

# HAWAII FILIPINO CHRONICLE

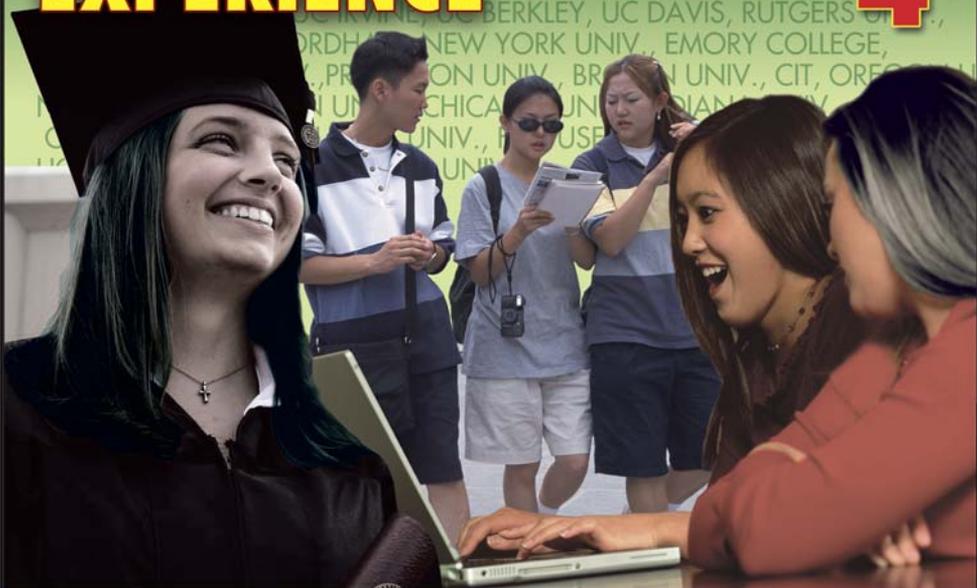
**HAWAII'S #1 FILIPINO NEWSPAPER**

◆ WEEKLY ◆ MARCH 6, 2010 ◆

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## EDITORIAL

## Striving For Higher Education

**I**n the Philippines, education is deeply regarded and viewed as the primary vehicle to improving oneself socially and economically. Colonial rule by the Americans and an emphasis on public education led Filipinos to internalize the U.S. ideals of a democratic society whereby individuals could progress in life by attaining a good education. Education indeed, became the great equalizer. Consequently, parents in the Philippines make tremendous sacrifices in order to provide opportunities for their children to attend the best possible institutions of higher education.

This same drive is notably missing in some local Filipino families for some inexplicable reason. Instead, the children are often encouraged to begin working full-time upon graduating from high school. But for those local Filipino families that do aim higher, they will find that a college education better prepares their children for a brighter future and teaches them important analytical, problem solving and other quantitative skills that will never go out of fashion.

For many Filipino students in Hawaii, the biggest obstacle to a college education is cost, which is indeed daunting. But luckily, here in the U.S., financial assistance in the form of grants, tuition waivers, scholarships and students loans are readily available. Such assistance in the Philippines is rare. While rich families in the Philippines can afford to send their children to the colleges of their choice, other families from less substantial means sometimes mortgage their homes or even sell their lands and other property to send their children to school. Still, parents will do so willingly, just to provide their children with a college education.

The message here is for parents to get involved in their children's education by understanding their aspirations and career plans. Discuss college opportunities with your children even when he or she is still a sophomore. Scholarships may be the way to go, especially if you have not saved for their college education. If so, work with your child's school counselor and begin applying early and often for these scholarships. Procrastinators who miss deadlines and send in applications late will find theirs at the bottom of the pile. With their family's support, the next generation of Filipinos can attain higher education and continue to improve Filipinos' collective social status in Hawaii.

## Thank God for Sparing Hawaii

**H**awaii residents awoke on the morning of February 27, 2010 to blaring civil defense sirens, news of an 8.8-magnitude earthquake that rocked Chile and threats of potentially-damaging tsunamis. Thankfully, the large waves never materialized. The all-clear was given by early afternoon and everyone breathed a sigh of relief.

Others, however, were not as fortunate. About an hour after the quake, waves of up to 18 feet and higher wiped out entire towns up and down the Chilean coast. That very well could have been Hilo, Lahaina, Lihue or any coastal town in Hawaii. But no, the beautiful Hawaiian Islands skirted another natural disaster. We've had our share of floods, hurricanes, tsunamis and even earthquakes—but nothing to rival the massive, paralyzing damages in far-flung places we've come to hear about in recent months. Places like the Philippines, Samoa, Haiti and now Chile. Think about what would happen if a major earthquake were to hit Hawaii. We would be in a world of hurt. Given our extreme isolation, it would take several days for relief efforts just to reach us.

So how is that Hawaii continues to avoid natural disasters while calamities strike in other places? Is it out of pure luck? Scientific miscalculations? Or could it possibly be due to the sovereign protection of an unseen, higher power called...God? The truth is that we don't know if or when the next big quake or natural disaster will hit Hawaii. It could very well happen tomorrow, next week, next month or next year. All we can do is to thank God for

## FROM THE PUBLISHER



loha and congratulations for surviving the Great Tsunami Scare on February 27, 2010! We may be chucking now, but I'm guessing that you're not the only one who got that "chicken skin feeling" upon hearing the civil defense sirens early on that fateful Saturday morning. It was a bit surreal to be awoken like that. Many people no doubt were forced to cancel doctor's appointments, children's sports events, personal errands and family outings but the inconvenience was a very small price to pay. Kudos to our civil defense personnel for the excellent job they did in warning and preparing the public.

If you've been following the news closely, you're probably aware that the late Frank Fasi has been laid to rest. A formal service was held at City Hall, after which hundreds lined up to pay their final respects to perhaps Honolulu's greatest mayor. The day after, a motorcade bearing his body passed by Honolulu Hale one final time en route to his final resting place at Punchbowl Cemetery. It bears repeating that the often-controversial Fasi was popular among Filipino voters. He gained the loyalty of many within the Filipino community by appointing many Filipinos to cabinet and leadership positions in city government. Aloha and mabuhay, Uncle Frank. You will be sorely missed.

For this issue's cover story, contributing writer Fiedes Doctor explores the thrills and chills experienced by many Filipino high school seniors who have begun the process of preparing for college life. The smart ones got a head start on the competition and began applying early for scholarships, while others are just now beginning to narrow down the college or university of their choice. These young people may not yet realize it, but a college degree will provide them with many opportunities in life. They will learn to think abstractly and critically and be better prepared for the well-paying and in-demand jobs of the future. We hope you will enjoy reading her story, which begins on page 4, as well as the experiences felt by Filipino students who diligently applied to colleges and universities, as well as for valuable scholarship money.

Speaking of scholarships, we would be remiss without thanking organizations such as the Filipino Chamber of Commerce of Hawaii (FCHH) Foundation for working so diligently to provide the financial means for Filipino students to attend college. The Chamber will be holding its 16th annual golf tournament, scheduled for March 19, 2010 at Kapolei Golf Course. The tournament is FCHH's main fundraiser for its scholarship program. During its 16 year existence, the event has helped to raise over \$163,500 in scholarship money. There is still time for students to apply for FCHH's scholarships, but hurry! The deadline to submit applications is March 31, 2010.

This issue contains other informative articles, including "Mayor's Column" (page 6), "Philippine Language" (page 11), "Family Corner" (page 12) and "Legal Notes" (page 13), which we hope you will enjoy reading. In closing, thank you once again for your support. It is truly a pleasure to serve all of our readers. Until next time, aloha and mabuhay!

*Chona A. Montesinos-Sonido*

sparing Hawaii yet again and to never take His protection for granted.

Rather than thank your lucky stars, your crossed fingers or a lucky charm for surviving the latest tsunami scare, take some time, if you haven't already done so, to give credit to where it's really due—the Man Upstairs. We like to call Him God Almighty. You may or may not believe in God, but something or rather Someone, sure seems to be watching out for us.

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# The Filipino Student's College Search Experience

By Fiedes Doctor

**W**

ill it be the laid-back community college downtown or the Ivy League university on the mainland? A small campus with an artsy, multi-cultural vibe or a large school with a sophisticated, intellectual bent?

With a myriad of choices, searching for a post-secondary school can be a daunting task for the high school senior. But the decision must be made soon and will hopefully be a bit easier since he or she by now has had opportunities and experiences to discover his or her areas of interest.

The high school senior is further pushed by the forecasted unemployment rate and intense competition in the workforce, with statistics showing that a Bachelor's degree holder earns about 60 percent more than someone with a high school diploma.

## The Selection Process

At Farrington High School, student commitment and parental support are emphasized in its College Planning brochure entitled "College Planning is a Family Affair."

"Parents should be involved," says Regan Honda, Farrington's College and Career Counselor. "I would recommend open communication as far as the wants and needs of family members, open discussion of the

financial situation, applying for financial aid and most importantly, to not procrastinate."

Farrington tries to start students off as early as the ninth grade. They are advised to start thinking about career opportunities, meeting with a career counselor, earning good grades, getting involved in community service and saving money, according to a flyer on college pathways. But the students only begin rolling up their sleeves in the 11th or 12th grade. This is where a career counselor becomes most helpful.

"Students start applying in the fall semester, normally November to December and continue into January and February," says Honda. "They do their research beginning in their junior year as to what schools they want to apply to. They have the option of applying online or through paper applications."

At this time, they would have been done with their SATs, especially for those intending to enroll at a four-year college.

Honda's office is always packed during recess and after

school hours. Presently, more than 1,000 junior and senior students have been actively interested in their post-high school future and seek advice regarding college placement exams, including the compass test (placement test for the local community colleges); the application process, financial aid and scholarships, as well as the FAFSA (free application for federal student aid). He meets with students individually or in groups, and schedules an appointment with parents if necessary.

Sometimes the students procrastinate in submitting applications, which is frustrating, he says. At times, the delay is caused by parents not wanting to "let go" of their child, especially to study on the mainland.

## Applying for Scholarships

The more weighty frustration, however, bears upon the student and his family—finances. Farrington senior Brenda Velasco initially considered going to college on the mainland but was stopped short by the staggering cost.

For a typical private school on the mainland, the cost of enrollment runs from \$40,000 to \$50,000 per year, not including allowance for board and lodging, books, clothing, transportation and other expenses.

The cost of attending a community college is about \$2,000 a year, while average tuition and fees at a public university would cost from \$4,000 to \$5,000. A private university tuition is



about \$20,000 per year.

A student's best option would be to apply to as many scholarships as he or she can, whether it is for a community college, a local university or in the mainland.

"My family isn't rich. That's why I am applying for scholarships," says Velasco, who has now set her hopes on the University of Hawaii-Manoa. She was encouraged by her parents to "aim high and go straight to UH" instead of a community college.

"I'm applying for scholarships online and through my counselor. Finding scholarships is really no problem because there are tons of scholarships out there."

## A Family Affair

Alyssa Aguilar, a senior student at Moanalua High School, is already awaiting the approval of several scholarships before

she packs her bags for St. Martin's University in Washington to take up pharmacology. The university granted her a scholarship but with the cost of staying and living on the mainland, it may not be enough. Lucky for her, dad's finances are available.

"She's a Dad's Scholar," jokes First Sergeant Efrén Aguilar about his only daughter. "If I can be there with her 24 hours, I'd be there. I am very excited for her."

Father and daughter spent days poring over school and scholarship websites to ensure a wise and informed choice for the incoming college freshman.

"It wasn't hard at all to apply. Talk to your college counselor and do your own research," Mr. Aguilar says, adding that family support is very important during these times of considering and planning.

The younger Aguilar agrees that she didn't experience too much frustration while going through the search process.

"With the help of my college counselor and parents, the process of applying was smooth," she says.

As she is set to embark on college life in the Fall, she keeps in mind the following advice from her parents—stay focused on academics, create a plan and have a realistic goal. And no

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COVER STORY

boyfriend until you're 30, she adds.

**Island vs. Mainland**

For Punahou student Henry Cassidy, attending school on the mainland will enable him to grow more as a person, compared to if he stayed in Hawaii.

"You are forced to leave your comfort zone," says Cassidy, who will be attending the University of Southern California. "You are forced to do things on your own and meet new people. If I stayed in Hawaii, I would continue doing the same activities and not look for new opportunities to grow."

Cassidy is fortunate enough not too worry so much about finances, which granted him the liberty to screen his school choices according to reputation, academic strength, networking opportunities, career advancement, geographical location and overall lifestyle. Only USC met the criteria.

Most future college enrollees, however, are expected

to stay within Hawaii's shores due to the slow economy and the high cost of studying on the mainland. Other reasons would be a desire to remain close to family and friends and be in a familiar environment. Hawaii, after all, has a laid-back lifestyle that is the envy of urban centers and traffic-congested cities.

**Are Students Ready?**

Some students like Cassidy are looking forward to college.

"I am excited to be embarking on this new life in college and looking forward to finding out what kind of person I am and to see what I can accomplish on my own," says Cassidy. "I'm looking forward to making a name for myself and creating new experiences that will last a lifetime."

He expects the next four years to mold him into a more confident and independent individual.

But it is not as easy as it seems. New place, changing cli-



mate and communal campus living? And without the comforts of home and the familiarity of the island?

Some may have a hard time transitioning, says one parent.

"Kids think they are prepared to be weaned from the comforts of their home, family, friends and the climate, but they are not," she says.

The drastic transition and a possible bout with homesickness may translate to poor academic performance.

"Colleges and universities should be offering comfortable dormitories to freshmen. They need to transition to campus life to be able to function at their best," she says.

She stresses that colleges and universities should be able to meet the students' needs, with the student making the choice him/herself. They key is that it must be a good match between the university and the student.

To help students better prepare for college and the workforce, President Barack Obama proposed a redesigned Elementary and Secondary Education Act. This includes a "comprehensive, new vision to help states successfully transition to and implement college- and ca-

reer-ready standards by improving teacher preparation and development, upgrading classroom instruction, and supporting high-quality assessments," according to a White House press statement.

Incoming graduates may not feel the full effects of this reauthorization, but it brings a positive precedence to the future of education and the nation as a whole. Once the Act moves to implementation, more students are expected to be ready for college. The president is counting on education to build the nation.

"America's prosperity has always rested on how well we educate our children—but never more so than today," he says. So be it.

HAWAII-FILIPINO NEWS

**Visiting Professors from Japan to Discuss WWII Atrocities**

Dr. Tokushi Kasahara and Dr. Satoshi Nakano, both visiting professors from Tsuru University and Hitotsubashi University respectively, will speak on the topic "Nanjing 1937/ Manila 1945: Remembrance and Reconciliation" on March 16, 2010 from 12 noon to 2 pm at the University of Hawaii's Center For Korean Studies Auditorium.

Dr. Kasahara will discuss the Nanjing Massacre of 1937, while Dr. Nakano will speak on the Battle of Manila of 1945 in which approximately 100,000 civilian non-combatants were killed by Japanese soldiers and collateral damage caused by urban warfare. Nakano will also discuss a brief history of postwar Philippine-Japan relations and the possibility of a more meaningful reconciliation by not forgetting the Battle of Manila but by

living with its memories. The presentation includes a 20-minute film "Remembering the Battle of Manila" (2007).

Dr. Nakano has pursued various aspects of the Philippines-Japan-U.S. history, including Philippine independence, Japanese occupation and war memories, American cold warriors in the Philippines during 1950s, Filipino World War II veterans and their migration to the United States and the present equity movement. He is currently an organizer of the grants-in-aid research project "Truths and Memories of the Battle of Manila: Area Studies for Peace."

The lecture is free and open to the public and is part of the Spring 2010 Philippine Studies Colloquium Series. More information is available by contacting Clem Montero at 956-6086.

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## MAYOR'S COLUMN

# Working Together Brings Great Result in Tsunami Emergency



By Mayor Mufi Hannemann

**H**onolulu's emergency personnel and other officials did an excellent job preparing for and responding to the February 27 tsunami warning, and residents were very alert and cooperative. The result is that emergency evacuation procedures and other safety measures were executed smoothly and effectively, with few exceptions.

In emergencies, it's critical that everyone take appropriate precautions, heed warnings, remain calm, and work together.

Mahalo to everyone involved!

I was still in Washington D.C. after meeting with federal transportation officials about our rail transit project and attending to other City duties

when news of the earthquake in Chile prompted the tsunami warning. Our public safety staff and others quickly warned me of the danger, and I instructed that the City and County of Honolulu Emergency Operating Center be immediately activated and fully staffed.

The Center was swiftly activated to coordinate City emergency preparation and response activities, and remained open throughout that night and the next day, when the tsunami was expected. I received regular updates on the situation from City officials during the night and as I traveled home, and assisted with coordination of the City's response during a layover in Houston.

I'm very proud of our police officers, firefighters, emergency management personnel, lifeguards, bus workers and the many others who worked long and hard to prevent a potential tragedy. I especially appreciate the hard work of City Managing

Director Kirk Caldwell, who served as Acting Mayor while I was in Washington and directly oversaw the City's response. I also greatly appreciate the work of Hawaii National Guard Adjutant General and State Civil Defense Director Robert G. F. Lee, and Hawaii Civil Defense Vice Director Edward Teixeira for the State's close cooperation with Hawaii's counties during this emergency.

In Washington, City Council Chairman Todd Apo and I had a very productive meeting with the Federal Transit Administration chief Peter Rogoff to discuss the progress of the Honolulu Rail Transit Project. We were assured by Administrator Rogoff of the FTA's commitment to expeditious handling of the project.

He said he is working quickly and aggressively with the Federal Aviation Administration to reach a resolution on the rail alignment through the airport, and he expects that to

happen shortly.

Rogoff emphasized that the project's Final Environmental Impact Statement is an FTA document and will be released when the FAA issue is resolved. He said the FTA is not requiring the City to revisit or change its financial plan at this point.

FTA has included \$55 million in the Obama administration's budget for the project for next fiscal year, and expects to agree to invest a total of \$1.55 billion in the project. Rogoff reiterated FTA's standard policy to review an updated financial plan when the City is ready to apply to enter into the Final Design phase of the project later this year.

Rogoff also mentioned Governor Lingle's recent visit to Washington, where she proposed a joint financial review of Honolulu's project between the State and FTA. Rogoff said he rejected the suggestion because the FTA review must be independent and covers a different

purpose and time frame.

Also while I was in Washington, the Senate gave its final approval to the Travel Promotion Act, legislation that is of particular interest to many of our Filipino friends employed in the visitor industry. The measure, which is now awaiting President Obama's signature, will create a public-private partnership to promote the United States as a premier international travel destination and to communicate US security and entry policies. This is expected to attract 1.6 million new international visitors, create over 40,000 new jobs in its first year, generate \$4 billion in new economic activity and contribute over \$321 million in new federal tax revenue each year.

The Travel Promotion Act was a key priority of the US Conference of Mayors, and especially its Committee on Tourism, Arts, Parks, Entertainment and Sports, which I chair. Given Hawaii's interest in attracting international visitors to our islands, this measure will definitely help bolster our state's number one industry.

## PHILIPPINE NEWS

## RP to Host Int'l Wellness Summit

By Paolo Romero /  
Tuesday, March 2, 2010

**M**ANILA, Philippines — The Department of Tourism (DOT) is urging tour operators to develop medical and wellness packages to cater to the growing number of foreign patients visiting the country.

"We are asking the tour op-

erators to create packages that integrate a complete line of medical and wellness services for foreign patients. There is a demand and we have to be ready and make available these medical tourism packages," said Tourism Secretary Ace Durano.

"Our country is well on its way into becoming a leading international healthcare destination. We have distinct

advantages over the others — a large pool of highly competent health care professionals with excellent English communication skills; world-class medical facilities and services; our innate hospitality and compassion; our pleasant, tropical weather; and reasonably priced health care services and a favorable business environment," Durano said.

According to the DOT, the

number of overseas patients and clients visiting the Philippines has increased from 60,000 in 2007 to about 100,000 in 2008.

Gross revenues are estimated at \$350 million since the program was launched in 2006.

Amid this flourishing trend, the DOT expects to register \$3 billion of the global medical tourism industry by 2012, with 200,000 foreign patients arriving annually.

"After their treatment, foreign patients can complete the healing and wellness process by enjoying the different sights and attractions in the Philippines," said Undersecretary Cynthia Carrion, who heads the DOT's Office for Sports and Wellness.

Durano announced that the Philippines will host the International Summit on Medical Travel, Wellness and Retirement (IMWell Summit) on Oct. 12-15 at the Makati Shangri-La Hotel.

The Philippines is spearheading the initiative to establish Asia as a regional hub for health, wellness and retirement. Representatives from India, Thailand, Malaysia, Korea, Taiwan and Singapore, among others, will discuss the most important issues in global health care.

Carrion, who serves as the

conference chairperson, said, "The IMWell Summit demonstrates that the Philippines is at the forefront of this 'sunrise' industry, which has been a key driver in our economic growth. As a pioneering initiative, it also establishes our pro-active stance in cooperating with our neighboring countries and making them partners in medical tourism."

The four-day event features a full agenda that includes plenary sessions on Industry Perspectives, Opportunities and Risks; Regional Presentation of Best Practices; Global Opportunities in the Retirement Industry; Marketing and Branding for Global Markets; Quality Management and the Continuity of Care; and the Future of Medical Tourism and Healthcare Travel Industry.

The IMWell Summit also includes executive workshops on Balanced Score Card in Healthcare Organization and Effective Leadership Styles in Healthcare Organization.

Four break-out conference tracks will be presented: Quality in Healthcare, Marketing, Investment and Capacity Building, and Retirement, giving an in-depth look at each specific aspect of medical and wellness tourism. ([www.philstar.com](http://www.philstar.com))



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# Protektado ng batas ang

## impormasyon mo sa 2010 Census,

### anuman ang iyong visa status,

### maging citizen ka man o hindi

The Census Bureau  
States on

Before you answer  
this house, ap

- Count all people living in this house, apartment, or mobile home on April 1, 2010, including people who are temporarily absent.

The Census Bureau  
and other places, so:

- Do not count anyone living away either at college or in the Armed Forces.
- Do not count anyone in a nursing home, jail, or detention facility, etc., on April 1, 2010.
- Leave these people off your form, even if they live here after they leave college, military, jail, etc. Otherwise, they will be counted.

The Census must also include  
place to stay, so:

- If someone who has no permanent address here on April 1, 2010, count them if she may be missed in the census.

1. How many people were living in this house, apartment, or mobile home on April 1, 2010?

Number of people =

2. Were there any additional people staying in this house, apartment, or mobile home on April 1, 2010 that you did not include in Question 1? Mark  all that apply.

- Children, such as newborn babies or foster children
- Relatives, such as adult children, cousins, or in-laws
- Nonrelatives, such as roommates or live-in baby sitters
- People staying here temporarily
- No additional people

3. Is this house, apartment, or mobile home -- Mark  ONE box.

- Owned by you or someone in this household with a...

5. Please provide information for each person living here who owns or rents this home. If the owner or renter lives somewhere else, this person will be Person 1.

Person 1's name? Print name below

Male  Female   
Age on April 1, 2010:      
Month  Day

NOTE: Please answer BOTH Question 8 about race and Question 9 about race. For this census, His...

Person 1 of Hispanic, Latino, or Spanish origin: Not of Hispanic, Latino, or Spanish origin: Mexican, Mexican Am., Chicano; Puerto Rican; Cuban; Another Hispanic, Latino, or Spanish origin: Dominican, Colombian, Nicaraguan, Salvadoran, Honduran, Nicaraguan, Salvadoran, and so on.

What is Person 1's race? Mark  one or more boxes.

- White
- Black, African Am., or Negro
- American Indian or Alaska Native — Print race

- Asian Indian
- Chinese
- Filipino
- Other Asian — Print race, for example, Hmong, Laotian, Thai, Pakistani, Cambodian, and so on.
- Japanese
- Korean
- Vietnamese



Bawat dekada, binibilang ng Census ang lahat ng naninirahan sa U.S. Hindi lang ito pagbilang. Sa pagfill-out mo ng iyong 2010 Census form, makatutulong ka sa iyong komunidad para madagdagan ang job training, mapabuti ang edukasyon at iba pa. Ipinagbabawal ng batas na ibahagi ang impormasyon mo sa ibang government agency. Kaya huwag mag-alala at ibalik via mail ang inyong filled-out 2010 Census form.

- Ayon sa batas, kinakailangang makilahok ang lahat ng inyong kasambahay sa Census.
- Sisiguraduhin ng batas na panatilihin confidential ang inyong impormasyon, kahit pa undocumented ka.
- Tumulong para makuha ng inyong komunidad ang bahagi nito sa higit \$400 billion in federal funds bawat taon.

Para makakuha ng assistance guide sa Tagalog, please visit [2010census.gov](http://2010census.gov)

United States  
**Census  
2010**

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At a seasonal or second residence

→ If more people were counted in Question 1,

Form **D-1** (12-5-2008)  
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**SOCIAL SECURITY UPDATE**

**Tax Tips From Social Security**

By Jane Yamamoto-Burigay

**T**he holidays are over, the gift-giving (and spending) is done, and you're almost finished returning all of the things you don't want or need. You've even jotted down your New Year's resolutions and plan to stick to them.

Time to relax? Maybe not right away — it's time to start thinking about your taxes.

Here are Social Security's top three tips for making tax time a lot easier.

1) Don't forget the children. Make sure the kids (and all the dependents) you list on your annual tax forms have Social Security numbers. Yes, children do need Social Security numbers. There once was a time when a child did not require a Social Security card until later in life, but in 2010, that day is long gone. If you want to claim your child as a dependent on your tax return, your child will need a Social Security number. For many families, it's not only the kids who will need a number. All dependents listed on your federal tax returns will need Social Security numbers, including a dependent parent who lives with you and receives support from you. If any of your dependents needs a Social Security number, you can get an application at [www.socialsecurity.gov](http://www.socialsecurity.gov).

2) Check the names and numbers. It's not enough for everyone on your tax return to have a Social Security number — they also must be the correct numbers, and they must match your names exactly.

The Internal Revenue Service (IRS) checks all the names and Social Security numbers on your tax return against Social Security's records. If the names and numbers do not match Social Security's records, you will receive a letter from IRS asking you to explain the discrepancy. You cannot receive a tax refund until the discrepancy is resolved — which could mean an unnecessarily long delay.

3) Social Security tax on Social Security benefits. If you receive Social Security benefits and your total income such as wages, pensions, or investment income is high enough, you may have to pay taxes on a portion of your benefits. So plan accordingly as you work out your budget. You may have to pay taxes on your Social Security benefits if:

- you file as an individual and have a total annual income of \$25,000 or more; or
- you file a joint return and have a combined total annual income of \$32,000 or more.

These simple tips can move taxes from monumental to manageable when the time comes to file your tax return.

Learn more about Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**HAWAII-FILIPINO NEWS**



**UH Research Center to Discuss Liver, Prostate Cancer**

**T**he University of Hawaii-Manoa's Cancer Research Center of Hawaii (CRCH) will be hosting the Fifth Annual Cancer Research Information Day on March 13, 2010 from 9 am - 3 pm at the Japanese Cultural Center of Hawaii's Manoa Grand Ballroom.

The conference will focus on liver and prostate cancers. Incidentally, Hawaii has the highest incidence of liver cancer in the U.S. due to the high population of Asian and Pacific Islanders who migrate to the islands from countries where Hepatitis B and C are endemic. Liver cancer topics include "The Prevalence of Viral Hepatitis and Liver Cancer in Hawaii" and "The Role of Liver Transplantation in Treating Viral Hepatitis and Liver Cancer."

Several local cancer specialists and

researchers from the CRCH, as well as national and international experts are scheduled to speak. The CRCH is 1 of 63 National Cancer Institute-designated cancer centers in the U.S. It conducts cancer research, educational activities, and community outreach. The CRCH's research programs focus on the possible causes of cancer and reasons for different cancer rates among Hawaii's ethnic groups; reducing the incidence and impact of cancer in the Hawaiian population; and discovering new anti-cancer agents from local plants and marine microorganisms.

The conference is free but reservations are recommended. Please RSVP by March 5, 2010. To do so, call 441-7710 or email [cancerresearchinfo@crch.hawaii.edu](mailto:cancerresearchinfo@crch.hawaii.edu).

PHILIPPINE LANGUAGE



**BAHAGHARI**  
By Ruth Elynia Mabanglo, Ph.D.

# Kuwentong Maranaw: Ang Simula ng Mundo

Sinasabing may mga kapangyarihang madyikal ang mga Karibanga. Imbisibol o karaniwang hindi natin sila nakikita. Ang ikatlong bahagi ay nasa ilalim ng mga lawa o dagat at tinitirhan naman ng mga nimpá. Nagtataglay din ng mga kapangyarihang madyikal ang mga nimpá. Sinasabi sa mga kuwento na si Raha Indarapatra mismo ay umibig sa isang prinsesang nimpá at sinasabi ring nagkaanak silang dalawa.

May pitong bahagi o baitang din ang kalawakan. May pinto ang bawat bahagi. Isang mitkal na ibong tinatawag na garoda ang nagbantay sa pinto araw at gabi. Ang ikapitong bahagi ng langit ay nahahati rin sa pitong bahagi. Bawat bahagi ng langit

ay tinatahanan ng mga anghel. Nanihiwala ang mga Maranaw na hindi kailangan ng mga anghel ang pagkain. Lahat sila'y may pakpak para makalipad.

Matatagpuan ang tunay na langit sa ikapitong bahagi ng kalawakan. Sa bahaging ito napupunta ang mababait na ispiritu ng mga namamatay na tao. Dito makikita ang mga santo, samantalá, iyong hindi gaanong mabait ay makikita sa pinakamababang bahagi ng kalawakan.

Sa langit makikita ang puno ng buhay. Sa bawat dahon ng puno ng buhay, nakasulat ang pangalan ng bawat isang taong naninirahan sa kalupaaan. Sa sandaling manilaw at malaglag sa puno ang dahon, mamamatay ang taong nakasulat doon ang pangalan.

Nakasilid ang kaluluwa ng bawat tao sa isang boteng

mahigpit na nakasara at nakalagay sa isang bahagi ng langit. Ang parteng ito ng langit ay gwardiyado ng isang higanteng may libu-libong mata, at may walong mabuhok na ulo. Tinatawag itong Walo. Sa epikong "Bantugan", umakyat

sa parteng ito ng langit si Mababing, kapatid ni Bantugan, para bawain ang kaluluwa ni Bantugan at ibalik sa kanyang katawag-lupa.

(Hinango sa aklat na Philippine Folk Literature: An Anthology ni Dr. Daniela Eugenio)

**N**ahahati ang daigdig sa pitong bahagi. Binubuo rin ng pitong bahagi o baytang ang Kalupaaan. Bawat bahagi ay tinatahanan ng isang naribang nilikha. Halimbawa, ang pinakamataas ng bahagi ang tinitirhan natin ngayon. Nakatira naman sa ikalawang bahagi, mas bababa sa kalupaaan, ang mga duwende. Pandak, bilugan at mahahaba ang buhok ng mga duwende. Tinatawag silang Karibanga.

## Langit

Sabi nila, may pitong bahagi ka--  
Nakakatawa.  
Sa pinakamataas umiidlip ang pinakamababait.  
Sa pinakasilong ng langit Mga kaluluwa paningit--  
Yaong may pag-iral na kaduda-duda,  
Di mo alam kung talagang mabait.

Ang mga Pinoy, maraming kasabihan,  
At sa mga tao'y maraming panlarawan.

May talagang mabait,  
At nagbabait-baitan,  
May plano kasing tumakbo sa halalan.  
Mayroon naman mabait kapag may kailangan  
At mayroong ang bait para lang sa Mahal.  
May kasabihan pang "Mabait lang sa retrato"  
At kapag tulog  
Baka nangbahagad ng gulok.  
Sila kaya'y itatakda  
Saang parte ng langit?  
Sa kuwentong Maranaw  
Wala namang binanggit.

Para sa karaniwan  
Ang tunay na langit  
Asul na kalawakan  
Titingalalaing kapayapaan.  
Pusong tiwasay  
Sa taglay na pag-ibig,  
Ngiti ng paslit  
Kawalang-panganib.

Sabi ng mga Maranaw  
May pitong bahagi ka,  
Ang sabi ko  
Pitong pares ng mata,  
Iba-iba ang nakikita.

— Ruth Elynia Mabanglo, Ph.D

## HAWAII-FILIPINO NEWS

### Fil Chamber of Commerce to Award \$16K in Scholarships

The Filipino Chamber of Commerce of Hawaii (FCCH) Foundation encourages eligible high school seniors of Filipino ancestry to apply for college scholarships worth up to \$16,000.

According to FCCH president Rosemarie Mendoza, the Foundation will award four scholarships worth \$3,000 and one in the amount of \$4,000 to students in the Class of 2010.

"Providing scholarships has always been an important component of the Filipino Chamber's service to the community and with the Foundation, we can do even more," Mendoza says.

The main fundraiser for the

Foundation's scholarship program is its annual golf tournament, which is currently in its 16th year. This year's tournament will be held March 19, 2010 at Kapolei Golf Course. So far, the event has raised over \$163,500 in scholarship money.

Applications must be received by March 31, 2010. Recipients will be selected on the basis of their academics, college entrance exams, activities and honors and their personal statement. The winners will be announced during FCCH's Filipino Entrepreneur of the



Golf committee volunteers

Year Awards scheduled for April 24, 2010 at the Hilton Hawaiian Village.

Scholarship applications are available online at: [www.filipinochamber.org/foundation](http://www.filipinochamber.org/foundation).

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FAMILY CORNER

# Fast Foods, Fast Meals



By Grace Fong, Ed.D. and Sylvia Yuen, Ph.D.

**G**iven the many health concerns related to increased incidences of childhood and adult obesity in our society today, it is important to refocus attention on healthy eating. Sometimes, however, life is so busy that there doesn't seem to be enough time to think about, much less prepare, healthy and well-balanced meals. During these times, you may wonder: "What fast, easy, healthy meals can I fix for my family?" "Should we eat out instead of at home?" "Are there any nutritious fast foods I can offer my children?"

Here are some examples of healthy choices you and your family can make.

At Fast Food Restaurants:	
<b>Choose More Often</b>	<b>Choose Less Often</b>
Pizza with vegetable toppings	Pizza with pepperoni, sausage, or extra cheese
Hard-boiled burgers or chicken on a whole-wheat bun with lettuce and tomato	Super-sized burgers, fried chicken, fried fish, extra cheese, tartar sauce, mayonnaise, creamy sauces
Low fat or skim milk	Shakes, soft drinks, syrup-based drinks like fruit punch
Lightly buttered toast or English muffin	Danish pastries, bagels
At Sit-Down Restaurants:	
<b>Choose More Often</b>	<b>Choose Less Often</b>
Plain bread or rolls	Buttered garlic bread
Pasta with red sauce, e.g., marinara	Creamy white or butter sauce, e.g., Alfredo
Noodles in soup	Fried noodles
Seasoned rice	Fried rice
Beef with broccoli	Peking duck
Bean soup	Gyoza/dumplings with chili
Salad	Sour cream and cheese
Soft plain nori/roll	Crispy fried noodles
Shrimp, soft tacos, enchiladas, tamales	Chile rellenos, quesadillas
Pork, corn, sweet potatoes, lima, bean leaves, squid or fish	Squid or chicken items
Fish, pork or chicken <i>adobo</i> without fat	Lentils with fat
Chicken long rice	Autosug

When you don't have a lot of time or energy, there are two main choices available for fast and healthy meals: prepare a quick meal at home or eat out. Answering the following questions can help you choose between the two:

- Which option will take up less time and effort: preparing a meal, eating, and cleaning up; or gathering up the family, getting to the restaurant, eating, and returning home?
- How much will it cost to eat out compared to eating at home?
- Can my family afford to eat out?
- Will watching over my kids at a restaurant be more

tiring than preparing a meal at home?

### Quick Meals At Home

It's possible to put together simple, healthy meals at home that don't require a lot of preparation. Consider foods that need little or no cooking, like sandwiches or ready-made soups. Try one-pan dishes, like omelets. Use leftovers or foods that were prepared ahead of time and frozen. Here are some examples of complete, nutritious meals that are quick and easy to prepare:

- An omelet filled with vegetables served with whole wheat toast, fruit and milk
- Leftover rice topped with chopped meat and gravy, served with vegetable sticks and juice
- Soup and sandwiches, with fresh fruit and milk
- Flour or multi-grain tortilla filled with beans and cheese (warmed in the microwave or oven) and served with a cooked vegetable, frozen yogurt, and juice

to choose healthy foods, even at a fast food restaurant, if you choose wisely. By selecting foods carefully, you can control the amount of fat, salt, and sugar you and your children eat. For example, you can:

- offer your children milk or 100% fruit juice, instead of sodas or sweet syrupy drinks
- choose baked, steamed or broiled foods instead of fried foods that are generally high in fat and salt.
- order a salad with a low-fat salad dressing on the side
- choose lean meats, fish, and poultry and remove the skin and fat
- go lightly on sauces and order them on the side
- try a vegetarian selection like spaghetti with marinara sauce, vegetable lasagna, bean tacos, or vegetable soup and salad
- select a sorbet, frozen yogurt or ice milk, or fresh fruit, if having dessert.

- chicken wings or ribs
- Tossed salad or chopped vegetables with low-fat dressing, instead of pasta or potato salad with lots of mayonnaise
- Broth-based soups or chili and rice, instead of creamy soups
- Fresh fruit, instead of creamy desserts

### Family Mealtimes

Mealtimes are such a common part of our daily routine, it's easy to forget how important they are for strengthening families ties and children's social development. Mealtimes may often be the only times the family gets together. You can make these moments enjoyable for the whole family and also use these shared times together as an excellent opportunity to help your children to learn. Avoid distractions such as the TV or family fights. Talk about what you are eating. Describe the texture, color or taste of the foods. You can even play quiet table games like naming the foods that your young children point to. Let brothers and sisters take turns leading the games. These activities will not only teach your children about foods, but will also allow you to spend quality time together.

### Supermarket Dining

Many supermarkets offer ready-to-eat foods that can be bought and eaten at home or on a picnic. Here are some healthy choices:

- Barbecued or rotisserie chicken, instead of fried

Ask family members to identify other quick and easy meals you can make at home together. Keep a list of these suggestions so you can easily refer to it for ideas. Involve family members in the meal preparation. It's a great way to spend time together while learning about healthy eating.

### Eating Out

Whether you choose a fast food/take-out restaurant or a sit-down/dine-in restaurant, select one that offer a variety of nutritious foods. It is possible

### Check It Out!

**H**ave you ever wondered about the nutritional value of the foods you and your family are eating? The Hawaii Foods website ([www.hawaiifoods.hawaii.edu](http://www.hawaiifoods.hawaii.edu)) is a great resource that provides nutrient information—fat content, vitamins, calories, cholesterol, sodium, sugar, etc.—of foods commonly eaten in Hawaii, such as spam musubi, chicken katsu, and laulau. You can also learn about the quality of your diet by using the My Diet (PacTrak) assessment tool; and find recipes, publications, and links to other information sources



Michael A. McMann, M.D.

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## MAINLAND NEWS

# S.F. Family to be Deported Over Pocket Change

**T**he Asian Law Caucus held a press conference to share the plight of a San Francisco family which is being torn apart by what they say is an unreasonably harsh policy toward undocumented immigrant youth.

The Washington family's nightmare began when their 13-year-old boy was reported by juvenile probation officials to Immigration and Customs Enforcement (ICE) for a bullying incident where the youth took the 46 cents from another youth and then gave it back. The boy was

arrested and reported to ICE.

Despite the family's eligibility for legal permanent-resident status, ICE ordered the mother and her 13-year-old son deported to Australia the same day she picked the boy up from juvenile detention. The mother's other child, a 5-year-old, also will be returning to Australia.

In July 2008, San Francisco Mayor Gavin Newsom implemented a policy requiring probation officers to report all suspected undocumented youth for deportation after arrest before the youth receives an attorney or a hearing on alleged charges.

Since then, over 160 children have been reported to ICE without regard to their innocence or the offense.

In November 2009, a broad-based campaign led by San Francisco's immigrant community resulted in the passage of a new policy that restores due process to immigrant youth. The new policy gives youth an opportunity to have a hearing and requires a finding that the youth committed a felony before any referral to ICE. However, Mayor Newsom and Juvenile Probation Chief Sif-fermann have repeatedly refused to implement the new policy.

## LEGAL NOTES



By Reuben S. Seguritan

# Drop in Undocumented Population May Be Good for Immigration Reform

Guatemala—480,000; Honduras—370,000; Philippines—270,000; India—206,000; Korea—200,000; Ecuador—170,000; Brazil—150,000; and China—120,000.

The above countries accounted for 85% of the entire undocumented population.

The figures were derived by subtracting the number of legally resident population (20,470,000) from the total foreign-born population living in the U.S. (31,220,000) on January 1, 2009. The data on the legally resident population came from the Department of Homeland Security while the source of the estimated foreign-born population was the American Community survey of the U.S. Census Bureau.

Most of the unauthorized population entered the U.S. without inspection or were admitted temporarily and overstayed. Those that applied for adjustment of status under Section 245(i) of the Immigration and Nationality Act were counted as unauthorized until they became lawful permanent residents.

Section 245 (i) allows an undocumented alien in the U.S. to apply for adjustment of status provided he/she is the beneficiary of a family or employment-based petition that was filed on or before April 30, 2001 and was physically present in the U.S. on December 21, 2000.

The undocumented aliens that were included in the count entered the U.S. beginning in the

1980s. The estimated entries were as follows: 19% or 2.05 million in the 1980s, 44% or 4.75 million in the 1990s; 28% or 3.08 million in 2000 to 2004; and 8% or 910,000 between 2005 to 2008.

1980 was the starting point for the estimates because the report assumed that foreign-born residents who had entered prior to 1982 were eligible to adjust status under the amnesty provision of the Immigration Reform and Control Act of 1986. Also, the Registry provision of the Act allows persons who have been in the U.S. since January 1, 1972 to apply for a green card.

The decrease in the unauthorized population is attributed to the economic downturn and increased law enforcement. Immi-

gration enforcement was stepped up in the middle of 2007 when the Bush administration conducted more high profile raids and gave the power to enforce immigration laws to some state and local police departments.

Some immigrant advocates believe that the population drop will make the passage of the comprehensive immigration reform bill easier. They contend that with a smaller undocumented population, the proposed legalization program will be more manageable. It would also reduce the pressure on enforcement.

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](http://www.seguritan.com)

**A**s of January 2009, there were 10,750,000 undocumented aliens in the U.S., down from 11.6 million a year earlier, according to the Office of Immigration Statistics of the Department of Homeland Security.

The drop which continues a trend that started two years ago could make the debate on comprehensive immigration reform less contentious.

The top ten source countries in the report were Mexico—665,000; El Salvador—530,000;

## PHILIPPINE NEWS

## P75 Across-the-Board Wage Hike Sought in Metro Manila

By Helen Flores/  
Tuesday, March 2, 2010

**M**Trade Union Congress of the Philippines (TUCP) yesterday filed a petition at the National Capital Region (NCR) wage board for a P75 across-the-board wage increase for workers in Metro Manila.

The petition, filed by TUCP party-list Rep. Raymond Mendoza before the NCR Regional Tripartite Wages and Productivity Board, seeks to increase by P75 the current P382 minimum wage of workers in the metropolis, which he said was last increased in June 2008.

He said the TUCP has also sought the integration of the Cost of Living Allowance (COLA) into the basic wage.

“Wage increase for private sector employees in the NCR is urgent in the midst of skyrocketing prices of basic goods and services,” Mendoza said.

“Power and water utilities and oil firms are also planning to increase their charges and that would further erode the purchasing power of a worker’s salary,” he added.

The National Statistical Coordination Board (NSCB) previously said that incomes must rise faster than inflation to hold poverty in check, Mendoza said.

He said consumer prices in Metro Manila rose by five percent from June 2008 to January

2010, and are expected to increase by nine percent from January to December 2010.

“If wages would remain stagnant, then more workers will slide into poverty and those who are in the middle class will become the newly poor,” Mendoza stressed.

“According to the Monetary Board and the NEDA (National Economic and Development Authority), the country was not as badly hit by the international financial crisis,” the congressman noted.

He said latest NSCB statistics showed that 2009 GDP (gross domestic product) still grew by 1.8 percent while GNP (gross national product) rose by three percent.

“Although 2009 figures are lower than previous years, the Philippine economy showed resiliency in the face of economic turmoil,” Mendoza said.

“The economists of NEDA are saying that the global recession has ended. I believe that the economy can afford a new round of wage hikes and I appeal to our private sector partners to be more considerate this time,” Mendoza said.

“Regional figures support the P75 increase appeal of TUCP. NCR Gross Regional Domestic Product (GRDP) in constant prices increased from P221 million in 1991 to P468 million in 2008, averaging an amazing yearly 6.6 percent

growth,” Mendoza said, adding that workers have largely contributed to the growth of the regional economy and therefore deserve to have a modest share of the fruits of economic development.

Of the P75 minimum wage increase, P19 reflects the actual

increase in prices from June 2008 to January 2010. P35 reflects the projected rise in consumer price index (CPI) from January to December 2010, and P21 indicates the 21 years that there have been no increases in the real wage. TUCP calls this “equity supplement” to workers

who have created new wealth but have not shared in the benefits.

“The quality of life of workers must improve as the economy grows. That is the real meaning of equitable development,” said Mendoza. [www.philstar.com](http://www.philstar.com)

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## GLOBAL NEWS

# Pinay Designer Wins UK Fashion Award

By Grace Velasco / Friday, Feb. 26, 2010



Filipino designer Mich Dulce is shown with one of her hats, which uses local Philippine materials, making her win the British Council's Young Fashion Entrepreneur Award.

LONDON – From a tropical country where few people wear hats, a Filipino fashion designer and milliner, actress and musician has won the British Council's Young Fashion Entrepreneur (YFE) Award for 2010.

Mich Dulce bested 10 competitors from Bangladesh, India, Libya, Lithuania, Russia, Sri Lanka, Syria and Turkey to become the first Filipino to be honored with the prize.

Judges and the public raved not only about her designs, but about her use of indigenous materials, including sinamay and abaca, the latter a material the British associate with rope, said Leslie Stokes, chairman of the British Council Philippines, which sponsored the local search for the YFE.

The YFE is part of the International Young Creative Entrepreneur (IYCE) awards scheme that includes other sectors from the creative industries like publishing, design, visual arts, and screen (film and TV), communications and interactive.

contest in London.

Along with her title, Mich gets a £5,000 grant for a collaborative project with the British Council.

Mich Dulce dabbles in many fields apart from fashion. On television, she has appeared in the sitcom John on Shirley starring Dulce and Maricel Soriano (2006); the short-lived teleserye, The Wedding (2009), and was a housemate in the celebrity edition of Pinoy Big Brother (2006).

On the music front, she was the vocalist of post-riot girl band Death By Tampon and currently vocalist of indie pop's burgeoning powerhouse Us-2, Evil-0.

Educated at Central Saint Martins and London School of Fashion in the UK as well as the Fashion Institute of Technology in New York, she interned with designer Cecile Zamora and with fashion forward designers such as Marjan Pejoski, Jessica Ogden and Susan Cianciolo. (www.philstar.com)

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