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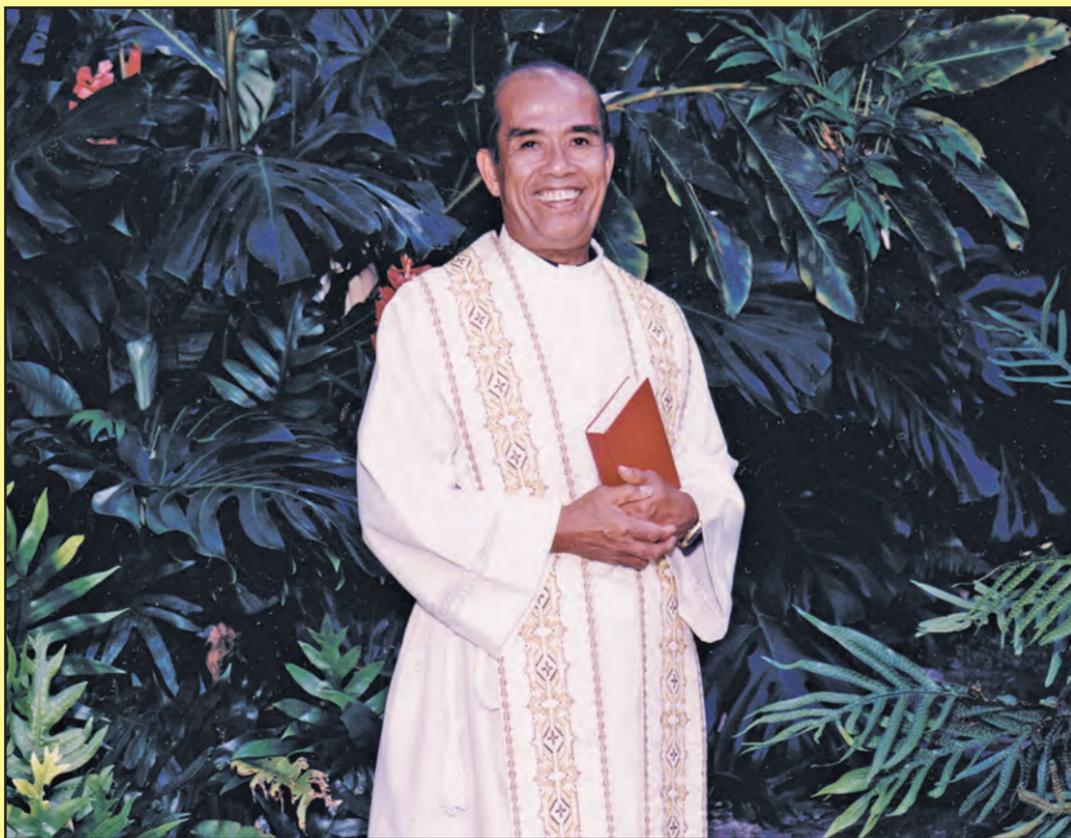
NEWS EDITION

MAY 24, 2014

HAWAII'S ONLY WEEKLY FILIPINO-AMERICAN NEWSPAPER

COMMUNITY MOURNS PASSING OF REV. CANON TIMOTEIO P. QUINTERO

by HFC Staff



The Reverend Canon Timoteio Pitenes Quintero, founding priest of St. Paul's Church of the Episcopal Diocese of Hawaii, passed away quietly on May 12, 2014, in Honolulu.

He is survived by his wife Louisa Quintero, son Wayland Quintero and daughter-in-law Desiree Aida Quintero, daughter Laurie Luczak and husband/son-in-law Tom Luczak and grandchildren Sofia and Isaiah Luczak.

"We are greatly saddened by his passing and will surely miss him,

but we are comforted in the thought that he is in the embrace of the Divine," says son Wayland, a New York City-based stage artist who is currently doing his Ph.D. on Philippine dance culture.

Rev. Quintero was ordained into the *Iglesia Filipina Independiente*, the revolutionary Church of the Philippines. A boyhood friend, while visiting Quintero's barrio of Santa Maria, Pangasinan, in the 1950s suggested that he enter St. Andrew's Theological Seminary in Quezon City whereupon he enthusiastically enrolled, graduated under the tutelage of American teachers and served various mission projects in Northern Luzon.

He later married Louisa

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BINAY UNFAZED BY REPORTS OF U.S. SPYING

By Jose Rodel Clapano



Vice President Jejomar Binay

MANILA, Philippines - Vice President Jejomar Binay said yesterday that he is not at all affected by reports that the US National Security Agency (NSA) had been spying on him.

In an interview during the closing ceremonies of the Boy Scouts of the Philippines Annual National Council meeting in Bacolod City, Binay said being monitored by intelligence agents has been part of his life even when he was a human rights lawyer during the Marcos dictatorship.

"It's hard to speculate. I just don't mind it," Binay said.

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'PHILIPPINES, VIETNAM DETERMINED TO OPPOSE CHINA'S VIOLATIONS IN DISPUTED SEA'



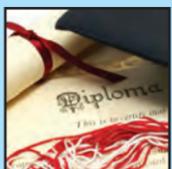
Philippine President Benigno Aquino III, right, greets Vietnamese Prime Minister Nguyen Tan Dung during his courtesy call at the Malacañang Palace in Manila | AP Photo/Aaron Favila

By Louis Bacani

MANILA, Philippines — President Benigno Aquino III and Vietnamese Prime Minister Nguyen Tan Dung met on Wednesday and

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CANDID PERSPECTIVES



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EDITORIAL

EDCA Is Mutually Beneficial For Both The U.S. and The Philippines

WIN-WIN SITUATION

Where EDCA becomes more meaningful to the Philippines outside of

The Enhanced Defense Cooperation Agreement (EDCA) signed by the U.S. and Philippines is a deal that appears to be mutually beneficial at this preliminary stage, but ought to be pursued cautiously as the details are worked out.

The Philippines must abide by its Constitution in ensuring that no foreign bases are allowed to be established in its country, and avoid "a (U.S.) base within a (R.P) base situation as some critics of EDCA say could occur. Militarily and politically, the Philippines has come so far in establishing its sovereignty from all colonial powers that it would be damaging to allow any foreign interference, in practice or appearance, to influence its affairs as an independent nation. That would be, as leftists claim, setting the clock backwards.

WHAT IS EDCA?

EDCA is a new 10-year agreement that gives the U.S. military greater access to Philippine bases. It will give American forces access to selected R.P military camps to allow the U.S. to preposition fighter jets and ships, and to use Philippine airstrips and ports. A Filipino base commander will have access to areas to be shared with American forces. The U.S. will not pay rent for local camp areas, but the Philippines will own whatever building or infrastructure to be built by Americans on Philippine bases.

President Barack Obama emphasized: "I want to be absolutely clear -- the new defense cooperation agreement is not about trying to reclaim old bases or build new bases. Rather, any new agreement would give American service members greater access to Filipino facilities, airfields and ports, which would remain under the control of the Philippines."

The U.S. withdrew its military forces in 1992, after the Philippines decided to close American bases Clark and Subic. Even though the bases have been closed, the Philippines remains a close ally of the U.S. and has an active Defense Treaty signed in 1951 with the U.S. That Defense Treaty is similar to others signed by other allies in the region -- Japan, South Korea, Thailand, New Zealand, and Australia -- that states that the U.S. would come to the aid of the Philippines if it were to be attacked militarily.



the Defense Treaty of 1951, is that EDCA allows for a stronger blanket of security for the Philippines with possibly immediate response time from the U.S. in the event of a military incursion.

Tensions between the Philippines and China in the South China Sea have been escalating. Recently China blocked two Philippine ships bringing supplies to Filipino soldiers stationed in a naval vessel at the Ayungin Shoal, which serves as a permanent Philippine government installation. The Philippines set that installation in 1999 in response to China's illegal occupation of the Mischief Reef in 1995, also claimed by the Philippines.

The U.S. called the recent attempted blockade by China "a provocative move that raises tensions.

The U.S. is also careful not to be provocative as well. "Our goal is not to counter China. Our goal is not to contain

China. Our goal is to make sure international rules and norms are respected and that includes in the area of international disputes," Obama said about EDCA.

Doublespeak or not, through EDCA, the U.S. guarantees a stronger presence in the Asia-Pacific rim region that ultimately offsets any adventurism that China might have. With globalization, where the economic and commercial stakes are even higher in Asia, it bodes well for the U.S. to maintain strong military ties with the Philippines, which could be a springboard to any military encounter with China.

The Philippines' anemic military has proven not to be a deterrent to China so the Philippines will benefit from increased U.S. presence. In 2012, Chinese coast guard ships surrounded another contested offshore South China Sea Territory, the disputed Scarborough Shoal. The disputed territories are near strategic sea-lanes with petroleum both originating in and passing through sea routes. That is why the contested territories in that entire region has become such a hot issue among claimant countries. China has been engaged in disputes in the region with the Philippines and recently Japan.

Another upshot of EDCA for the Philippines is having U.S. forces in the country to assist in natural disasters. In light of Super Typhoon Haiyan,

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 MEMBER,
SOCIETY OF PROFESSIONAL JOURNALISTS



by Emil GUILLERMO

For some the document is the green card, leading to citizenship.

But there are those who see in America something else: the education.

And that would make the college degree the piece of paper worth chasing.

That's the way it was for my cousin Stephen.

My family is still reeling from the sudden death of Stephen on May 3.

We still haven't had justice, but we got a little bit this week.

Though a legal immigrant, in a way he died "undocumented." He died before he could fulfill paperwork to graduate from San Francisco State University.

He just never got around to that mundane task. He had been shot to death.

For those new to this story, my cousin, Stephen Guillermo, 26, was shot and killed when he got off on the wrong floor of his San Francisco apartment building and entered an identical apartment.

His shooter was also a resident, who was arrested for suspicion of murder.

EDITORIAL

(cont. from page 2; EDCA...)

which killed 5,200 people, having U.S. ships and aircrafts essentially in the country would expedite future relief efforts. When Haiyan struck, U.S. ships had to travel for several days to reach the worst affected areas.

With safeguards in check that respect Philippine sovereignty, as well as given the increasingly hostile environment in the South China Sea, EDCA is good for the Philippines at this stage in time. The 10-year agreement between the two countries is perfect, not too long to be construed as anything but temporary, and within a reasonable timeframe to address security issues. The Philippine military, which is actually modeled after the U.S. Armed Forces, will also receive invaluable consultations at this time for achieving its goal of becoming more modernized.

The Philippines must also continue to deal directly with China in any conflict or in any matter concerning the two countries as it has been, and not allow itself to be a shadow of the U.S. in global affairs, as it once was. It's a different time and EDCA reflects that, and is no different from similar agreements the U.S. has with other allies in the region from Australia to Japan. ■

By the following Tuesday, the San Francisco District attorney ordered the man released.

This is the power of the gun laws that favor the mistaken shooter, but not a mistaken victim.

It's a "shoot first, ask questions later" world.

The law in California is based on something called the "Castle Doctrine," where one's home is one's castle. It allows justification of deadly force on an intruder if one is in imminent danger.

But those who know Stephen find it hard to believe he posed any threat at all.

Much is made of Stephen being inebriated, but he was no worse than a college student on a typical Friday night.

Stephen was smallish, almost child-like. If anything, any drink would have made him even less imposing than he already was. He was unarmed. Non-violent. Half the size of his shooter.

His weapon was his smile.

Now all that is gone.

His killer is free.

Stephen was buried Thursday of last week.

The Guillermo family still hopes for justice. There is no statute of limitations on murder, no double jeopardy for the suspect.

But we got a small taste

of justice when I received an e-mail from Stephen's International Relations professor at San Francisco State University.

The International Relations Department at San Francisco State, under the urging of his professor and advisor, Professor Sophie Clavier, recommended Stephen be given his degree.

In an email to me, Professor Clavier wrote:

"He was such a hard working young man, and such a nice person. My heart goes to you as I remember Stephen's beautiful smile. The IR Department grieves with you."

Stephen was an older student who worked two jobs—not to pay off student loans, but to help his family.

When Stephen was 19, his father died of cancer, and Stephen had an inheritance—the family's credit debt.

He worked to pay that off, support his family, and be the dad to his younger siblings.

But getting his college degree was his most important goal.

This was the payoff for a poor immigrant kid from the Philippines. An education from a U.S. place of higher learning, SFSU, was his chance to graduate and fulfill a dream that would lead to working in the Foreign Service and seeing the world.

But the first step revolved around achieving what may have seemed to be an impossible dream—getting that piece of paper.

For the kid who came to the U.S. at age 8, after his family waited nearly 20 years to become legal immigrants, the degree was the only thing that made him "undocumented."

And now San Francisco State University sees fit to award Stephen a posthumous diploma for his hard work. A special graduation ceremony for Stephen is being planned.

To SFSU, and to Professor Clavier of the International Relations department, the family is truly grateful for the gesture of justice.

If only the San Francisco District Attorney would value Stephen's case and his life in the same way. ■

EMIL GUILLERMO is a journalist and commentator based in California. He was on the editorial board of the Honolulu Advertiser.

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If you see trees growing into overhead power lines, call Hawaiian Electric's Trouble Line at 1-855-304-1212. In an emergency situation, call 911.



www.hawaiianelectric.com

(cont. from page 1; **COMMUNITY** ...)

Yamashita Bacayan, a native of Sagada, Mountain Province and was selected by a committee of bishops in the Philippines and the U.S. to serve the burgeoning Filipino community in Hawaii. The Hawaii Episcopal Church during the 1960s had no contact with the Filipino community and pretty much left it to up my father to figure it all out by himself on a monthly salary of \$90 per month. There was no marketing department, internet or jumbotron spectacles.

Confronted with an empty church building, Rev. Quintero would walk the streets of Downtown Honolulu and speak with people, asking them if they were from the Philippines and if they were members of the Aglipayan Church. Once while shopping for a pair of slippers in a department store called Kress, he overheard a woman in another aisle speaking with her daughter in Ilocano. He introduced himself and invited them to his fledgling parish.

Despite many challenges within the hierarchy of the Episcopal Church and in his personal life, the St. Paul congregation grew and over time, Rev. Quintero, with the help of many others, started congrega-

tions on Maui, Kauai and the Big Island. In later years, he became a key organizer of the Episcopal Church Asiamerica Ministry working with the Reverend Winston Ching up until his retirement in 1997.

By 2012, Quintero's vision of re-invigorating and renovating the Aglipayan Church in his hometown of Santa Maria was fulfilled, preceded by raising donations to complete the building of another church and its hall in Alfonso Lista, Ifugao.

HIS EARLY LIFE

Quintero's family recalls that as a boy, he and his sisters Antonia and Ibai would guide the family's carabao in plowing, planting and harvesting their rice fields. He caught paltat in streams and fashioned a homemade slingshot to take birds. During his youth, Quintero also witnessed the assistive birthing of children by his father Filomeno and during Holy Week listened to the chanting of the *Pasion* by his mother Consolacion Pitenes who was known as "the Praying Lady of the Barrio."

Son Wayland says that his father loved classical music.

"He became an avid listener of Mozart, Bach and Beethoven, often playing

CDs late into the night and while sleeping," Wayland says. "He loved to sing Ilocano song favorites such as "Dungdungwen Kanto," "Pamulinawen" and "O Naraniag a Bulan" at baptismal and wedding celebrations.

Wayland recalls his father delivering short sermons on local radio KAIM and other stations. He was

also an enthusiastic jogger who finished a number of Great Aloha Run events and loved cooking traditional Filipino foods such as *pinakbet*, *manok ken mongo/paria* and *laoya saka ti baboy*, and the many fish given to by fishermen friends.

"My father developed a sweet tooth as he grew older and his favorite ice

cream was macadamia nut," Wayland says. "In recent years, a variety of physical ailments slowed my father down considerably until his quiet passing.

"We are thankful for the lessons and gifts that his life meant to each of us, his congregation and all of the people whose lives his ministry touched," Wayland says. ■

A Brief History of the Aglipayan Church in the Philippines

By **Belinda A. Aquino, Ph.D.**

In recent months, the Filipino community in Hawaii has witnessed the passing of two of its finest citizens—Dr. Helen Nagtalon-Miller, educator and social activist; and Tony Sagayadoro, a radio broadcast journalist, civil servant and humanitarian advocate.

We have lost a third one most recently—the Rev. Timoteo P. Quintero, founder and longtime minister of St. Paul's Church of the Episcopal Diocese in Hawaii. Rev. Quintero devoted the best years of his life as a priest in the service of God starting in the Philippines with the *Iglesia Filipina Independiente* (Philippine Independent Church), more popularly known as the Aglipayan Church, and continuing on to Hawaii with the Episcopal Diocese for many years.

The Aglipayan Church was founded by Bishop Gregorio Aglipay of Batac, Ilocos Norte in the Northern Philippines. Aglipay, one of the great Ilocano heroes listed in the history books, was a major figure in the revolutionary period in the 1890s, which peaked with the launching of the Philippine Revolution in 1896 in Pugad Lawin. His position was Vicar General of the revolutionary government, then under Gen. Emilio Aguinaldo.

The Philippine Revolution was essentially a political movement seeking independence from Spain, but it was also a declaration of religious resistance organized by a militant group of native Filipino clergy protesting the unjust and oppressive Spanish Catholic clergy headed by the friars.

Aglipay was the most prominent leader of this movement which struggled to end the corrupt regime of the friars under Spain. He founded the Philippine Independent Church to signal this schism from the Roman Catholic Church, hence the term "Independiente."

At its height, the new native religion established by Aglipay and many of his colleagues, such as Isabelo de los Reyes, also from the Ilocos and noted author, political activist and labor leader, flourished with hundreds of thousands of followers in the whole country, particularly in the Ilocos region.

After the Revolution, which finally ousted Spain, the Aglipayan movement continued and Aglipay actually ran for president against Manuel L. Quezon in the Commonwealth, which was under American colonial rule during the 1930s. The new religion attracted many young Filipinos pursuing a career in the priestly vocation. Quintero was one of these young Filipinos seeking to spread the word of God. After several years of theological education, he was ordained as a priest in the Philippine Independent Church, a Protestant denomination.

At the same time, the arrival of many American missionaries and preachers in the Philippines following the annexation of the country by the U.S. in 1899 led to the emergence of many Protestant Christian denominations, such as the Methodists, Lutherans, Unitarians, Episcopalians, etc.

The Protestant doctrines were introduced in various parts of the country, including the Ilocos region, by the missionaries who mostly came from the U.S.

The Protestant Episcopal Church in the U.S. was historically related to the Church of England, also known as the Anglican Church. But eventually, it became autonomous from the Anglican Church and is now called simply called the Episcopal Church.

When Rev. Quintero arrived in Hawaii, he was affiliated as a pastor of the Episcopal Church, which would be his lifelong vocation. He recruited most of the members of his congregation from the Filipino community, which was already a large one when he arrived in Hawaii.

One might ask, what does Episcopal or Episcopalian mean? And what is its central doctrine? In short, Episcopal is a "church government by bishops." This means that the authority to govern a particular church rests in a body of bishops, not in any single individual. This differs completely from the Roman Catholic Church, which vests final authority over the church in the Pope.

The basic argument of Gregorio Aglipay in founding his Independent Church in the Philippines during the late 19th century was that the Roman Catholic Church, set up by Spain in Philippines for three centuries, was under the authority of the Pope at the Vatican in Rome. He thought that was not right from the Filipino perspective. This was not acceptable as well to other groups within the Philippines

(continued on page 5)



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With a Little Help from My Friends

A GREAT BRITISH VIEW by Asif AHMAD

There are few places in the world where you might not find a Filipino or a Briton. Our intrepid travellers, workers and settlers seem to follow the sun. Ten million Pinoys and 6 million British people live abroad. Some 55 million individual journeys are made by a British passport holder each year. For most, these experiences are enriching, memorable and free of problems, give or take the odd case of sunburn or the momentary blues of missing home.

All governments make it a priority to attend to the needs of their citizens if they are affected by a crisis in a foreign country. If news breaks of a natural disaster, accident or violent conflict, embassies have to react fast to assess the situation and the impact, if any, on citizens. Alongside the UK's massive response to the Filipino vic-

tims of Typhoon Yolanda, our staff went out to locate and help 40 Britons who were initially unaccounted for in remote parts of Samar and Leyte. Most chose to stay and build back their lives, but a few needed our support to get back to the UK. In such situations, the links that embassies have with the government, both national and local, the military and emergency services become critical. It is better to sustain investment in these relationships so that these sources of assistance can be tapped in severe circumstances.

For many, the occasional help from a friend, neighbor or community association is all that is needed to get through a short period of illness, or to secure funds if a wallet goes missing or to come through the grief of losing a loved one who has lived a long and happy life. I

see many fine examples of volunteers in the UK and in the Philippines who willingly come to the aid of friends and strangers. Sixty community spirited Britons are acting as our wardens in the Philippines.

Self help is also essential. Telling people your travel plans or contact details and getting in touch to say how you are when there has been a local incident means that you can be reached if you need help. Travel and medical insurance may seem expensive but it is a fraction of the cost of hospital treatment and an assisted flight home. Beware of the exclusions and situations that invalidate an insurance policy.

Our global consular operation is funded by a portion of the fee citizens pay when they get a British passport. The principle we apply is that travellers, not the general taxpayer, should contribute

welfare in a foreign country. An open ended commitment to pay for any misfortune is not an option any government can afford to make. That is why family and friends are contacted first to help with an unforeseen need for money. We prioritise assistance for the most vulnerable including victims of crime, accidents or in cases of bereavement. We help people who have lost their passports, need to find a doctor, or information on sources of legal advice.

It is worth remembering that there are limits to what a government can do. A foreigner is subject to local laws. That means complying with immigration and visa requirements. Dual nationals cannot be treated as aliens in the country of which they are also citizens. Consular officials cannot secure better treatment in hospital or prison than that which is given to local people, or se-

cure release from prison. An embassy cannot resolve property or other legal disputes.

The internet, social media and mobile communications have revolutionised the travel habits of people. Information on the best destinations, modes of travel, news and weather reports is readily accessible. Embassies have taken advantage of social media. Application forms and bulletins are no longer kept in dusty filing cabinets. Our travel advice is based on facts and focuses on risks, leaving it to the judgement of individuals to decide what to do in most instances. Our gov.uk portal is open to all.

In the midst of the holiday season in the Philippines, and as Britons make plans for their summer travels, we will remain watchful. My sincere hope is you have a great time wherever you are and get by with a little help from your friends.

(www.philstar.com) ■

(cont. from page 1; BINAY ...)

Binay added he was not totally sure of the report.

Earlier reports had it that Binay and Interior and Local Government Secretary Manuel Roxas II appear to have been included in the list of targets by the US NSA that was using an underwater cable surveillance program in 2013.

The report cited the French newspaper Le Monde that decrypted a page from an internal file unveiled by NSA whistle-blower and American fugitive Edward Snowden, claiming that Binay and Roxas were victims of communication interception for one month through underwater cables.

Le Monde's May 9 report said that an NSA program called Upstream used submarine cables to

collect and carry essential data from conversations of Binay and Roxas.

Upstream lines also carried surveillance information from conversations in a resort in the Caribbean, an institute of physics in Italy, emails of Saudi Telecom staff, a computer company in Pakistan and a telecom company's subsidiary in Libya.

Le Monde said the intention of the NSA for monitoring Binay and Roxas is not clear because the two are not known for having anti-US views.

Binay has consistently expressed his intention to run for president in 2016, while Roxas is the acknowledged next standard-bearer of the ruling Liberal Party.

(www.philstar.com) ■

(cont. from page 4; A BRIEF ...)

at the time, which did not believe in the papacy in Rome as the ultimate authority on church matters. So the Aglipayans and several other groups set out on their own path, which they believed to be more in keeping with a "native" religion for the Philippines.

While Roman Catholicism continues to be the most dominant Christian religion in the Philippines, several other religious, spiritual, mystical, millenar-

ian and indigenous belief systems remain and have become part and parcel of Filipino culture and society. When we speak about cultural diversity in the Philippines, this also includes religious diversity and the freedom to worship as people believe. ■

DR. AQUINO is Professor Emeritus at the University of Hawaii at Manoa where she served as Professor of Political Science and Asian Studies and the founding Director of the Center for Philippine Studies before retiring.

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ISAH Officers Take Oaths of Office

by Amado I. YORO

THEIR RIGHT HANDS WERE RAISED AS THEY RECITED the oath of office—in solemn and grace—so help me God. These officers have their own individual leadership styles, yet they have pledged to work together for one common goal.

The Ilocos Surian Association of Hawaii's (ISAH) slogan is "Working together to Rebuild Our communities and Our Homeland" which is combined with their theme Taldiap Ti Probinsia Ti Ilocos Sur or, "Glimpse of Ilocos Sur Province."

Witnessing the ceremony were ISAH's guests and friends, including Jean Jeremiah, Angie Santiago, Baybee Ablan, Alex Vergara, Jesse Pascual, Fred Quibol, former Mrs. Hawaii Filipina Jema Geronimo and husband Mel, Angel Dytioco, Mrs. Dytioco, Larry Ramirez, Connie Ramirez and others.

The oath taking was officiated by Acting Consul General Roberto Bernardo and the guest speaker was U.S. Senator Brian Schatz.

The following are this year's ISAH Officers:

- **President Danny Villaruz**, from Rancho,



The 2014 ISAH Officers during their re-affirmation at the Hale Ikena, Fort Shafter on May 17, 2014

Santa, Ilocos Sur. Villaruz is a community leader, retired senior auditor with the Hawaii State Dept of Taxation, volunteer and businessman. He is ISAH's longest serving president ever—since November 2001 when he was elected in interim capacity until he was officially sworn in to office on February 22, 2002 by then Ilocos Sur Gov. DV Savellano. He was awarded "Director at large" by the OFCC. He is also a member of the Order of the Knights of Rizal-Hawaii Chapter.

- **First Vice President Estrella Pada Taong**, from Sinait, Ilocos Sur. Taong is a businesswoman, community leader and former district supervisor. She was UFCH Progress

Awardee for Entrepreneurship and co-organizer of the Sinait National High School Alumni Association of Hawaii and served as First President. She is also a co-organizer of the Annak Ti Sinait Iti Hawaii, Sinaitenians International & Global Network and Gumil Oahu. She is also an OFCC director.

- **2nd Vice President Leticia Dar Dalit**, from Sta. Maria, Ilocos Sur. She is the president of Sta Marians of Hawaii.
- **Recording Secretary Loida Alimboyoguen Yamamoto**, from Cabaroan East, Vigan City. She is a community leader, OFCC secretary, Vigan Association vice president, Co-Chair for the Santacruzán 2014 which was held at the 22nd Filipino Fiesta and sponsored by the Fil-Com Center.
- **Corresponding Secretary Davelyn Ancheta Quijano**, from Tepping, Sinait, Ilocos Sur. She was Mrs.

ISAH 2008-2012 and a participant of several missions including the Ilocos Surian Medical and Homecoming Mission and Sinait Medical Mission. She is also the president of the Sinait National High School Association of Hawaii, a former OFCC director and a realtor associate.

- **Treasurer Rosaline Sabangan**, from Cabugao, Ilocos Sur. She is a community service volunteer, UFCH Progress Awardee, retired bank officer and financial consultant.
- **Assistant treasurer Lina B. Mercado**, from Santa, Ilocos Sur. She is a businesswoman and community leader.
- **Auditor Alice Castaneda**, from Lapog, San Juan, Ilocos Sur. She is president of San Juan Lapog Association of Hawaii and the owner of Videorama.
- **Assistant Auditor Emmie Villaruz**, from Santa, Ilocos Sur. She is an officer with the Santanians Association

of Hawaii, USA.

- **Public Relations Officer Romulo Basuel**, from Sinait, Ilocos Sur. He is a former District Supervisor, Department of Education, Division of Ilocos Sur.
- **Public Relations Officer Antonio Ipalari**, from Sinait, Ilocos Sur. He is president of the Annak Ti Sinait Iti Hawaii. He also served as chairman of the ISAH Green Revolution Contest.
- **Sgt at arms include Art Abinsay**, Vigan Assn of Hawaii, Jaime Dalit, Sta Marians of Hawaii, Nemesio Dar, Sta Marians of Hawaii, Al Sabangan, Cabugao Sons & Daughters Association of Hawaii, and Paul Taong, Magsingal, Lapog, Sinait.

Directors at large representing their respective unit organizations are Antonio Ipalari, Davelyn Quijano, Veronica Esteban, Alice Castaneda, Armi Farinas, Roger Tapat, Tessie Aganon, Jenny Quezon, Dr. Julius Soria, Louie Funtanilla, Dr. Ignacio Torres, Leticia Dalit, Maria Cristina and White Edgar Fernandez.

The advisers include Felipe Abinsay, Jr., Ben Cabrerros, Romy Cachola, Maria Etrata, Louie Funtanilla, Al Sabangan, Dr. Charlie Y. Sonido, Carlito Soria, Dr. Ignacio Torres and Amado Yoro. ■



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(continued on page <None>)

Philippine Consulate Issues Reminders for Youth Program, Flagship Tour

THE PHILIPPINE CONSULATE GENERAL IN HONOLULU is reminding Hawaii's Filipino community that the deadline to submit applications for the 2014 Filipino American Youth Leadership Program is May 25, 2014.

Chosen individuals will take part in an immersive

program in the Philippines from July 24-28, 2014, where they will meet and dialogue with the nation's highest officials and policy-makers, leaders of industry, legislators, media, artists, entrepreneurs and leading innovators in various fields.

Organizers hope that this year's program, which is

co-sponsored by the Ayala Foundation Inc., will attract more young Filipino-American leaders who will be among the movers and shakers among the emerging generation of Filipino-Americans. Much of the participants' expenses for airfare, accommodations, transportation and meals will be paid for by the program's sponsors.

The names of chosen delegates will be announced on June 2, 2014. For applications, call the Consulate at 595-6316.

Consulate officials have also announced that the deadline to register for the 9th Ambassadors, Consuls General and Tourism Directors Tour has been extended until May 30, 2014. This annual flagship tour is

sponsored by the Philippine Embassy and consulates in the U.S. and is scheduled from July 28-31, 2014.

Highlights of the tour include a courtesy call and photo-op with President Benigno S. Aquino III, a tour of Malacañang Palace and a wreath-laying ceremony at historic Rizal Park.

For inquiries on the tour, contact Jeffrey de Mesa at 595-6316 or via email at jef-fovp@gmail.com. ■

(cont. from page 1; 'PHILIPPINES ...)

agreed to oppose China's actions in the disputed South China Sea.

During the televised joint press conference of the two leaders, Dung said he and President Aquino shared deep concerns over the "current extremely dangerous situation caused by China's many actions that violate international law."

Dung said China's infringement of the two nations' sovereignty, such as the illegal deployment of an oil rig off the coast of Vietnam, has "seriously threatened" peace, stability, maritime security and safety, and freedom of navigation in the disputed sea.

"The two sides determined to oppose China's violations and called on countries and the international community to continue strongly condemning China," Dung said.

He said China should end its violations and fully and strictly observe the United Nations Convention on the Law of the Sea (UNCLOS) and the Declaration on the Conduct of Parties in the South China Sea.

President Aquino, on the other hand, said he and Dung exchanged views on maritime cooperation and discussed how the two nations can enhance defense capabilities and interoperability in addressing security challenges.

"I believe that continued cooperation with Vietnam, as well as with other members of ASEAN, in defense and security will only contribute to promoting re-

gional stability," Aquino said.

The President added that the continued cooperation between the Philippines and Vietnam will enable the both countries to

intensify the protection of their maritime resources.

Upon the invitation of Aquino, Dung is currently in the country to attend the World Economic Forum on East Asia hosted by Manila.

His visit here comes after China deployed an oil rig off Vietnam and began land reclamation efforts on Mabini Reef reportedly for the construction of a military base or an airstrip.

In an earlier press briefing, Aquino's spokesman Edwin Lacierda said the two leaders' meeting should not be seen as an emerging alliance against China. (www.philstar.com) ■

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2014 ANNUAL FILIPINO FIESTA AND COMMUNITY HEALTH FAIR

By Carlota HUFANA ADER



No Shame: Let's Talk About Urinary Incontinence

by Dr. Michele ASPERA

It's embarrassing, frustrating and a very sensitive topic. Urinary incontinence—the involuntary release of urine—is more common than you think. For urologists, it's an all too familiar subject that we know a lot about. Fortunately, there are ways to address the problem, so that you don't have to suffer in shame.

An estimated 25 million Americans suffer from urinary incontinence, either occasionally or chronically, with the majority of cases happening in women. Coping with a chronic case can be stressful, because you don't know when or where you might have an accident. This can have a major impact on your life, affecting everything from your job to your social activities.

TYPES OF INCONTINENCE

There are two main

types of urinary incontinence—stress incontinence and urge incontinence.

In the case of stress urinary incontinence, leakage results from increased abdominal pressure on the bladder and urethra. Because the urethra can't stay closed, simple activities such as laughing, coughing, sneezing or jogging can trigger an embarrassing moment.

Urge urinary incontinence is caused by a bladder muscle contraction that can't be controlled. The strong feeling to urinate can come without much warning, so people with this condition find themselves rushing to relieve themselves. Just sipping a drink or hearing the sound of running water can trigger the powerful urge.

ARE YOU AT RISK?

There's a long list of risk factors for urinary incontinence – some of which you



can control, and some of which you can't. For example, increasing age, menopause, osteoporosis and major neurologic disease can increase your risk.

Other risk factors include pregnancy and giving birth vaginally (which strains the muscles of the pelvic floor), obesity, diabetes, depression, hypertension and enlarged prostate. In addition, smokers often have a chronic cough that can weaken the urinary sphincter and the pelvic muscles of the bladder, contributing to

risk of urinary incontinence.

TREATMENT OPTIONS

Once a patient's medical history has been reviewed and a thorough examination completed, the doctor can start talking about treatment options and strategies to deal with incontinence.

Patients are encouraged to keep a bladder diary and record the number of times they go to the bathroom each day, how much urine they pass each time and if there's leakage. Developing an awareness of bladder function plays a significant role in treatment.

Behavioral modifications also work well. For example, many people with urinary incontinence find it beneficial to go to the bathroom at specific times and practice "double voiding" (urinating twice within 15 minutes) in an attempt to completely empty their bladder.

In addition to education and awareness, there are

exercises to help strengthen the muscles that support the pelvic floor. Medications can be prescribed to help and sometimes surgery can treat the problem.

After several check-ins with a patient, I will gauge the level of satisfaction he or she experiences with non-invasive treatment options. If a patient is looking to further manage his or her urinary incontinence beyond the basics, I'll use a bladder test called urodynamic to assess bladder function and help tailor the treatment.

Unfortunately, urinary incontinence cannot always be prevented but with the right guidance, it can be managed effectively. ■

DR. MICHELE ASPERA is chief of urology at Kaiser Permanente Hawaii. She attended medical school at Cornell University Medical College and completed her residency in urology and fellowship in female urology at the Cleveland Clinic Foundation. She began practicing urology at Kaiser Permanente in July 2002.



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FROM POVERTY TO PRESTIGE: JAKE MARTIN REACHES FOR IVY

by Glenn WAKAI

The bell rings. School is out. The 2,400 students at Farrington High School begin filling the hallways. The campus comes alive with noise and activity. One boy stands out, not just because he's the only one wearing a tie, but because he is a Prince amongst children.

Jake Martin, 18, was recently accepted to Princeton, one of the world's most prestigious universities. In a comparison of all the universities on the planet, it ranks 7th in academic standing. The undergraduate tuition at Princeton is nearly \$42,000. When you add in room and board, plus other expenses the total annual cost comes out to nearly \$60,000! Princeton wants Martin so badly, they are paying ALL of his expenses.

Impressive. What's more remarkable is how Martin got to this point. He was born in Ilocos Norte where he grew up playing in his grandparents' rice fields. He had no toys, so he and his cousins would make up games and create their own fun.

"I liked catching the bee-



Farrington senior Jake Martin will attend Princeton University in the fall

bles—the ones that come out after the rain," says Martin. "It tasted really good. It was crunchy."

He would also go into the river with his grandmother to collect clams.

"To me it was really fun because I was still young," says the soft-spoken young man. "I didn't know what was going on. I didn't know about the hardships we went through. Later, I learned we were practically the poorest in our village. Our clothes were hand-me-downs."

What few possessions he had came from his father who was working in Hawaii. Dad would also send money

and donations back to Ilocos Norte.

COMING TO AMERICA

In 2003, at the age 7, it was finally time for Martin, his mom and his sister to join their dad and older brother in Hawaii.

"To be honest, I didn't know we were in America. I thought we had moved to another area in the Philippines. I was so ignorant and naïve," says Martin. "On my first day of school I was crying because I was scared. It was a new place but my older brother helped with the transition."

Martin attended Kalihi Kai Elementary, then Kalakaua Middle School before attending Farrington. He moved homes far more times than he moved schools—at least 10 times since he got here. His father is a landscaper and his mother is a cashier at a convenience store in Kalihi.

"It would be hard for them to pay the bills, so we would always have to find a new place," he says.

Martin's parents weren't invested in their children's education, allowing them to "do their own thing." Not surprisingly, Martin's older brother and sister dropped out of school during their sophomore year. Entering his teens, Jake faced a crossroads—follow his siblings or find the courage to

blaze a different path.

"The type of friends they had weren't education-oriented. Luckily, I met a lot of people who did take their education seriously. In middle school, I met friends who motivated me and made me realize the importance of education."

FREE TIME INTO PRODUCTIVE TIME

As he blossomed in the classroom, his parents were unaware of their son's transformation. They rarely asked if he did his homework or was attending school.

"For me, it was a positive thing because I got to explore," Martin says. "I could study by myself. I was independent and responsible about my studies."

Instead of wasting his freedom, Martin began to reinvent himself.

"I love going to school because it takes me away from the family drama—all that tension in the house. I come here and I'm just with my friends. I don't need to worry about what's going on at home. How we can't pay the bills, or if there's arguments."

Although he is the star of this year's graduating class at Farrington, his parents still don't fully comprehend the magnitude of his achievement.

"I think it was this year when they found out about my academics. Someone told her I was going to be a valedictorian. She was like 'Wow, I didn't know.' She was just worried about me going to college but she doesn't know about the differences in colleges."

In March, Martin found out he was accepted into Princeton. When he got home, he announced it on Facebook and the world found out. The school flew him to New Jersey in April and convinced him to accept.

Martin is very active in extracurricular activities. This year, he began his own club where seniors mentor underclassmen.

"We help them find opportunities and scholarships. In the future, I want to start my own non-profit organization to help teens," he says.

Outside of school, Martin enjoys swimming. In middle school, he would swim in the pool at Palama Settlement for fun. Coaches saw that he was pretty fast and lured him onto Farrington's swim team to compete in freestyle. This year, his team went to the State Finals.

SELF-MOTIVATED

Martin's college counselor Regan Honda helped with his college applications and is amazed with his achievements.

"He made his own decision to make things better for himself," Honda says. "A lot of times, older siblings go to college and younger ones are expected to go. Jake was not exposed to that. That's what makes it more impressive."

The last student from Farrington to attend an Ivy League school went to Yale in 2009. That young man, Tim Le grew up in Kuhio Park Terrace.

"It is so important for the community to know about Jake, because people associate Farrington with negativity," says Honda. "They just don't know about all the awesome programs and kids here."

Martin knows he carries the weight of his community, alma mater and Filipino heritage with him to the East Coast. Sixty-one percent of Farrington's students identify themselves as Filipino. He admits being scared of the new, competitive environment.

"The culture is going to

(continued on page 15)

Joseph M. Zobian, M.D.



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FilCom Center to Get \$3 Million in Fed Funds

THE FILIPINO COMMUNITY CENTER (FILCOM) IN WAIPAHU has received a conditional commitment of \$3 million from the U.S. Department of Agriculture's Rural Development Business & Industry Guaranteed Loan program.

U.S. Sen. Brian Schatz says the funds will help ensure FilCom's long-term future.

"This loan guarantee will help make sure the FilCom Center doors stay open, providing critical services for everyone in the community and serving as a proud symbol for Hawaii's Filipino-American community," Schatz says.

The FilCom Center represents the rich history and lasting legacy of Hawaii's Filipino-American commu-

nity. It also provides important community programs and events for families, children and seniors. As a multi-cultural venue, people of all ethnicities are welcome to participate in any of their community development services including programs for children and adults, cultural promotion and community empowerment, and economic development.

FilCom also serves as a cultural incubator and hosts programs and various activities including the annual Flores De Mayo Fiesta and Parade, the monthly FilCom Day, and classes for *escrima* (Filipino martial arts), basic computer skills, fitness and assistance for those preparing to take the U.S. citizenship test and interview. ■

State Task Force to Examine Ways to Support Caregivers

THE STATE LEGISLATURE HAS CREATED a task force that will examine the critical role family caregivers play when their loved ones are admitted to and discharged from local hospitals.

The panel will make recommendations on what hospitals can do to prepare family caregivers for the responsibilities they typically face when their loved ones are transferred home.

"Family caregivers are a critical link in improving transitional care for frail older adults or adults with disabilities," says AARP Hawaii Director Barbara Kim Stanton. "With a few exceptions, they are the ones who provide and coordinate most of the care received after discharge home."

Research has found that family caregivers are under pressure to provide wound care, injections, medication management and other increasingly complex medical tasks when loved ones return home from the hospital. Most caregivers have little or no training to provide this level care and are often the only viable option available to families who cannot afford professional home care.

As Hawaii's population ages, more caregivers are speaking out on

the lack of support from hospitals when their loved ones are discharged. Caregiver Keri Yamamoto of Honolulu had an uncle who was admitted twice last year to a local hospital. She testified at the Legislature that she was "highly dissatisfied" with the discharge procedure. A second caregiver, Michele Paularena of Maui, says her husband was discharged from the hospital without adequate instructions of how to administer the multiple medications he had been prescribed.

Both women were among numerous caregivers who testified in support of Senate Bill 2264, which would have required hospitals to give caregivers a live demonstration on how to provide the care needed to help their loved ones live independently at home. The bill failed to pass and was replaced by House Concurrent Resolution 78, which created the task force.

As a member of the task force, AARP looks forward to working with hospitals and community stakeholders to ensure that caregivers are properly instructed in the care of their loved ones at discharge.

Call 545-6005 for more information on what AARP is doing to support family caregivers in Hawaii. ■

Phl Seen to Grow Fastest in SEA

by **Louella D. DESIDERIO**
Thursday, May 22, 2014

MANILA, Philippines - **THE PHILIPPINES IS PROJECTED TO GROW FASTER** than the entire Southeast Asian region over the next two decades, to be supported by manufacturing, business process outsourcing, construction, transportation and logistics, and information and communications, according to financial advisory services firm Deloitte Touche Tohmatsu Ltd. (Deloitte Global).

"Over the next two decades, we expect the Philippines will grow somewhat faster than the rest of

Southeast Asia, with overall GDP (gross domestic product) expanding by 4.8 percent per year in the 2014-33 period," Deloitte Global said in its report, *Competitiveness: Catching the next wave: The Philippines*, which was released yesterday.

The firm forecasts Southeast Asia to grow by about four percent over the same period.

Among the key drivers seen to support the country's long-term growth is the manufacturing sector.

The firm noted that the growth outlook for the Philippines will happen if the government continues



on its path of reforms to improve confidence in the business sector, regulations regarding foreign ownership are relaxed, transparency improves and infrastructure spending increases.

"The strong growth in global manufacturing to 2033 will drive world

growth, and this presents the Philippines with great potential to integrate into the global supply chain of high-value manufacturing," Deloitte Global managing director for global clients and industries Gary Coleman said.

As the manufacturing sector remains a relatively small part of the economy at 22 percent, expanding production will be crucial to provide opportunities for high-skilled, semi-skilled and low-skilled workers.

Aside from manufacturing, also seen as a driver of the country's long-term growth is the business process outsourcing (BPO) sector.

Deloitte Global noted that the Philippines offers a

number of advantages in the BPO market given the quality of Filipinos' accents, large pool of qualified workers, and lower labor costs relative to other countries.

Construction, which offers opportunities for roads, harbors and other public infrastructure, is also seen to boost employment, productivity and economic growth.

While the country's public investment in infrastructure at 2.7 percent of GDP from 2002 to 2008 has been considered low compared to its Southeast Asian peers, which have an average of 6.6 percent, the government has started to address some of the gaps by raising the budget to upgrade infrastructure.

(www.philstar.com) ■

Tagum City Death Squad Linked to Hundreds of Killings

HUMAN RIGHTS GROUPS ARE CALLING on the Philippine government to investigate an alleged "death squad" implicated in several hundred killings in Tagum City on Mindanao.

Human Rights Watch obtained official police records showing 298 killings between January 2007 and March 2013 that provincial police attribute to the "Tagum Death Squad" and for which no one has been prosecuted.

A 71-page report entitled "One Shot to the Head: Death Squad Killings in Tagum City, Philippines" details the involvement of local government officials, including Tagum City's former mayor Rey "Chiong" Uy and

police officers, in the extrajudicial killings of alleged drug dealers, petty criminals, street children and others over the past decade.

The report draws heavily on interviews and affidavits from three self-proclaimed members of the death squad in Tagum City. It also examines the failure of the Philippine government to investigate the death squad and bring those responsible to justice.

"Tagum City's former mayor helped organize and finance a death squad linked to the murder of hundreds of residents," says Phelim Kine, Human Rights Watch's deputy director for Asia. "Rey Uy and other city officials and police officers underwrote targeted killings

as a perverse form of crime control. The death squad's activities imposed a fear-enforced silence in Tagum City that allowed the killers and their bosses to literally get away with murder."

When he was first elected mayor in 1998, Uy hired, equipped and paid for an operation that at its height consisted of 14 hit men and accomplices. Many were on the government payroll with the Civil Security Unit, a City Hall bureau tasked with traffic management and providing security in markets and schools.

Human Rights Watch interviewed more than three dozen people, including surviving victims and their families, witnesses, police

officers and former death squad members. The former death squad members described how those who refused to carry out orders, sought to quit, or otherwise fell into disfavor were themselves likely to become targets.

The 12 killings documented by Human Rights Watch typically occurred outdoors, on the streets and often in broad daylight. The hit men, wearing baseball caps and sunglasses and armed with .45 caliber handguns, would arrive and depart on government-issued motorcycles. Death squad members would routinely inform local police via text message of an impending targeted killing, so the police would not interfere. After the killing, the police would notify them if any witnesses had identified them.

Those targeted were primarily people Uy had declared to be the "weeds" of Tagum society, namely suspected petty criminals and drug dealers, as well as street children. The death squad drew its targets from the "order of battle" or OB, a list of names coming from various sources, including local community leaders, neighborhood watchmen

and police intelligence officers. Names of drug suspects were provided by the Philippine Drug Enforcement Agency and the Department of the Interior and Local Government.

Former Tagum Death Squad members were paid 5,000 pesos (US\$110) for every killing, which were divided among themselves. Targeted killings have continued but with less frequency since Uy stepped down as mayor in June 2013.

Human Rights Watch officials have accused President Benigno Aquino III of ignoring extrajudicial killings by death squads in Tagum City and other urban areas, and failing to condemn local anti-crime campaigns that promote or encourage the unauthorized use of force to rid city streets of "undesirables."

The group called on the Aquino administration to take measures to stop the killings in Tagum City and elsewhere, thoroughly investigate death squad killings and the death squads themselves and bring justice to the victims' families.

"The government's failure to act decisively against

(continued on page 13)

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by Reuben S.
SEGURITAN

EB-3 Cut-Off Date for Philippines Advances in May

The May 2014 Visa Bulletin shows that the Philippine employment-based third preference (EB-3) cut-off date will jump by nineteen weeks from June 15, 2007 to November 1, 2007, and India by two weeks to October 1, 2003. The third preference cut-off date for all other countries will remain at October 1, 2012.

The employment-based second preference (EB-2) will remain current for all countries except China and India. China's second preference cut-off date will move by five weeks to April

15, 2009 while India's cut-off date will remain at November 15, 2004. All the other employment preferences will remain current for all countries.

The family-based preferences (F-1 to F-4) will move slowly. The worldwide preference cut-off dates are as follows: F-1 – March 8, 2007; F-2A – September 8, 2013; F-2B – February 1, 2007; F-3 – September 1, 2003 and F-4 – December 8, 2001.

The Philippines cut-off dates are: F-1 – February 1, 2002; F-2A – September 8, 2013; F-2B – June 22, 2003; F-3 – March 1, 1993 and F-4 – November 1, 1990.

The Immigration and Nationality Act (INA) sets the number of immigrant visas that may be issued under certain preference

categories. The cut-off dates in the Visa Bulletin are established to ensure that the immigrant visas issued each year do not go beyond the limit established in the INA.

If an applicant's priority date is before the cut-off date stated in the monthly visa bulletin, a visa number is immediately available. If the priority date comes on or after the cut-off date, the applicant needs to wait until the priority date becomes current.

Because of the long wait period, beneficiaries of employment-based preference petitions, such as foreign nurses sponsored under the EB-3 category whose priority dates are before November 1, 2007 may be required to update their documents such as their visa screen certificate and professional

license, among others.

Also, the USCIS has recently been requesting adjustment applicants to submit a new Form I-693 (Report of Medical Examination and Vaccination Record). Since about 2004, the USCIS has extended the validity of the civil surgeon's endorsement on Form I-693 until the adjudication of the adjustment status application but effective June 1, Forms I-693 which are more than one year old will no longer be valid.

Beneficiaries of employment-based and family-based preferences who have priority dates earlier than the aforementioned cut-off dates and who are outside the United States will have to apply for an immigrant visa at a consular post abroad. Those who are currently living in the U.S. may apply for adjustment of status.

Those with pending adjustment of status application will be allowed to remain and work in the U.S. while their adjustment application is being adjudicated. Beneficiaries of employment-based preference petition whose adjustment of status has been pending for 180 days or longer may transfer to an-

other employer pursuant to the portability rule subject to certain eligibility requirements.

The portability rule under the American Competitiveness in the Twenty-First Century Act of October 2000 (AC21) allows an adjustment applicant to change employers if the new job is in the same or similar occupational classification, the Form I-140 has been approved or is approvable when concurrently filed with the adjustment application and the I-485 application has been pending for 180 or more.

The 180-day period starts from the date the I-485 application was received by the USCIS as indicated in the USCIS receipt notice. If the adjustment applicant meets all the requirements, he may change employers under AC21. It is however advisable for the adjustment applicant to notify the USCIS after he starts his new employment in order to avoid Requests for Evidence or Notice of Intent to Deny from the USCIS. ■

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

MAINLAND NEWS

Philippines' Beer Below Zero Hits U.S. Shelves

AMERICANS WILL SOON GET A TASTE OF BEER cooled to perfection by a revolutionary technology invented by Filipinos.

Beer Below Zero is set to extend its products and services to the U.S. in May after successfully expanding to the Asia-Pacific market in 2010.

The 100-percent Filipino company is the brains behind the revolutionary technology that enhances the taste of beer by serving it at the perfect temperature. The company invented a specialized freezer that cools beers right above the freezing point (-8 degrees Celsius) which is said to be the ideal state that enhances the crispiness of a beer's taste.

"We are excited to be



bringing our 100 percent Filipino invention to the West," says Luigi Nuñez, Beer Below Zero president and chief executive officer. "Our company wants nothing more than to establish the Philippines as the country that serves the coldest beers. We are committed to increasing our company's global presence and maintaining the brand's identity as distinctly Filipino."

Beer Below Zero was founded in 2008 and has

since created a demand for beer refrigeration technology. In addition to producing freezers for commercial establishments, the company has also produced small beer freezers for personal use as well as a mobile app that records customers' daily beer consumption. The freezers and technology are both patented in the Philippines.

Beer Below Zero currently has more than 600 outlets in the Philippines and over 200 in international markets including Guam, Hawaii, Thailand, Singapore, Hong Kong, Vietnam and Chile.

After North America, the company plans to expand to South America and other countries in the Asia-Pacific region. (*Good News Pilipinas*) ■

PHILIPPINE NEWS

(cont. from page 12; TAGUM...)

death squad killings has certainly contributed to the hor-

rific death toll in Tagum City," Kine says. "President Aquino needs to send a loud and urgent message that

deploying death squads as a 'crime control' measure is unlawful and needs to stop." (*HRW Press*) ■

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Muffin Love

FEAST WITH ME by Stephanie ZUBIRI-CRESPI

I have never been a good baker. Growing up it was my sister that did all the baking at home, meticulously making pies, banana breads, cookies and chocolate cakes that I was only too happy to eat! I never had the patience to measure, follow the instructions line-by-line, preheat the oven... It was just too much stuff going on. When I got into the kitchen I wanted to get creative, let loose and let go.

When I moved to Paris and all my friends were taking both Basic Cuisine and Pastry, I happily opted out of pastry and even more happily ate their freshly baked croissants and lemon meringue tarts. I didn't care if I didn't know how to make it. Leave that up to the experts. One could easily pick up a great dessert anyways!

The few times I attempted to make my own baked goods had always resulted in disaster. I once attempted to make a simple yellow cake, hoping to top it with strawberries and fresh

cream. I followed the recipe exactly and realized that it called for two pans but I only had one. I figured I would just cook it longer. I had what was a hybrid of a very hard outer rim of a cake and some kind of soup in the middle. Inedible.

The next time I thought I would make the perfect chocolate cake and when the recipe called for two pans, I bought two pans. I followed all the instructions religiously and when it came out they looked beautiful! I was so excited I removed them immediately from the mold when the evil steam trapped inside burst out from within, turning my cake into a dilapidated pile of brown bits. In a last-ditch effort, I covered the thing in dark chocolate ganache, resulting in what looked like a giant pile of poop. No one ate it.

I had many more mishaps after that, deciding it was just not my thing. I've mastered a few non-bake desserts like chocolate mousse and tiramisu and



felt, well, that was that. Until I became pregnant. With this bundle of joy in my tummy, I thought to myself, how could I bring a child into this world without the inviting smell of freshly baked cookies and my dream of making him a homemade birthday cake? How could he boast to all his friends that mommy is "the bestest" in the kitchen ever if all the sweet treats I could reasonably produce from the oven were brownies from the box?

It then became one of my New Year's resolutions to learn 10 new dessert recipes. So far I've done all right, perfecting the clafoutis, making peanut butter cookies and now I'm obsessed with making the perfect breakfast muffin.

For my first attempt I took a simple recipe off the Internet and followed it from

A-Z. I could hardly sit still. I waited in front of the oven with anticipation and when I pulled them out they were so beautiful. Golden cinnamon brown sugar crumb topping, soft and moist inside with tangy blueberries... Overjoyed and absolutely proud! For breakfast I would split them in two down the middle, place a pat of butter and toast them in the toaster oven. It was absolute heaven. I was aware, however, that they were nowhere near nutritious and most definitely going straight to my hips.

Feeling a little more confident, I remade them with some changes. I swapped out the regular

flour for some whole-wheat flour and ground oat flour, used mashed bananas and added some almond slivers. It came out all right. A little dry and crumbly but still not healthy enough. It still had a lot of sugar, not enough fiber and too much oil. After much research and discussions with my dear friend, fabulous baker and queen of pastries Carmela Villegas of Casa San Luis, I finally came up with the absolute perfect breakfast muffin. I took a recipe off the Internet, adapted it to my needs and made it my own. Swapping out some oil for yogurt and apple sauce, making it two eggs instead of one, swapping out some brown sugar for low-glycemic-index coco sugar, they came out amazing! And I was so proud that it was my very own creation. This Easter brunch try out this recipe. I guarantee that not only do they taste great — chewy, nutty and full of flavor — they are really good for you. (www.philstar.com) ■

BANANA OATMEAL & FLAXSEED MUFFINS

(Makes 18)

Ingredients:

- 140 grams whole-wheat flour
- 225 grams rolled oats
- 50 grams coco sugar
- 100 grams brown sugar
- 40 grams ground flaxseed
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 2 small eggs or one large egg, lightly beaten
- 3 overripe Cavendish bananas, mashed (equivalent to 1 cup)
- 125 grams plain unsweetened yogurt
- 113 grams applesauce
- 1/2 cup canola oil

Procedure:

Heat the oven to 350 F or 175 C. Line your standard muffin tins with paper liners. In a large bowl mix together the flour, oats, brown and coco sugar, flaxseed, baking soda, baking powder and cinnamon. Sift the baking soda and baking powder before mixing it in to avoid clumps. Add the eggs, oil, yogurt and applesauce and incorporate them well together using a stiff wooden spoon or spatula. Add in the mashed banana. Fill your muffin tins right up to the top and bake for about 20 minutes or until you test the center with a toothpick and it comes out clean. Let it cool in the pans for about 5 minutes or so, then remove and allow to cool completely. You can store in the refrigerator for about one week or freeze them, then blast in the microwave for a bit and finish off in the oven toaster before eating. ■



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MAINLAND NEWS

Hawaii Chosen to Host World Conservation Congress

HAWAII HAS BEEN SELECTED TO HOST the 2016 IUCN World Conservation Congress, the world's largest conservation event.

The selection of Hawaii marks the first time since 1948 that the World Conservation Congress has been held in the U.S. Every four years, the IUCN Conservation Congress brings together international leaders from diverse backgrounds to work on solving the world's most pressing environmental and development challenges.

U.S. Rep. Colleen Hanabusa says that the World Conservation Congress offers an unparalleled opportunity for Hawaii to showcase its world-class resource management programs.

"I believe leaders from around the globe can learn from our unique mountain-to-sea ahupua'a resource management system," she says. "The Conservation Congress is expected to draw thousands of visitors to our state. I look forward to welcoming them with aloha."

U.S. Sen. Mazie Hirono

says hosting the conference in Hawaii makes "perfect sense."

"Hawaii is a top global venue for high profile international events. Just a few years ago we welcomed many top world leaders to the Asia Pacific Economic Cooperation (APEC) Summit. Our track record as a gathering place and in balancing conservation with economic growth makes us a solid choice for the first U.S. host of IUCN," she says.

Hawaii's congressional delegation has long fought for Hawaii to host the 2016 IUCN Congress, beginning

with Senators Daniel Inouye and Daniel Akaka, who wrote to then-Secretary of State Hillary Clinton in 2010.

In August 2013 when Hawaii appeared to lose the bid to host the event, Sen. Hirono joined a bipartisan effort with Senators Brian Schatz (D-HI), Ed Markey (D-MA), Lisa Murkowski (R-AK), Sheldon Whitehouse (D-RI) and Tom Udall (D-NM) to urge U.S. Secretary of

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State John Kerry to reconsider.

"I am grateful for the hard work that so many have put into bringing the Conservation Congress to Hawaii, especially Senators Akaka and Inouye, whose vision and commitment laid the foundation for this event," Hanabusa says. ■

U.S. Rep. Gabbard Votes Against USA Freedom Act

(Washington, DC)—**U.S. REP. TULSI GABBARD VOTED** against a fundamentally altered version of the USA FREEDOM Act, which was drastically changed in a deal struck behind closed doors earlier this week.

The original bill, which Gabbard co-sponsored, ended all bulk collection of personal data and only al-

lowed the government to request personal data using "specific" terms. The legislation passed by lawmakers allows the government to continue to obtain bulk personal data without having to target individuals specifically.

"The USA FREEDOM Act I voted against is a far cry from the legislation I co-sponsored and does not rein in the bulk collection of

our personal information," says Gabbard. "In fact, it does the opposite. It still allows the government to obtain innocent Americans' personal data, to include phone and email data."

According to Gabbard, instead of targeting specific individuals, the bill would allow the government to collect data with very broad search terms like an entire

area code, an email with a key word or a whole state or region of the country. She said such data collection all but leaves the door open for continued overreach and abuse.

Gabbard has long advocated to end the overreach of the National Security Agency's bulk collection of innocent Americans' personal data.

"Ultimately, our objective is to keep our country and people safe," she says. "We still have yet to hear of a single example of how national security has been strengthened by allowing bulk data collection. We have a responsibility to strike the balance between national security and uphold the values that make our country strong." ■

NEWS FEATURE

(cont. from page 10; FROM...)

be different from Kalihi and Farrington. A lot of private school students and more white students," he says. "What I am scared most about is someone coming up to me and asking me 'How did you get in? You're from Kalihi or Farrington how did you get here?' That's a scary question."

Jake plans to major in engineering or economics but is unsure what career he wants to pursue.

DEFINING SUCCESS

As he gazes into the future, Jake knows his road to Princeton is unorthodox. Not many kids who've grown up

eating beetles ascend to the pinnacle of academic success. Ironically, one day when he becomes a father, Martin says won't be much different from his parents when it comes to education.

"I want to make sure education is something they really value, but I don't want to force them into anything," he says. "I want to suggest things and guide them and make sure they have the resources to succeed."

Martin looks at his watch and politely excuses himself. He has to run off to Honolulu Community College to take a final for his bio-chemistry class. He casually disappears into the

sea of students. He is also taking an English class at HCC.

Jake graduates on May 24. When he receives his diploma, he will leave behind indelible footprints on the Farrington campus. One can only marvel at his accomplishments and his maturity. Instead of citing his childhood struggles as an excuse, he choose to break through societal expectations. Martin's path to Princeton shows that the American Dream is alive and well in Kalihi. ■

GLENN WAKAI is the State Senator for Kalihi-Salt Lake-Foster Village and a former TV news reporter.

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