

HAWAII



FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ MAY 7, 2011 ◆

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EDITORIAL

Happy Mother's Day!

In the Bible, the Book of Proverbs, Chapter 31 describes the traits of a virtuous woman. She is a very hard-working woman who takes care of the home, looks after the needs of her husband and family, and reaches out to the less fortunate. For many traditional Filipino families, mothers typically exude these admirable traits.

The world today is a lot different from our parents' times—and modern day moms have had to adjust. Fewer women are stay-at-home moms. Many women are now juggling a full-time career with the demands of a busy household. There are also more so-called "blended families" where women take on the responsibilities of being a mom to children that are not biologically theirs. Despite a lack of a blood-relation, these women are still very much a mom in every sense of the word. If fact, the world would be a much colder place if not for the love of these foster moms, step-moms, surrogate moms and custodial grandmothers. While society has indeed changed, many Filipino moms continue to cling to traditional values—the hallmarks of a closely-knit family. Family still comes first. Meals are eaten together at the dinner table. The children are well-educated. And respect for each other and for God is taught.

As for our moms, we are so very grateful for their endless sacrifices. We could never repay her for all she's done for us. Chocolates and flowers are excellent ways to show your appreciation but perhaps the most meaningful gift is a heart-felt "thank you." The writer of Proverbs puts it so eloquently: "*Her children rise up and bless her; Her husband also, and he praises her; saying, "Many daughters have done nobly. But you excel them all."*"

So Happy Mother's Day to all of our moms and grandmoms! May the Good Lord continually shower you with peace, joy, health and strength as you play the important and honorable role of mother in your family.

Men's Health—the Silent Crisis

Within the past few decades, women's health has become a national priority. Breast cancer advocates don pink ribbons at gala events, many states have established offices of women's health, private medical centers for women have flourished and government studies—particularly those relating to hormones, diet and aging—have focused mainly on health issues involving older women.

Yet statistics show that men are more likely to die earlier than women. In the U.S., men have an average life span of 75.2 years, compared to 80.4 for women. Men are also at greater risk than women for lung cancer, influenza, pneumonia, chronic liver disease, diabetes, AIDS and heart disease. To be fair, for years much of the focus of medical research was on men's health issues until only recently when the balance began to shift towards women—and deservedly so! We are grateful for the increased attention to women's health issues, which has saved the lives of countless mothers, daughters, sisters and grandmothers.

Along the way, however, men's health has been neglected. Many traditional health promotional campaigns are often geared towards women. Research of male-specific diseases are under-funded compared to other diseases. Part of the blame can be cast on men's reluctance to ask for help when it comes to their health. Collectively or individually, men have not effectively argued or campaigned for improvement.

So what can be done to address the apparent "health disparity" between the sexes? One way to start is for the federal government to create an office of men's health, similar to one on women's health. Ultimately though, the responsibility rests on the individual. For starters, men need to begin visiting their doctor for regular checkups, quit smoking, eat more nutritiously and exercise more. If men would start taking as good care of their bodies as they do their cars and trucks, they can better this "silent crisis" of men's health.

FROM THE PUBLISHER

B

efore anything, all of us here at the Chronicle would like to wish our moms and grandmas a very Happy Mother's Day! I don't know about you, but personally, Mother's Day is one of my favorite holidays of the year. It's only fitting, since mom holds a special place in our hearts. Unfortunately, many of us don't fully recognize the sacrifices our moms have made until we are often adults. By then, our mom is well on in years. While it's never too late to show our gratitude, something in the back of our minds wishes that we had started showing mom how much we appreciate her much, much earlier. If you can identify with this, we hope that this Mother's Day, you will tell your mom how much you love and care for her.



Our cover story was written by Gregory Bren Garcia, who delves into the social role that Filipino mothers hold in today's society. He also interviews several local women about their experiences of raising a family and being a mom. Gregory goes a step further and asks their children about the positive impact their moms have had in their lives. Each one had nothing but words of thanks to the woman who has profoundly influenced their lives for the best. Please read this very heart-warming story beginning on page 4.

If you haven't already noticed, this issue is thicker than usual. That's because we have a special 12-page health supplement for our readers. For the most part, Filipinos try their best to remain healthy and physically active—yet there is always room for improvement. Leading off the supplement is a cover story written by Danny de Gracia entitled "Keeping the Silver Standard." Danny discusses the healthcare challenges facing seniors today and introduces readers to an inspirational senior who has not let age deter her from fully enjoying her golden years. If you are a senior citizen, we hope that you will not take to heart many of the healthy suggestions and tips he offers.

The Chronicle's editors and contributing writers worked hard to provide you with useful health-related articles in our special supplement. Articles range from mental health (page S4), the dangers of working too many long hours at the office (S5), leg cramps (S6), calcium supplements (S7) and Dengue Fever (S8-9). Our supplement also features the return of popular columnist Felino S. Tubera, who has written an article that you are sure to enjoy a chuckle or two while reading. Please take time to read Felino's and other very informative articles in our special health supplement.

In closing, we would like to thank the many people who have faithfully supported the Chronicle. It is our pleasure to continue providing all of you with the very latest news affecting Filipinos not just in Hawaii, but globally.

Until next time...*aloha and mabuhay!*

Chona A. Montesines-Sonido

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LEGISLATIVE CONNECTION

Combating Childhood Obesity



By Senator Will Espero

Have you seen school kids and thought to yourself, "they're big!" It's happening all over the country. A Mayo Clinic report on childhood obesity mirrors what our jogging President Bill Clinton summed up, to paraphrase, that we're eating more than we burn off. One in 6 of all children and adolescents, 17 percent, are obese according to the Centers for Disease Control and Prevention. This is three times higher than it was only one generation ago.

Leaf through any magazine or newspaper, turn on the TV or listen to the radio. We get hit with heavy advertising that promotes less healthy food and less exercise. Children are especially vulnerable because they are so dependent on grown-ups for their food and activities. Many schools now offer sugar drinks and unhealthy snacks, although more are now looking into healthier foods and menus. A mere 18 percent of all students have the opportunity for one hour of aerobic exercise each day. Only 1/3 of students take PE classes. Half of America's children don't have access to a park, community center, or even sidewalk in their neighborhood where they can be active in a safe environment. Many people can't get to supermarkets that sell healthy food or afford healthy food. High calorie food and sugar drinks are more available nowadays. Portion sizes have increased. Children aged 8 to 18 spending an average 7.5 hours a day using entertainment media, so that they aren't exercising.

Tom Vilsack, Agriculture Secretary in the Obama Administration, stressed the importance of keeping kids healthy so they can learn and thrive and stay competitive with students around the globe. The U.S. Department of Agriculture funded projects to deal

with the increased incidence of obesity. On April 20, it awarded a five-year, \$25 million grant to the University of Hawaii to develop strategies to prevent obesity among Pacific Islanders.

The project's goal is to help young children maintain healthy weight and prevent obesity through engaging the community. Dr. Rachel Novotny of the UH leads a research team that includes scientists from colleges and universities in both Anchorage and Fairbanks, Alaska; Northern Mariana Islands; Guam; American Samoa; Micronesia; and the UH's Windward and Kapiolani Community Colleges. They will work with communities to develop culturally-specific intervention strategies, focusing on physical activity, nutritional intake, and the amount of sleep children get each night.

The Mayo Clinic identified several factors that increase the risk of being overweight:

Diet – eating high calorie foods such as baked goods, vending machine snacks, fast foods, soft drinks, candy, and desserts.

Lack of exercise – children don't burn enough calories when they use their time in activities such as watching TV or playing video games.

Family history – it's easier to gain weight in a family environment where high calorie food is always available and physical activity isn't encouraged.

Psychological factors – some children overeat to cope with problems, fight boredom, or deal with emotions such as stress.

Family factors – children have greater risk of obesity if they live in homes with greater availability of convenience foods such as cookies, chips, and other high calorie items.

Socioeconomic factors – children from low-income backgrounds are at greater risk of obesity because they may lack the time or resources to exercise or eat a healthy diet.

On another note, here are some bills the Legislature passed that are related to health.

HB 484 Advanced Practice Registered Nurse. Requires hospitals to allow advanced practice registered nurses to practice within full scope of allowable practice, including as a primary care provider.

HB 1654 Termination of Permits; Group Homes. Conditional permits for group living facilities automatically terminates if it fails to begin operations before the end of the one year period or stops operating as such for one year.

HB 739 Community Care Foster Family Homes. For community care foster family homes approved for three clients, primary caregiver must be a certified nurse aide and substitute caregiver must be a nurse aide who has completed specified training. Facility must be certified and operating for at least one year before being certified for a third client.

SB 1040 Occupational Safety and Health. Increases the civil penalty amounts and additional criminal fines for violations of the Hawaii occupa-

tional safety and health law.

Creates the food safety and security program in the agricultural industry based on scientific, risk reducing food production practices, to reduce the risk of food-borne diseases. HB 667 Food Safety and Security Program

SB 1274 Insurance; Health; External Review Procedure.

Provides uniform standards for external review procedures based on the national Uniform Health Carrier External Review Model Act, to comply with the requirements of the federal Patient Protection and Affordable Care Act of 2010.

SB 1348 Hawaii Health Insurance Exchange

Patient Protection and Affordable Care Act of 2010, and creates a Hawaii Health Insurance Exchange.

Establishes the Hawaii health connector to create a health insurance exchange per the federal

HB 863 Hawaii Health Authority. Amends date when Hawaii Health Authority must submit findings and recommendations to the Legislature.

SB 1273 Health Insurance

Authorizes Insurance Commissioner to enforce consumer protections and market reforms relating to federal Patient Protection & Affordable Care Act.

To see the complete text of these bills, go to www.capitol.hawaii.gov and click on "Bill Status," type in the bill number in the "Measure History" box, then click on the bill number.

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COVER STORY

Paying Tribute To Moms --- The Light Of Our Homes

By Gregory Bren Garcia

According to Hollywood actress Meryl Streep, motherhood has a very humanizing effect because it reduces everything to essentials. Perhaps this summarizes the panoply of definitions assigned to what it is to be a mother. While motherhood is afforded a whole host of social, cultural and even religious meanings, at the basic level, it is about sacrifice.

In becoming a mother, a woman commits herself to providing her child with fundamental human needs. In a way, she also gives birth to her new self, because through such whole-hearted dedication, she learns more about what it is to love.

Social Role of Filipino Mothers

A classic Filipino idiom refers to mothers as the "ilaw ng tahanan" which literally means "light of the home." This great reverence for mothers probably has its roots in the social norms of the pre-colonial Spanish era when Filipino women held very important positions in society.

They were decision-makers, spiritual leaders and commercial overseers aside from being responsible for childrearing.

One might argue that the *ilaw ng tahanan* label harmonizes better with the conservative familial ideology of the Spanish colonial era since the male counterpart, the label for fathers, is "haligi ng tahanan" or "the home's foundation." In school, children usually learn these idioms to mean that a father provides for the family and makes decisions, whereas a mother's role is to raise children and teach them good values.

But distinctions between

parental roles are becoming more blurred by the day. Today, due to the changing economic and social landscapes in the Philippines, Filipino men and women are increasingly sharing the roles of providing for the family and childrearing.

It should be noted that in the latest MasterCard Worldwide Index of Women's Advancement, the Philippines scored very high (81.5), beating 12 other markets in the Asia-Pacific Region and ending up second only to Australia (83.8). MasterCard's index compares the socio-economic level of women to men in using four key indicators—participation in the labor force, tertiary education, managerial positions and above median income.

Other markets studied include New Zealand (81.0), Singapore (76.8), Hong Kong (71.2), Thailand (70.0), Malaysia (69.8), Taiwan (68.5), Indonesia (67.0), China (66.7), Vietnam (66.1), Korea (60.9), Japan (60.1), and India (59.6).

The research showed that the Philippines was the only market in the region to achieve gender parity in business and government leadership, where women outnumber men 180-to-100. Women are also



We salute outstanding Filipino moms like Imelda Joaquin(left), Linda Palay(middle) and Rose Sabangan (right)

a big part of the country's workforce, with around 63 women participating for every 100 men.

In addition to the migration of mothers from homes to workplaces, some 3 million young Filipino parents are also now living as single parents, making it even more necessary for many moms to strike a balance between making a living and raising children.

All these events suggest that the longstanding image of a home-based Filipino mother may soon disappear. But that doesn't mean mothers are becoming less of an "ilaw ng tahanan." It only means that motherhood in this modern age has become a greater challenge, and it should behoove people to greater appreciate the sacrifices mothers make.

Hawaii's Moms on Sacrifice, Wisdom and Love

For Pearl City resident Imelda Joaquin, she always knew that she wanted to become a mother. As with many other moms, the experience for her was one of mounting anticipation.

"There's the preparation and waiting for a baby's arrival, but reality sets in as soon as you give birth. It's an indescribable feeling of love and wanting to nurture and protect that grows deeper everyday."

Adjustments have to be made, Joaquin says, because once a woman becomes a mother, she has to consign certain aspects of her life to the past as she moves toward a more meaningful kind of existence. "I didn't know I could stay

home all day. This was one big adjustment I made, but without a hint of regret," she says. "In the past, we would leave the house and it's just my husband and me. We definitely missed going to places and doing activities we enjoy, having an orderly house that is ready for guests anytime and going to bed anytime at night."

Linda Palay, a mom from Mililani, shares similar sentiments.

"Before we had kids, it was all about being carefree. It was just work, going to movies and going out with friends," she says.

Palay says the motherhood bug bit her even as a young woman because she saw how happy her aunt was for having kids.

"I had an aunt who had several children at that time and they were all so happy and had so much fun together. I thought 'what a perfect family.' Since then, I had always wanted to get married and raise a family myself," she says.

Conversely, Waipahu resident Rose Sabangan thanks her own mom for helping her to appreciate the value of motherhood.

"Having witnessed the many hardships, challenges, as well as satisfying moments my mother had gone through in the past, I realized that being a mother is very challenging but also very rewarding. It is an opportunity and a blessing to raise a family," she says.

Of course, childrearing goes

(continued on page 5)

**Happy Mother's Day
to Imelda Joaquin!
You're the Queen and
Guiding Star of Our Family!**



**From Your
Beloved husband
Nick and Children**

COVER STORY

(from page 4, MOMS...)

hand-in-hand with maintaining a healthy relationship with one's spouse.

"Being a wife for the first few years was really a period of adjustment. It was a continuous process of knowing my husband more. I always carried with me the hope that we will always swing in the same direction and maintain a harmonious relationship," Sabangan adds.

For her part, Joaquin had a tough task of raising a big family but the happiness that her children brought was worth the effort.

"I am blessed with three wonderful children and four equally wonderful stepchildren. All of them have different personalities—some are smarter than the others, some love sports, while others love the arts, but all of them love to have fun. Their growing up years were filled with after-school activities that they continued until their college days. My husband Nick and I made sure we were always there to cheer for them and watch them perform," she says.

Palalay, on the other hand, remembers agonizing over the safety of her kids because she and her husband both had to go to work.

"Balancing work and raising four children was a challenge. I had to make sure that they were cared for and that nothing happened to them while my husband and I were at work. This used to be my greatest worry," she says.

When their children became independent, the moms saw themselves dealing with a novel type of challenge—loneliness. Joaquin describes the first few months when her children were away for college as "the loneliest moments" of her life.

"There was never a day that I didn't call them just to listen to their voices and be assured that they were healthy and safe. They

kept in touch with their dad by email and he would make me copies to read. I kept every single one of them," she shares.

Similarly, Palalay says she still longs for her children's company.

"It's the empty nest syndrome. They are all adults now, have families of their own, living in their own homes, but I still long to have them around," she says.

So what do they do these days to keep the pizzazz of life intact?

"We love to dance for fun and enjoy our friends' company," Joaquin says. "We also travel by ourselves and just pack for two people. And we always look forward to their visits every holiday."

Similarly, Palalay anticipates those occasional visits, too.

"My husband and I are happiest when the children and grandchildren are with us. Although two of my children live on the mainland, we stay very close through frequent telephone calls. Now that it is just my husband and me living together, I have to scale down but I sometimes still find myself cooking for six instead of two people."

Fond Memories

The Palalay siblings see motherhood as a duty made possible by a parent's boundless and unconditional love. KC Palalay notes that a mother's role in a child's life begins in the womb and continues after childbirth.

"Her continued nurturing takes on many forms. She not only nurtures our bodies by feeding and clothing us but also our souls by showing us love, respect and encouragement," KC says.

Andy Palalay says his mother epitomizes the true concept of this nurturing role model.

"All those adjectives that one uses to describe a good



◀ Imelda Joaquin with her husband and soulmate, Dr. Nick Joaquin

active, disruptive, didn't get enough attention at home and that he should just "put any thoughts of college to rest."

His mom responded with the following: "Andrew is a good boy, a smart boy, smarter even than his brother and sister. He will go to college and can do whatever he sets his mind to."

"My mom taught me that I had no limits and that I was not bound by expectations of others," he says.

Melvin concurs that his

mom instilled a sense of confidence in all of her children, making them feel as if they could accomplish anything.

"She encouraged us to push our abilities to the limits. Along the way, we were made to feel that it was okay to fail, to mess up and that we had full acceptance and support despite not being perfect. She exemplifies unconditional love," he says.

The Joaquin sisters share a similar gratitude for their mother, Imelda. For Doneliza Joaquin, her mother helped her realize the value of the things she

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Happy Mother's Day to ROSE SABANGAN you will always reign in our heart!



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Miranda and Roscoe



Supermom Linda Palalay (second from right) poses for a photo with her husband and grandchildren

FAMILY CORNER



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

Many families celebrate Mother's Day—May 8 this year—giving special tribute, and maybe a bit of pampering, to moms on this day. Given the important role that moms play in their children's and family's lives everyday of the year, wouldn't it be nice for them to have a little bit of Mother's Day everyday?

Moms seem to have a natural tendency to want to take care of everyone and everything, resulting in their daily lives being filled with many demands, often accompanied by a lot of stress. With all the things to attend to—caring for family, working, doing chores, and managing money and schedules, it's easy for moms (and dads, too, but especially moms) to switch to auto-pilot and go through the motions without much thought or intention in how they interact with their children. However, children need their parents to be present, not just physically, but emotionally—paying attention to their needs, listening to and talking with them, having fun with them, teaching them, and loving them. For children, their parents—mommy and daddy—

are their most important resource.

The busyness of daily life often results in moms forgetting to take care of themselves, or feeling they don't have enough time to do so. If this describes you, or someone you know, it's important to remember that in order to take care of others, moms need to take care of themselves first. Looking after their own health and wellness is one of the best gifts moms can give to their families, and themselves.

Below are some suggestions moms can use everyday to strive for wellness and balance—important elements of caring for one's self. It may be tempting to say "I don't have time to do these things," but when you invest in yourself in these ways, you reap a bigger payoff in the form of a healthier you who can be there for your family. (And, family members can support moms by recognizing their need for "me" time.) Give these a try:

Take a few minutes each day for yourself and exercise:

- your body—walk, run, swim, dance, garden; find some physical activity to keep yourself fit and to relieve stress.
- your mind—read, explore

A Little Bit of Mother's Day Everyday

new hobbies, share ideas with your partner and children.

- your spirit—find ways to strengthen your spiritual beliefs at home and in your community.
- your will power—choose at least one positive change to make in your life and work toward it each day. If you slip or make a mistake, don't quit. Pick up where you left off.

Make time to:

- laugh—find humor in your situation, laugh with others, tell a joke.
- play—have fun and relax for at least 10 minutes daily
- enjoy life in moderation—to much of anything can cause problems.

Make time work for you:

- set goals and priorities—decide what needs to be done first and what can wait; take action accordingly.
- learn to say no—if you're asked to do something does-

n't fit in with your family's priorities, say "no" and don't feel guilty about it.

- plan—thinking through how to accomplish a task before doing it can save time.
- organize—develop an orderly system for doing tasks, keeping records, and storing household items. Have the whole family keep things where they belong.
- delegate—have family members share the workload.

- re-examine your standards—decide how much needs to be done, or how well a job needs to be done.
- "divide and conquer"—break a big job into smaller tasks to do one at a time.

Take control of your life:

- live now—learn from the past; LIVE life to the fullest in the present; hope, plan, and take action for a better future.
- if something's bothering you, identify what it is and do something about it—decide what's wrong, not who's to blame; identify when and why you feel stressed or

upset, then avoid stressful situations, if you can, or change them in a positive way.

- learn to accept things you can't change, and focus instead on what you can—put your energies into the things you can do something about instead of getting upset about situations over which you may have little or no control.

Build connections:

- develop close friendships—spend time with friends; attend social-support groups like clubs or religious organizations (church, temple, synagogue) to build new friendships.
- develop connections with a wide group of people—creating connections can give you and your family a sense of belonging to a community.

(GRACE FONG is the Interim Director of the Center on the Family, and SYLVIA YUEN is the Interim Dean of the College of Tropical Agriculture and Human Resources at the University of Hawaii at Manoa.)

HAWAII-FILIPINO NEWS

Opens New Store in Iwilei



Lowe's of Iwilei opened its doors to the public on April 21, 2011. The home improvement store has 117,000 square feet of retail sales space and stocks more than 40,000 items to help customers build, improve and beautify their homes.

For young families, the store featured its Tic-Tac-Toe Board Build & Grow project. Lowe's conducts free Build and Grow clinics bi-weekly as a way for parents and adult mentors to spend quality time with their

children. The clinics are recommended for children in grades 2 to 5. Each clinic provides hands-on instruction to approximately 50 children.

The new store also has an adjacent 31,500 square foot garden center. Lowe's purchased the nearly 14-acre property in 2005 for \$35 million. A store of this size represents an average investment in the community of more than \$21 million and creates an average of 125 new jobs.

Lowe's also has stores in Waikiki, Kahului and Kona. Its

Iwilei store will directly compete against nearby Home Depot and City Mill. There are other mainland big box stores in the area—Costco, KMart and Best Buy—all of which are Best Buy.

With fiscal year 2010 sales of \$48.8 billion, Lowe's Companies, Inc. is a Fortune 50 company that serves approximately 15 million customers a week at more than 1,725 home improvement stores in the U.S., Canada and Mexico. Lowe's is the second-largest home improvement retailer in the world.

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LEGAL MATTERS



By Atty. Emmanuel Samonte Tipon

Barry Bonds, the homeroom king, was found guilty of obstruction of justice. He was not convicted of perjury as we had confidently predicted. See our previous article "Barry Bonds and steroids. Tricky Dick or Crooked Dick" HFC, April 9, 2011. There was a hung jury (no unanimity).

Bonds was testifying before a grand jury investigating steroid use among athletes. Instead of answering "Yes" or "No" to the question "Did Greg ever give you anything that required a syringe to inject yourself with?" he gave a kilometric answer: "That's what keeps our friendship. You know, I am sorry, but that – you know, that – I was a celebrity child, not just in baseball by my own instincts. I became a celebrity child with a famous father. I just don't get into other people's business because of my father's situation, you see." The jury was instructed that they must find Bonds "obstructed, influenced, or impeded" justice before finding him guilty. Did Bond's answer do that? How? Obstruction of justice. My foot.

If every witness who does not give a simple "Yes" or "No" answer to a question calling for a "Yes" or "No" is obstructing justice and jailed, all the jails in America will not have room for them. A lawyer's strategy in dealing with folks who are neither yeasayers nor naysayers is: ask the judge to direct them to give a responsive answer, otherwise, ask the judge to cite them for contempt. How can you get the desired answer by indicting them?

Every day there are scores of witnesses not answering directly – sometimes purposely, sometimes ignorantly, and sometimes because they did not comprehend the question. In Bond's case, it sounded like he was answering arrogantly – "celebrity child" and "famous father"? He was also answering

Barry Bonds Guilty of Obstructing Justice? My (Athlete's) Foot

irritatingly - "you know" and "you see". That's what got him convicted. This is a moral lesson for everybody. Don't be arrogant. Don't irritate listeners.

How to get an answer without asking the question

There are ways to extract a "yes" or "no" answer. There's an

Ilocano lawyer who was courting a young, intelligent, highly desirable, and beautiful married mestiza in the Philippines. She was 18 years younger. This was his 20th courtship. He had successfully courted 19. Like the baseball pitcher, he wanted to be a 20-game winner. He even prayed to the Almighty promising that if

he could win this woman, he would stop courting any other.

It was an extremely difficult task. He was neither handsome nor has some. His handsomeness, if any, had faded away. He did not even have some money. He had no money. He borrowed the money they used to travel to Russia.

After an 8-month courtship without a climactic result, the lawyer, instead of asking the beauty whether she loved him or not (which men should never ask, lest they get an embarrassingly negative response) told the woman: "Honorable men, when they feel that they are unwanted and unloved, just fade away, never to be seen again. Oh, I'm

(continued on page 10)

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COMMENTARY

Why Not a Filipino For the Public Transit Authority?

By Romy Cachola

In the November 2010 General Election, voters overwhelmingly approved the creation of a Public Transit Authority (PTA) that would be responsible for the planning, construction, operation, maintenance and expansion of the City's transit system.

The 10-member board will be comprised of the following:

- Two ex-officio voting members (the directors of the City's Dept. of Transportation Services and State Transportation Dept.)
- One non-voting member

(the director of the City's Dept. of Planning & Permitting)

- Three members appointed by the mayor
- Three members appointed by the City Council
- One member to be appointed by the majority vote of the 8 voting members.

As it now stands, none of the nominees are Filipinos. With such a highly-visible board that would oversee the construction of the \$5.3 billion transit system, it is crucial that Filipinos be involved. Why?

For one thing, Filipinos are the third largest ethnic group in Hawaii and comprise 20 percent of the state's population. Fur-

thermore, Filipinos will be among the thousands of unionized workers who will be hired during the construction of this massive project.

When completed, many Filipinos living along the transit corridor will ride the rail. As gas prices continue to rise, many Filipinos, especially those with two or even three jobs, will utilize public transportation.

Resolution 11-30 CD1, which was adopted by the Council in February 2011, listed the qualifications of PTA members who must demonstrate knowledge, expertise and experience in one or more of the following areas:

- Transit operations
- Construction management
- Financial management and

- risk assessment
- Land use planning
- Property development and management

There are many Filipino professionals working in the aforementioned fields who are well-qualified and highly-respected by their peers.

When Resolution 11-115, relating to the appointment of PTA board members was heard last Wednesday by the Transportation & Transit Planning Committee, I mentioned that many leaders in the Filipino community were disappointed when they learned that not a single Filipino was nominated by the mayor or the Council.

At the hearing, two of the Council's nominees were willing to consider a qualified and

well-respected Filipino as the ninth member to be selected by the eight voting members of the Public Transit Authority. The mayor's three nominees will also appear before the Council at a later date. They will also be asked to consider a qualified Filipino as the ninth member of the Public Transit Authority.

I believe that there must be at least one well-qualified and highly-respected Filipino out of the thousands of professional Filipinos working in the requisite fields who can serve as a member of the Public Transit Authority. The Filipino community deserves it and will be hoping for one of their own to serve on the Public Transit Authority.

ROMY CACHOLA is the councilmember for Council District VII (Palama, Kaliihi, Salt Lake, Aliamanu Foster Village)

HAWAII-FILIPINO NEWS

Consulate Issues Election Notice to Filipino Citizens

The Philippine government has issued a notice to all Filipino citizens to register and vote for the 2013 elections in the Philippines.

To be eligible to vote for the May 13, 2013 elections under the Overseas Absentee Voting Act of 2003, all Philippine citizens living or working abroad must be at least 18 years old by the day of the election. According to Paul Ray-

mund Cortes, deputy consul general with the Philippine Consulate of Hawaii, the 2013 local elections in the Philippines will elect 12 national senators, congressional representatives and local officials such as mayors, vice mayors, councilors, etc.

All qualified overseas Filipino citizens who are not registered as voters are encouraged to file an application for registration, while those who are already registered under the said Act shall file an application for certification. They may do so at the



Philippine Consulate in Hawaii

Philippine Consulate of Hawaii.

For more details, please contact Emily Reyes at 595-6316 ext. 230 or go online to: www.philippineconsulate-honolulu.com.

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10:05	Invocation / Jun Colmenares	1:00	Emcee Intro / Carol & Glenn
10:10	Anthems	1:05	Bandalan Doces Pares
	USA / St. John Choir	1:20	Kulintronika (Ron Quesada)
	Hawaii / St. John Choir	1:40	Stage Time
	Philippines / Katrina Fernandez	2:00	Bibak
10:20	Welcome Remarks / Toy Arre	2:20	Manny Pacquiao Look-A-Like Contest Final
10:25	Royal Hawaiian Band	2:45	Philippine Stars (GMA Pinoy TV)
10:55	St. John Choir	3:45	Stage Time (Hawaiian Airlines Giveaway Finale)
11:15	Banda Kawayan	3:55	Closing Remarks / Darwin Arellano
11:35	Tribu sa Sugbu Sinulong Dancers	4:00	End (Time to watch Pacquiao vs. Mosley!)
11:50	Governor Neil Abercrombie		
11:55	Stage Time		
12:05	Philippine Consul Message		
12:10	Paul Cortes		
12:20	Mahalohalo Kolintang Ensemble		
12:40	Mayor		

(Program time and line up subject to change)

COVER STORY (cont.)

(from page 5, MOMS...)

considered most essential in life.

"The importance of family and education were two values my mom emphasized. The close bond she has with all her siblings and extended family resonates with me. I learned from her that with a loving family and good education, you have a strong foundation from which anything is possible," she says.

Her sister Desiree, on the other hand, says there were many times when she and her mom had their differences.

"At times, I was angry enough to think that she had a cold heart. But when I weighed the infinite times she's forgiven me for my own mistakes, I realized that she has a heart of gold. She endured many difficult circumstances and I am honestly grateful," Desiree says.

"The most difficult challenge that she faced was probably letting us all go when we graduated from high school and moved to the mainland. After 20 straight years of taking care of her children, she instantly was left alone with dad. The two of them had each other to lean on going through empty nest syndrome."

The Sabangan siblings also have their share of stories about their mom, Rose. For Warren Sabangan, remembering her quirks never fails to make him smile.

"She was the typical Filipino mother who would introduce us to quaint Filipino practices like not sleeping with your hair wet, not cutting your nails at night, or not getting too tanned. I still follow most routines only because it became a habitual practice. If my mom caught me deviating, she'd give me an earful," he says.

All kidding aside, Warren also recognizes his mother's contributions to her children's success.

"Growing up, our mom led us to believe in things that would help us make better decisions. As we grew older, we hit milestones in our lives and our mother was right there with us. She'd be the first to recognize the good and bad situations and guided us through our journeys. Whether it was education, relationships, raising families, or buying properties and being landlords, she would reveal her most valued approach to reaching our goals and helping us succeed," he says.

Warren's sister Rowena Ed-

dins, on the other hand, shares a couple of sad stories from the past. She says that their mother's indomitable spirit was most apparent during their family's darkest hours.

"In the early 70's, my dad was working on Johnson Island. He left when I was barely out of a stroller and could only return to Hawaii for brief visits. He could not be home when my mother was dealt a devastating blow—my brother Wesley had leukemia. Despite months of treatment, he died at the age of four," she says.

"Ten years later, my then eight-year-old brother Warren was hit by a truck and critically injured. My mother took a leave of absence from her work to care for him. During those times, she would frequently bend but never break. I still marvel at my mother's incredible resilience and hope that I could someday possess even a fraction of her strength, compassion and fortitude."

Perhaps such trying times are what brings out the best in people. When a family's strength is tested, it is also the time when mothers show their astonishing courage. KC Palalay talks about a similar story about her mom, Linda.

"A vivid example of her strength can be relayed with this story, which goes back to the time my dad was diagnosed with prostate and colon cancer before his 60th birthday. He suffered a lot of set backs and complications over the next several years from recurrences of the cancer," KC says.

"After a few years, he was

back to feeling well. But in 2000, while our family was at my brother Paul's wedding rehearsal, my mom noticed that my dad was limping. During the rehearsal dinner, she observed that his limping was getting worse and that his speech was getting slurred. Because she did not want us to worry or to interfere with the rehearsal, she quietly walked my dad to the car, gave me the keys and calmly told me to drive to the hospital. My dad had suffered a stroke. I remember walking into the ER that night and seeing my mom sitting next to the bed, holding my dad's hand and praying. She was the picture of quiet strength and courage."

Advice for Future Moms

Imelda Joaquin believes motherhood is a journey in itself and that she was fortunate to have experienced it the way she did.

"It made my life richer and gave me patience I never imagined I had. I was lucky to have a loving and devoted husband to share a wonderful life with. I thank God for His unfailing love and continued blessings to my family," she says.

Likewise, Linda Palalay believes motherhood is the most wonderful and fulfilling role a woman can ever take on.

"To be a mother and to watch your children grow and become who they are is heartwarming, joyful and gratifying. I believe love is really many things. There are so many kinds of love. But love for one's children is a feeling that is so profound for me," she says.



◀ Rose Sabangan with her husband, Al.

these things," she says.

Similarly, Imelda Joaquin encourages young moms to be their children's biggest fans.

"Enjoy your children while they are young for they grow up so fast. Instill in their young minds the love of God, family and others. Guide them and let them explore their interests. Show them how to appreciate everything around them, visit the library and read to them regularly. Tell them how much you love them and show your support in any activity they are in. Show your appreciation for small things they do. Let them fall and cry and hold their hand to help them get up. Lastly, let them know you are always there for them, in bad times or in good times," she says.

For her part, Rose Sabangan wishes to tell young women and future mothers to embrace motherhood as a gift from God.

"Thank the Good Lord for your children. Kiss and hug them as often as you can. As they grow up, listen closely and care deeply. Pass on your love and wisdom because they need

Joseph M. Zobian, M.D.



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PHILIPPINE NEWS

File photo of Osama Bin Laden



Bin Laden Death to Batter Extremists in Philippines

by Paolo Romero

Tuesday, May 3, 2011

MANILA, Philippines (AP) - Philippine security officials said today they expect Osama bin Laden's death to weaken local Islamic extremists and lead to their eventual elimination, but a captured Abu Sayyaf commander said his comrades have hardly been affected by previous foreign setbacks.

The military and police have strengthened security in the country's southern Mindanao region, where the Al-Qaida-linked Abu Sayyaf has waged attacks for years, but have not monitored any specific threats arising from the U.S. military assault that killed the world's most wanted terror suspect early Monday in Pakistan.

More than 500 American troops have been helping Filipino counterparts fight the militants with weapons, combat training and intelligence for nearly a decade. The Abu Sayyaf, which has an estimated 410 fighters, is listed by Washington as a terrorist organization for bombings, kidnappings and beheadings.

"The demise of the principal patron of terrorism and the isolation of these terrorists will subsequently bring about their decimation and total elimination," the Philippine Department of National Defense said.

Military spokesman Miguel Jose Rodriguez said Abu Sayyaf militants lost an inspirational leader and a sense of invincibility with bin Laden's death.

However, Abu Hamdie, a captured Abu Sayyaf commander now under the government's witness protection program, said his former group has hardly

been affected by previous outside events and has largely survived on its own.

Militants in the Southeast Asian network Jamaah Islamiyah and other groups have provided funds and training, but even that support has waned in past years, he said.

Although isolated in their remote jungle camps, the Abu Sayyaf militants have always monitored news reports through cellphones and battery-powered radios.

Struggling to survive each day, the militants have staged bombings and kidnappings mainly to extort money or attract foreign financial support, not because of any outrage over losses suffered by militants outside the country, he said.

"I don't remember the group staging any such sympathy attacks when I was there," Hamdie said.

Since bin Laden's demise was exceptionally big news, the Abu Sayyaf may stage a rare retaliatory attack if Jamaah Islamiyah, which has a more direct link to al-Qaida, backs them with funds and a plan, he said.

A government threat assessment report recently seen by The Associated Press said the Abu Sayyaf has grappled in recent years with funding problems, the loss of several leaders and fundamentalism but remains a key concern. Desperate for funds, the militants have even targeted people hardly able to pay ransoms, it said.

Armed attacks by the militants dropped to 54 last year from 104 in 2009, the report said. The 2010 assaults included 11 kidnappings, which enabled them to raise \$704,000 in ransom, it said. (www.philtstar.com)

(from page 16, BARRY BONDS...)

going back to the States Sunday."

"I love you, but please don't expect too much from me," the woman immediately whispered, kissing the lawyer.

(ATTY. TIPON has a Master of Laws degree from Yale Law School and a Bachelor of Laws degree from the University of the Philippines. He practices in Hawaii, specializing in immigration law and criminal defense. Tel. (808) 223-2645. E-Mail: filmaw@yahoo.com. Website: www.Immigrat

[tionServicesUSA.com](http://www.ImmigrationServicesUSA.com). He is from Laog City and Magasing, Ilocos Sur. He served as an Immigration Officer. He is co-author of "Immigration Law Service, 1st ed." an 8-volume practice guide for immigration officers and lawyers. Listen to the most funny, witty, and useful radio program in Hawaii on KNFI at 1270 AM dial every Tuesday at 7:30 a.m., and on KHBC at 1060 AM dial every Thursday at 8 p.m. This article is a general overview of the subject matter discussed and is not intended as legal advice. No warranty is made by the writer or publisher as to its completeness or correctness at the time of publication.)

PHILIPPINE NEWS

Pacquiao Now Richest Lawmaker

by Jess Diaz
Thursday, May 5, 2011

MANILA, Philippines - Boxing champion and Sarangani Rep. Manny Pacquiao scored another first by being the richest member of Congress.

"He is the first billionaire member of the House based on his statement of assets, liabilities and net worth (SALN)," Ricardo Bering, director of the House records management service, told reporters yesterday.

He said Pacquiao declared assets worth more than P1 billion.

The boxing champion faces Shane Mosley in Las Vegas this weekend in a fight that would earn him tens of millions of dollars or hundreds of millions of pesos more.

He has been mostly out of the country since before the Christmas season last year promoting and training for his match with Mosley.

Last week, US media re-



Cong. Manny Pacquiao

ported that Pacquiao was the highest paid athlete in 2010, earning more than \$32 million (P1.376 billion at P43 to the dollar).

Bering did not release Pacquiao's SALN to the media, saying his office is still collating the assets, liabilities and net worth declarations of all the more than 280 House members before releasing them in a summarized form as was the practice in previous years.

Under the law, public officials had until last April 30 to file their SALN.

In the last Congress, the

Villars were the wealthiest members of Congress. Sen. Manuel Villar Jr. and his wife, former Las Piñas Rep. Cynthia Villar, declared a combined net worth of P947.9 million for 2009.

The other richest House members in the 14th Congress and their net worth were Ferdinand Martin Romualdez of Leyte, P477.3 million; Julian Ledesma IV of Negros Occidental, P447.5 million; Ferdinand Marcos Jr. of Ilocos Norte (now a senator), P315.5 million; Judy Syjuco of Iloilo, P288.5 million; Monica Prieto Teodoro of Tarlac, P231.3 million; Ferjenel Biron of Iloilo, P192.1 million; Gladys Ecleo of Diganat Islands, P166.4 million; Arrelino Gonzales Jr. of Pampanga, P158.5 million; Antonio Diaz of Zamboanga, P153.7 million; Danilo Suarez of Quezon, P151.7 million; Rodolfo Valencia of Mindoro Oriental, P150.5 million; Paul Daza of Northern Samar, P142.8 million; Carissa Coscolluela of the party-list

group Buhay, P140.2 million; Ignacio Arroyo of Negros Occidental, P138.5 million; Amado Bagatsing of Manila, P136 million; Ronaldo Zamora of San Juan, P116.6 million; Amelia Villarosa of Mindoro Occidental, P114.9 million; Herminaldo Mandanas of Batangas, P111.6 million; and Erwin Chiongbian of Sarangani, P102.8 million.

Then Pampanga Rep. Juan Miguel "Mikey" Arroyo declared a net worth of P102.2 million, while his brother Diomedio or Dato of Camarines Sur was worth P90.4 million.

The Bureau of Internal Revenue (BIR) has recently slapped a P73-million tax evasion charge against Mikey Arroyo and his wife Angela.

Mikey now represents security guards and tricycle drivers in the House. His mother, former President Gloria Macapagal-Arroyo, has taken over his seat as representative of Pampanga's second district.

The BIR has sought the SALN declarations of Dato Arroyo, Pacquiao and Bulacan Rep. Linabelle Villarica for

evaluation.

BIR Commissioner Kim Jacinto Henares has told reporters that their scrutiny of the lawmakers' wealth does not necessarily mean that it would lead to the filing of charges against them.

One up for Mosley

Meanwhile, Pacquiao's opponent might have already won the hearts of Filipino dog lovers after he joined the advocacy against dogfighting.

The People for the Ethical Treatment of Animals (PETA) said that the 39-year-old Mosley has joined their campaign against dogfighting and has even agreed to come out in a 25-second public service announcement for television to speak about the advocacy.

In the advertisement, Mosley is seen inside a boxing ring alongside the words "I Choose to Fight. Dogs Don't. Dogfighting Is for Cowards. Don't Do It."

"My opponents and I know that when we step into the ring, we choose to be there and that if we don't come out on top, we can at least walk away. Dogfighting isn't like that. Dogfighting is dirty, it's cruel, and it's a loser's game," he said in the commercial.

PETA hopes that through Mosley's advertisement, Filipinos would be able to see the cruelty of dogfighting and stop the practice.

Dogfighting is illegal in the Philippines yet it continues to thrive and is kept hidden from public view. (www.philstar.com)

US Stops Hiring Skilled Pinoy Workers for Afghanistan Bases

by Mayen Jaymalin
Thursday, May 5, 2011

MANILA, Philippines - Filipinos are no longer being hired as highly skilled workers in US military bases in Afghanistan, local recruiters said yesterday.

Early this year, US and international contractors have stopped accepting Filipinos for contractual positions in US bases in compliance with the government's deployment ban, they added.

Emmanuel Geslani, a recruitment and migration expert, said a syndicate in Metro Manila and Dubai has been recruiting Filipinos for non-existing jobs in Afghanistan.

Illegal recruiters approach Filipinos in Dubai whose contracts are expiring and asked to pay from \$1,000 to \$1,200 as application fee, he added.

Geslani said in the Philippines, the syndicate reportedly goes around Central Luzon to recruit returning workers from Iraq and offering non-existent

jobs for fees ranging from P100,000 to P150,000.

Workers are brought to Dubai and housed in a villa where they would wait for the supposed jobs, and after their visas expire, they would be reported to the police, he added.

US and international contractors in 64 US bases, mainly

in Kandahar and Bagram Air Force bases, have not renewed the contracts of Filipino workers and replaced them with workers of other nationalities, Geslani said.

The Department of Foreign Affairs (DFA) has given Filipinos working in US bases in Afghanistan until December 2011 to finish their employment contracts and return home.

Filipinos in Afghanistan have been urging the government to lift the deployment ban to enable them to continue earning money.

Last year, the US Central Command ordered their contractors to repatriate all foreign workers from countries with existing deployment ban in Afghanistan. (www.philstar.com)

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LEGAL NOTES

ICE Priorities for Apprehending and Deporting Aliens

By Reuben S. Seguritan
The U.S. Immigration and Customs Enforcement (ICE) has released a memorandum identifying a set of priorities to be followed by its officers and directing them to follow these priorities in the apprehension, detention and deportation of undocumented immigrants.

Under the first priority, there is a catch-all category for aliens "who otherwise pose a serious risk to public safety" but the memo states that this provision should not be read broadly and will apply only when serious and articulable public safety issues exist.

The second priority pertains to recent illegal entrants such as those who committed violations at the border and ports of entry.

The third priority would be "aliens who are fugitives or otherwise obstruct immigration controls". Included are those subject to a final order of removal and who abscond, fail to depart, or intentionally obstruct

fenders; aliens not younger than 16 years old who participated in organized criminal gangs; and aliens subject to criminal warrants.

The guidelines demonstrate the government's policy to focus enforcement initiatives on the most serious offenders. According to the memo, the agency's resources allow it to remove about 400,000 aliens only per year, which is less than 4% of the estimated U.S. illegal alien population. Accordingly, it should prioritize the use of its personnel and resources to ensure that the removals promote national security, public safety, and border security.

The memo instructs that, unless extraordinary circumstances exist or detention is mandated by law, detention resources must not be used on aliens with serious physical or mental illnesses, or those who are disabled, elderly, pregnant, nursing, or if they demonstrate that they are pri-

mary caretakers of children or an infirm person.

The memo also calls on ICE officials to exercise sound judgment and discretion when carrying out their enforcement functions and reminds them to give particular care when dealing with aliens who are lawful permanent residents, juveniles, and immediate family members of U.S. citizens.

Aliens who are unlawfully present in the U.S. but who do not fall within the priorities may still be removed by ICE agents, although resources for removing them should not disrupt resources that should be spent on higher priority aliens.

Originally issued in June 2010, the memorandum, also referred to as the Morton Memo, was reissued recently with an additional provision stating that the guidelines and priorities do not create a private right. This

means, for example, that you cannot raise the memo's priorities as a matter of substantive or procedural right in immigration proceedings.

All in all, however, the Morton Memo still represents a welcome trend in immigration enforcement. By coming out with these guidelines, ICE has shown that it adopts a reasonable and common-sense approach and recognizes that not all aliens who are subject to apprehension, detention or removal, are equally dangerous. The guidelines also emphasize to ICE officials that they have "prosecutorial discretion" which they need to exercise in deciding against whom, when or how to pursue removal proceedings.

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

GLOBAL NEWS

Filipino Designer Creates World's First Biodegradable Car

Renowned Filipino product designer Kenneth Cobonpue has created the world's first and only biodegradable car made out of bamboo and rattan called the Phoenix.

Showcased for the first time at the "Imagination and Innovation" exhibit at Milan, Italy in late April 2011, the Phoenix is a testament of high-quality craftsmanship and is an environmentally-friendly solution to transportation.

Made from pure bamboo and rattan, the Phoenix is 153

inches long and has a chassis formed from a curved bamboo spine to accommodate the wheels. For environmentalists, the car is a small and elegant solution to a big and ugly problem—the waste created by old cars that outlive their purpose.

"This project attempts to unveil the future of green vehicles using woven skins from organic fibers mated to composite materials and powered by green technology," Cobonpue says.

The average age of a car is 5-10 years in the industrialized world and 10-20 years else-

where. The subsequent process of crushing and recycling cars is energy-intensive, costly and inefficient. Thus, having a biodegradable shell makes a lot of sense. Moreover, the shell can be customized for users according to their heights and builds.

The Phoenix is designed to last the average length of time a person keeps a car so that the car doesn't create unnecessary waste by lasting longer than its owner needs it. The shell can be replaced inexpensively if the owner wishes to keep their car longer and the Phoenix's frame



can be easily customized for individual customers' needs.

There's no word yet on the type of engine or motor that will power the green car, but

it's small enough that an all-electric setup should provide plenty of juice to move this work of art around town. (*Good News Pilipinas*)

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**ILOKO****By Amado I. Yoro**

Maysa a natakneng ken naindaklan a panagseserbi a boluntario no makatulongka iti sabali a tao. Panagayat, Panangipaya, Aramid a kinainbag.

Idiy shelter weno iti Institute for Human Services [IHS], adda agkuna iti 'thank you', mahaio, God Bless. Adda isem, adda namnanda kadaukada tunggal mapan ti grupo, agsersi ken agpamanakan.

"What a good feeling and sense of sharing" natandaaanmni a kinuna daytoy ni Amelia Casamina Cabatu ta maysa met kadagit mapmpanan iti benneg dagiti babbar. Kasta met ikinuna ni Maria Etrata a presidente ti Filipino Womens Civic Club.

"Coming here to serve is worth it," kinuna met ni Art Abinsay. Nagbalin a regular volunteer ni Art ket nagangayawan, naawisna dagiti kakabsat ken kayongna a timmipon iti grupo.

Saan a gapu iti Resolution

Intayon Makipagserbi Idiay Shelter, Kapada A Volunteer

001-2010 a naaprobaran idiy Lahaina, Maui, idi kombension ti UFCH, Hulia 2010, ngem gapu met laeng iti espiritu ti panagseserbi ken pannantig ti tiempo, talento kin oras, ar-aranden "Concerned Leaders in Action Group", in partnership iti United Filipino Council of Hawaii, Oahu Filipino Community Council, Divine Word College of Laaohi, Ilocos Surian Assn of Hawaii, Ilocos Norte College of Arts & Trade Alumni, United Group Home Operators, SCORE, ALWAD, Filipino Womens Civic Club, Filipino Business Women Assn, Annak Ti Sinait/Sinait Alumni Assn of Hawaii, San Nicolas Teachers Assn of Hawaii, International Filipino Society of Hawaii, Fil-Am Sports USA ti ngatitonip a gunglo Filipino iti salinong ti UFCH ken OFCC ti panagtalainga ngak aktibo ti grupo iti tunggal maudi a Lunes kada bulan, nangrugi pay la kadagitit immun-uman nga aldaw. Ngem iti kinapatek ti projekto, nagbalin a partnership.

Saankami nga aggpadua, adda met dagiti immun-uma idin a gunglo a mangaramid iti serbisio mabalin a dua weno ad-

adu a dasar iti maysa a tawen ngapanda iti shelter kas paset ti programada. Adda pay dagiti mapan iti naisangayang ngalda basi iti kasianganwan weno kalpasan ti Thanksgiving, Paskua, weno Baro a Tawen.

Ngen iti Enero 2001, kas pangulo ti Program and Planning and Community Relations Committee, indatagmi iti Annak Ti Sinait Iti Hawaii ken Sinait Alumni Association of Hawaii a maaddaona koma dagitoy a gun-glo iti projekto a kas Feeding the Homeless, Hawaii Food Bank, ken dadduma. Ket kast met nga indatagmi iti DWCLCAAH, a binuniagammi iti MISSION DAY SERVICE a sakupenna ti community outreach: Feeding the Homeless, a no dadduma managan iti Feed the 5000 ka sagpaminasan nga aramidemni iti simbaan a naakikamengamni. Adopt a Hwy, Hawaii Food Bank Drive, banag a naanamongan idi Agosto 2009.

Kas Co-Chair ti UFCH Social Action Committee idi 2009, indatagmi iti pagda a huntia ti UFCH/OFCC, nagbalin a partnership ket narugian daytoy a projekto idi Oktubre 2009.

babaen iti pannakiurnosmi iti tinawen nga eskedeulit iti Volunteer Coordinator iti Institute for Human Services Ana Jose ken Leigh Smith.

Dua a pasdek weno lugar [sites] Men ken Women. Adda agayan a 75 a kliente iti yan dagiti babbai idinto a 200-250 iti yan dagiti lakkali. "Dakami man laengen iti Filipino Womens Civic Club ken Filipino Business Women Association ti mangsakup iti yan dagiti babbai" kinima ni Lynne Gutierrez.

Kadagitoy nga aldaw, malaksid kadagitit orihinal a gun-glo kas nadakamat iti pakauana iti ngato, timmipon ti Cabugao Sons & Daughters, St. Paul's Church, Vigan Association of Hawaii, Filipino Coalition for Solidarity

Adda met espesial a partispasian do Mrs. Hawaii Filipina Jema Geronimo, Miss Hawaii Filipina Celina Macadangdag Hayashi, Miss Teen Hawaii Alyssa Reyes, Miss Hawaii Filipina Margaret Pascual, Miss Ilao Filipina Marnelli Joy Basilio.

Panagyamanmi iti imbag naken keni tempo para kadagitit

masansanen a tumulong iti tunggal maudi a Lunes iti binulan: Art Abinsay, Marcelo Acopian, Aurea Agas, Eddie Agas, Philip Alcain, Edna Alkipala, Jimmy Alimboyoguen, Nelia Abinsay Alimboyoguen, Melacio Balais, Suzie Berandy, Flordelis Cabuslay, Jimmy Cabuslay, Cleo Bali Casino, Franco Casino, Charlene Cuaresma, Estelita Dela Cruz, Raquel Dizon, Maggie Domingo, Maria Etrata, Bernadette Fajardo, Mimi Gozar, Lynne Gutierrez, Rheeanne Gutierrez, Ruben Gutierrez, Jean Jeremiah, Angel Lewis, Cirvalina Longboy, Wilma Abinsay Luangsaphinith, Esther Pascual, Jesse Pascual, Connie Ramirez, Larry Ramirez, Agnes Reyes, Al Sabangan, Rose Sabangan, Cora Salvador, Fe Velasco, Danny Villaruz.

Agtultuloy daytoy a projekto iti nagan iti panagseserbi babaien iti saa ngangارد a suport ken tiempo dagiti nainaganan iti ngato. Maamis amin dagiti dadduma a kameng ken lider ti gun-glo, kameng ken saa iti UFCH/OFCC.

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• For more info, contact Cely Villareal @
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UFCH'S MRS. HAWAII FILIPINA / SUNDAY

May 29, 2011, 6pm • Ala Moana Hotel •
Contact: Lynne Gutierrez-728-1700

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GLOBAL NEWS

World Stocks Rise After Death of Osama Bin Laden

by Paolo Romero
Monday, May 2, 2011

TOJKYO (AP) — Major world stock markets rose, the dollar strengthened and oil prices were lower after news that U.S. forces killed terror mastermind Osama bin Laden following a nearly-decade-long manhunt.

President Barack Obama announced during holiday-thinned Asian trading hours that the man who inspired the deadly Sept. 11, 2001, terror attacks in the United States was killed in Pakistan in a U.S.-led operation.

Japan's Nikkei 225 gained 1.6 percent to 10,004.20 — the highest closing since an earthquake and tsunami on March 11 decimated the country's northeastern coast.

South Korea's Kospi index, meanwhile, advanced 1.7 percent to a new record high of 2,228.96, bringing the Seoul benchmark's gain so far this year to 8.7 percent.

European markets opened higher. France's CAC-40 rose 0.3 percent to 4,120.03 and Germany's DAX gained 0.7 percent to 7,563.52. Britain's FTSE 100 was closed for a holiday.

Wall Street, meanwhile, was set to open higher. Dow Jones industrial futures rose 0.6 percent to 12,837 and S&P futures gained 0.6 percent 1,367.80.

Ben Potter, market strategist at IG Markets in Melbourne, Australia, said that bin Laden's death was an immediate boost for equity markets.

"However, like many euphoric bounces, they are often short lived, especially given the possibility for

reprisal attacks from extremists," he wrote in a report.

The greenback rose to \$1.51 yen from \$1.10 yen. The euro, meanwhile, was weaker at \$1.4819 from \$1.4839 late Friday in New York.

The dollar was bought on the belief that "terror risk will get smaller" for the United States, said Yuji Kameoka, chief currency strategist at Daiwa Securities Capital Markets in Tokyo. He said that yen weakness and a decline in the price of crude oil were boosting Japanese stock prices.

Oil prices eased off 2 1/2-year highs to below \$113 a barrel after Obama announced bin Laden's had been killed.

Benchmark crude for June delivery was down \$1.40 at \$112.53 a barrel in electronic trading on the New York Mercantile Exchange. The contract settled at \$113.93 per barrel on the Nymex on Friday and reached \$114.18 during in the session, the highest since September 2008.

Declining oil prices helped boost shares of airlines, which are sensitive to fuel prices. Korean Air Lines Co. Ltd., the country's largest air carrier, soared 6.6 percent. Rival Asiana Airlines Inc. soared 12 percent. Japan's All Nippon Airways Co. Ltd. jumped 2.5 percent.

Stock trading in Asia was thin amid a slew of holidays this week in the region. Hong Kong's Hang Seng index and mainland China's Shanghai Composite Index were closed



Monday as were stock markets in Taiwan, Malaysia and Singapore. The Nikkei, Asia's largest market, will be closed Tuesday through Thursday for Japan's annual Golden Week holiday.

Australia's S&P/ASX 200, meanwhile, recovered from early losses to rise less than 0.1 percent to 4,825.30. Markets in the Philippines and Indonesia also rose, but New Zealand and India were lower.

Markets in Japan and South Korea started in positive territory after the Dow Jones industrial average rose Friday on positive earnings news as construction equipment manufacturer Caterpillar reported strong first-quarter profit.

The Dow rose 47.23 points Friday, or 0.4 percent, to close at 12,810.54, rounding out April 4 percent higher, its best month since December.

Caterpillar, the world's largest maker of mining and construction equipment, rose 2.5 percent after its earnings increased more than five-fold. The company also raised its sales and profit forecast for the year.

Japan's Komatsu Ltd., the world's No. 2 equipment maker, rose 1.7 percent in Tokyo.

Broader indices in the U.S. also gained.

The Standard & Poor's 500 index rose 3.13 points, or 0.2 percent, to close at 1,363.61. The index gained 2.8 percent in April. The Nasdaq composite added 1.01 point to 2,873.54. It rose 3.3 percent for the month.

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