The USCIS will only approve the I-130 after evalu-

MAINLAND NEWS

Sen. Hirono and Colleagues Demand Answers to Delays and COVID-19 Test Kit Shortage

WASHINGTON, D.C.-- Senator Mazie K. Hirono (D-Hawaii) and 16 of her Senate colleagues wrote to Vice President Pence and Assistant Secretary of Health Brett Giroir, the Trump Administration's new COVID-19 head of diagnostic efforts, demanding an explanation of the Administration's unmitigated failure to produce sufficient test kits, which has hampered the nation's ability to effectively detect COVID-19 and take necessary actions to slow the spread of the virus.

The Senators cite the weeks in delay for testing, initial narrow testing criteria, and emerging shortages of materials to conduct tests. The lack of testing has created heightened uncertainty for hospitals and health care providers attempting to curtail this pandemic.

The letter, led by Senator Elizabeth Warren (D-Mass.), asks Vice Presi-

dent Pence and Assistant Secretary Giroir to detail America's testing capabilities, the Trump Administration's failure to provide clear facts about COVID-19, and the potential manufacturing shortages labs may encounter.

"The ability to accurately and swiftly test for COVID-19 is critical to informing public health decisions—like social distancing, quarantining, and contact tracing—which can slow the exponential growth of the virus," the Senators wrote.

The Senators continued, "The Administration's continued failure to ensure a sufficient number of diagnostic testing kits for COVID-19 are available, and its inability to provide clear and honest answers about this problem in the midst of this public health emergency, is unacceptable, and the American public deserves answers." ■

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BOOK REVIEW

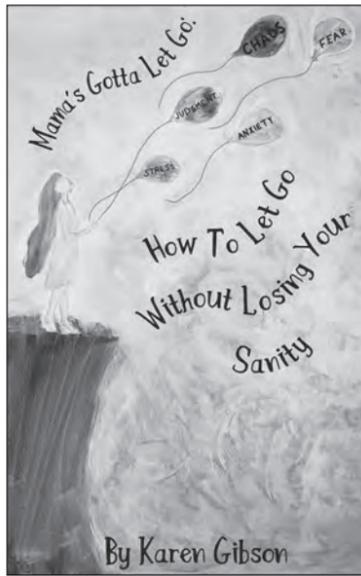
MAMA'S GOTTA LET GO: A BOOK ON HEALING AND PARENTHOOD

By Mark Lester E. Ranchez

Karen Gibson started writing her book, *Mama's Gotta Let Go: How to Let Go Without Losing Your Sanity*, only published last month, when her first daughter left for college, in 2014. It was a time when her life seemed to turn upside-down, her daughter's absence completely incapacitating her from her normal life and familial responsibilities. "I spent hours reading, napping and writing in my journal whenever I could...without bursting into tears and yet escaping into another nap or novel," she writes. Fearing the distance might sever the precious connection she had with her firstborn, her best friend, she spiraled down into depression. "I couldn't imagine our lives without her," she confides. It would take Gibson a few more years of self-torture and self-inflicted guilt, and a sharp realization that her actions might only be doing her

family and mental health more harm, before finally choosing to let go, culminating into the creation of a self-guide book.

Gleaned from Gibson's six years of journal entry, and professional experiences as a private tutor and a life coach (Gibson owns a private tutoring company called Brain Builders, and a life coaching business called Letting Go With Aloha), the book teems with personal anecdotes demystifying parenthood. Like how she admits, during tutorial sessions, of feeling torn between pleasing agitated parents and helping kids cope with school and parental pressures, as when parents revoke technology privileges during their child's study time, or when they punish them for not hitting aces in school, which, she confesses, she had done so in the past. She recognizes this as counterproductive to the child's progress, not the least to their sense of self-worth. "I know parents who dictate what career path their kids should pursue," she writes, but "little do these parents know that, as



adults, their kids will often feel like failures because how realistic is that their kids will attain perfection?" She urges, then, mothers—and fathers—to "allow our kids to make mistakes without criticism," otherwise they're "setting their kids up to lead extremely stressful lives, [feeling] like they are inferior if they did not achieve straight A's, did not receive the promotion, or were not perfect."

As an example, Gibson retells her father's experience growing up, who in middle school did not get good grades himself, he acquired D's and F's in most of his class. Yet despite this, and growing up impover-

ished in a Filipino household—Gibson's paternal grandparents emigrated from Visayas, hoping to create a stable, promising future for their family in the US—her father taught Gibson a great deal on resilience and not giving up. "He taught me the value of hard work, perseverance and the importance of education," Gibson said, which she now tries to pass on to her daughters. And after serving in uniform for two decades and the Vietnam War, her father earned excellence awards in the Air Force and as a civilian working at Pearl Harbor.

At times hilarious and heart-wrenching, the book is a humanizing outlook on parenthood: it does not put parents on a high pedestal, nor discount their value in their children's life. Although she admonishes

parents' toxic behaviors, Gibson does not incriminate mothers—or fathers—for their actions (or misactions) in bettering their children's futures. Gibson empathizes with them, in fact, confiding to have done such things herself to her daughters in the past. For instance, in making a child obedient, Gibson learned that "you can guide your child to learn to practice respect, but forcing a child to be obedient may be like forcing your dog to eat with utensils." Like their children, parents are not perfect, and therefore should not aspire to.

To deal gracefully with the day-to-day, particularly with children's behavior and parental expectations, Gibson urges parents to use Neuro-linguistic Programming (NLP)

(continue on page 19)

(Solution to Crossword No. 15 March 14, 2020)

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Have your organization's events listed in our community calendar. It's recommended to submit press releases a month in advance of your organization's event. Send information to filipinochronicle@gmail.com.

HAWAII-FILIPINO NEWS

New Scheduling Appointments System Set for Unemployment Claims

The Hawai'i State Department of Labor & Industrial Relations (DLIR) announced a shift in services in Honolulu to provide individualized claims servicing while limiting the public's exposure to large gatherings. The unemployment offices

in Hilo, Kealahou, Wailuku, and Lihue will follow the same practice. Unemployment benefits service will switch to an appointment only service for those not using the online system.

"We're taking this step to help

prevent the spread of Novel Coronavirus (COVID-19) and ensure the safety of staff and the communities served," said DLIR Director Scott Murakami. "The safest, and most efficient way to apply for unemployment benefits is through our online system at uiclaims.hawaii.gov. We're requesting the community's

support on this as we're focusing on processing claims as soon as possible and getting benefits out to the community."

Individuals seeking services may still receive assistance by appointment only. Appointments can be made by contacting your local office by phone. Contact information can be found online at <http://labor.hawaii.gov/ui/contact/>. The unemployment offices will maintain normal business hours and will stay available to the public and those seeking services. ■

BOOK REVIEW: Momma's Got...from page 18)

techniques. "It's basically rewiring your brain," she said, "so you don't allow negative thinking to prevent your life from living fully and in mentally healthy state." For instance, instead of looking at your children's mistakes as irreparable failures, see them as opportunities for growth and exploration, for them "to learn what they want and what they don't want." This also goes with painful life experiences; she notes it is not the parents' job "to prevent our kids from suffering," but to "support them when they fall." She does not, however, promote moral-less independence, but it's parents' need to control. "I sometimes feel like if I had more control in convincing my girls to do what I think

they SHOULD do, then I'd be happy," she writes. But it's all an illusion, she argues, the illusion of control, a "safety bubble" that makes parents feel secure, though in reality it only brings "so much unnecessary suffering" onto themselves and their children.

Noteworthy, too, is the book's universality: it doesn't need only apply to anxiety-beaten mothers or parents. I'm neither one of those, but I find myself nodding in agreement to Gibson's wisdom most of the time, particularly on her "Message Cards," which is what it literally sounds like: cards with uplifting messages visualized

with illustrations. They tell one to "Breathe" and to "Keep Going;" also, to "Forgive Yourself" and "Be Your Own Cheerleader"—sent to her by her first daughter, to comfort Gibson.

With all things said and done, at the heart of the book is Gibson's heartfelt demand: for parents to choose peace over endless worries. She likens anxiety to a balloon "we carry on our shoulders as heavy as lead." To acquire true happiness, "we need to pop every worry bubble, see it float away into another galaxy." Indeed, live like surfers, she counsels. "Surfers don't worry about whether the future waves will

crash into them. They just focus on the present wave and enjoy the ride." This is not a mindless distraction, nor an apathy towards what is going on. "It's not necessarily to give up," Gibson said, "but to heal."

To learn more about Mama's Gotta Let Go: How To Let Go Without Losing Your Sanity, log onto LettingGoWithAloha.com, or contact Karen Gibson at karen@lettinggowithaloha.com. Book available for purchase on Amazon and Kindle. ■

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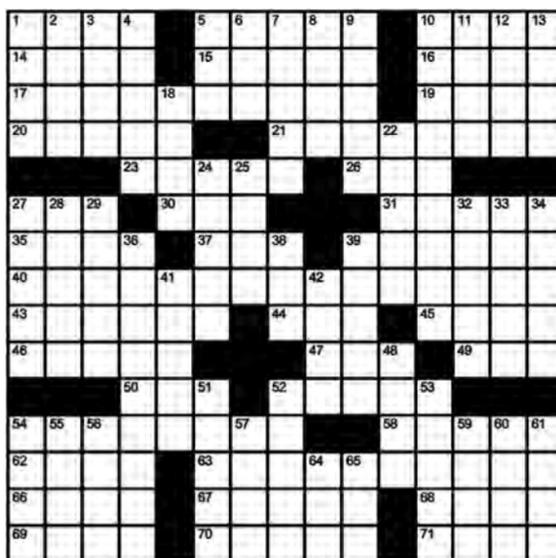
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| 10. Kalabos | 40. Ignorahin |
| 14. Iyak ng baka o kalabaw | 43. Bistado |
| 15. Amoy | 44. Tiya |
| 16. Alamang | 45. Kila |
| 17. Ibaba | 46. Kapon |
| 19. Tata | 47. Pantukoy na ginagamit sa pangngalan |
| 20. Tama | 49. Pang-ukol na ginagamit sa pagtukoy sa pangalan ng tao |
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PABABA

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| 1. Peluka | 11. Isang uri ng punongkahoy | 32. May-pag-disyerto | 53. Tunggi |
| 2. Kanta ni Freddie Aguilar | 12. Ama | 33. Gawgaw | 54. Tuna |
| 3. Akal | 13. Kapal | 34. Isang uri ng tinapay | 55. Luto na ang sinaing |
| 4. Langhap | 18. Baba | 36. Kapuri-puri | 56. Akala |
| 5. Kaibigan | 22. Tarang | 38. Amin | 57. Asana |
| 6. Ad-ad | 24. Tiktik | 39. Laro sa beisbol | 59. Giya |
| 7. Bugbog | 25. Laan | 41. Alingasngas | 60. Ikli |
| 8. Paungul-ungol | 27. Alimuom | 42. Kaunti | 61. Labas ng bayan |
| 9. Binhi | 28. Sinabi nila | 48. Bagsak | 64. Aba |
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