

# HAWAII FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ JANUARY 18, 2014 ◆

## PMAH MEDICAL MISSION VOLUNTEERS BRING SMILES TO TYPHOON HAIYAN VICTIMS

COVER  
STORY  
PAGE  
**4**



### CANDID PERSPECTIVES

**3** DOES "PARADISE" BALANCE THINGS OUT IN THE FIGHT OVER INCOME INEQUALITY



### FEATURE

**10** MEET NEW PMAH PRESIDENT DR. JERALD GARCIA



### LEGAL NOTES

**12** IMMIGRATION REFORM IS TOP PRIORITY IN 2014



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## EDITORIALS

## Leyte Mission Makes Life-Saving Decisions



Ohana Medical Mission (OMM) volunteers recently returned from a difficult, yet extremely successful mission to the Visayas region in the Philippines, where they provided free medical services to over 6,000 typhoon victims.

What made OMM mission's unique from other relief groups in the area was that volunteers were there personally to provide much-needed care and support for their countrymen and women. In addition to their medical services, OMM also distributed food, clothing and other relief supplies. As word spread of the mission team from Hawaii, long lines formed and hundreds, if not thousands, began streaming into OMM's makeshift clinics.

From the get-go, OMM volunteers were faced with one obstacle after another—from receiving authorization from local authorities, to transporting hundreds of boxes of supplies to the site, to educating local surgeons and even gaining the respect and friendship of local residents. But no matter the obstacle, OMM's volunteers found a way to make it happen—all for the sake of impacting the lives of thousands of their *kababayans*. OMM's decision to hire local physicians in Leyte to continue their missions work was a brilliant move, knowing that rebuilding will take many more months, if not years.

Ironically enough, it's typically not only the patients who benefit from missions such as OMM's. The missions are also life-altering for first-time as well as repeat volunteers, who find the grueling work extremely gratifying. The difficult conditions they work under gives them a new perspective on what really matters in life and makes them appreciate home, where the amenities and privileges are often taken for granted. What touched the hearts of many volunteers was the indomitable spirit of the Filipino people, many of whom still managed to smile despite all of their suffering and misfortune.

We commend the OMM volunteers as well as the many generous sponsors for their collective efforts to heal and console their fellow human beings who otherwise would have little access to medical care. Their kindness helped to make our world a little better—one small step at a time.

## Consider Starting A Noble Journey This New Year



Another year has gone by; a new one begins.

Get ready 2014. It's going to be a good one, we say to ourselves. Again.

After 30, 40, 50 plus years of the same cycle, you would think that ushering in a new year with all the big hopes, dreams and fears, would simply be routine. No big deal.

But there's never quiet confidence in the unknown. That question mark of uncertainty punctuates every year, month, day -- even second, if you allow it to.

The good news is being older does have benefits in this aspect of life. Experience to draw from helps to calm anxiety over a hazy future. And if we are aware enough to see life does run a fairly predictable pattern, worrying becomes even less frequent.

Most people in their middle age (35-55 years old) have

## FROM THE PUBLISHER



Aloha! I hope and trust that your 2014 is coming along well. Last Wednesday, the State Legislature convened without much of the pomp and circumstance that characterized opening day festivities in years past. Fortunately for lawmakers, the state's economic outlook is not as bleak as in recent years. However, there will be challenges to deal with, such as reducing future debt, the environment, minimum wage, homelessness and other tough issues. If you want to track the status of bills and resolutions, go online to: [www.capitol.hawaii.gov](http://www.capitol.hawaii.gov).

Our cover story for this issue takes a closer look into the Ohana Medical Mission (OMM) to Northern Cebu and Leyte last December. For many volunteers, the illness, poverty and destitution brought by the super typhoon was indeed sobering. Despite the heart-breaking stories and condition of many victims, OMM volunteers did their very best to uplift their fellow countrymen and women. Please read more about their experiences and memories beginning on page 4 and in our Chronicle Pulse on pages 5-6. Volunteer Christa Lei Sonido also provides an up-close-and-personal account of the mission in her Point of View column on page 7.

January is a special month for Hawaii's Visayan community, which is celebrating Visayan Heritage Month. The Congress of Visayan Organizations (COVO) and the Filipino Community Center will hold a special celebration of the Visayan culture on Sunday, January 26. Turn to page 13 for more details on this free event. January is also National Slavery and Human Trafficking Prevention Month nationwide and in Hawaii, which is not immune to this heinous crime. We encourage our readers to recognize the signs of human trafficking and report any suspicious activities. Together we can put an end to modern-day slavery!

In closing, we'd like to congratulate Dr. Jerald Garcia, newly-elected president of the Philippine Medical Association (PMAH), and all incoming officers for 2014. The PMAH is celebrating its 36th anniversary this year. To find out more about Dr. Garcia and the venerable PMAH, please turn to page 10 for our feature story.

This issue contains other informative articles, including "Candid Perspectives" (page 3), "Ask a Doctor" (page 8), "Immigration Guide" (page 9), "Legal Notes" (page 15) and "Philippine Language" (page 18) which we hope you will enjoy reading. In closing, thank you once again for supporting the Hawaii Filipino Chronicle—the Filipino community's leading newspaper. Until next time...*aloha* and *mabuhay*!

*Chona A. Montesines-Sonido*

a unique perspective of what a new year means: it is a stark reminder that life doesn't stop for anyone.

At this stage in life we see our children nearly grown up, just starting their careers and families of their own on the horizon. We look at them and see ourselves, our younger selves, then marvel over how fast the time has gone by.

On the other side of the age spectrum, we see our parents in their golden years and see how fragile they've become. It didn't seem too long ago when they were in our shoes celebrating their 15th year wedding anniversary. How quickly retirement came, then the cane, then the wheelchair. Again, time does not stop for anyone.

In each stage in life we are confronted with set challenges: youths fumble learning the basics, teens awkwardly struggle to become socialized, young adults ambitiously work to set a foun-

(continued on page 3)



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## CANDID PERSPECTIVES



By Emil Guillermo

# Does "Paradise" Balance Things Out in the Fight Over Income Inequality?

**Y**ou'll hear a lot these days about income inequality. No doubt in Hawaii, the question always becomes how much does the idea of "paradise" factor in the equation and is it enough to say, "I'm good."

When I worked in Hawaii, my \$1,500 suit stayed parked in the closet. No one ever demanded I wear it to work. And they didn't care that my Reyn Spooner (reverse cloth) Aloha

shirt came from Shoppers.

And then there's this idea that you're already in everyone's favorite vacation spot. So you save there, right? Staycations are fine. But people don't understand the feeling of being stuck.

That's the economic inequality the country is battling now. It's the latest edition of the 1 percent vs. the 99 percent reality. The divisions are becoming more defined and more rigid. The middle isn't middle anymore.

Here's a typical middle-class situation where both husband and wife work and the family still struggles to get by. Both are lucky to have jobs and make an average of

\$60,000 each. \$120,000 together. Good? Not by today's corporate level standards.

With mortgage and bills, who has time to save for retirement (another ticking time bomb).

Add to our hypothetical family, a kid who gets into a great college. But that's no cause for celebration.

In this era where college tuition is pretty much an automatic \$40,000 a year, even with school scholarships a family struggles. College living expenses figure to be \$10,000 to \$15,000 a year. How to pay?

Loans?

If the parents--who've maxed out their credit--can get

a loan, the expenses are shared by student and parent. Not so great for the parents' retirement picture.

If parents can't get a loan, then the student shoulders it all. A conservative estimate: \$15,000 for four years; \$60,000 in debt at graduation.

Welcome to the fellowship of educated men and women.

Make that educated and indebted. And more often than not, unemployed and maybe even unemployable.

I'm sure this story sounds familiar, though numbers will vary. But not by much. Add a kid, or two. Lose a job, or two. Have a larger shortfall.

All roads still lead to the same answer.

Borrow now, pay later. Live off the dream. Higher Ed will lift us all.

And as we all know, sometimes it does. And sometimes it doesn't.

President Obama calls the growing inequality in our society, "the defining challenge of our time." But the talk tends to give short shrift to how society routinely creates this new class of highly educated debtors.

Even when there's discussion about income inequality in general, it tends to avoid discussing root causes. The talk rightly focuses on existing safety nets, or raising the minimum wage, and increasing

(continued on page 10)

## EDITORIALS (from page 2, CONSIDER...)

dation, and seniors slowly cope with an uncooperative body. But to the middle aged, perhaps their challenge is living out their inner compass before it's too late. It may be the most transformative time internally, emotionally and spiritually.

The middle aged already is equipped with intellect, experience, knowledge and skills. Arguably, the middle aged are the most powerful -- the rulers of every game. But all of these life arsenals do little to answer the most pressing question swimming in their minds at this time: what is my inner compass telling me to do with the rest of my life?

What is my new destiny? -- the middle aged fret as they unfold mentally a scribbled road map with eraser marks everywhere from top to bottom.

### The Noble Journey

2014 could be the beginning of something uniquely satisfying, for the middle aged.

Each new year forward could be the most exciting time to make an impact toward the betterment of society. Interestingly, many of the world's historical figures

had their greatest moments at middle age. Civil rights leader Martin Luther King Jr. gave his famous "I Have A Dream" speech in his late 30s, which helped to put an end to racial segregation in the United States. Albert Einstein wrote his General Theory of Relativity at the age of 36. It was in his late 30s and early 40s when William Shakespeare wrote his most sophisticated and acclaimed work: Hamlet, King Lear, Othello, and Macbeth.

There are many areas in dire need of improvement for future leaders to make their mark. Obviously Obamacare as we see it is in a very crude, infant stage of development which will transform into something much different. How can you be a part of that transformation? Climate change is perhaps the most pressing yet unreported issue facing mankind today. How can you be a part of making a difference? Global capitalism is increasingly becoming unsustainable with its built-in paradox of requiring constant growth with new markets yet faced with the countering reality of labor reduction spurred on by high technol-

ogy. How can you be a part of making a difference?

Surely we can all make a positive difference on any of these issues at any age in our lives, but for the middle aged perhaps they are in a greater position of influence to do so.

At middle age, there is a kind of mourning, specifically the death of personal dreams. Either they have already been accomplished or seemingly too late to make happen. A new challenge and dream awaits. Perhaps one that is less self-centered and more community minded. This new goal may not end with a Nobel Prize in hand. We may not have the training of an economist or scientist, possess the words of a modern-day Shakespeare, or harbor reservoirs of bravery and fortitude of a social activist to make a difference.

But we can all easily access hope and will ourselves to take small steps forward in bettering society. It could be making a small donation to a cause like relief efforts in the Philippines. It could be volunteering a day in a month to your local Meals on Wheels to help feed the immobile elderly living alone. It could be

writing a letter to your senator expressing your concerns over an issue your passionate about. It could be buying green products, recycling and supporting small, local farmers. Or it could be something so simple but internally quantum as seeing a homeless person in a new way, compassionately and inquisitively. Ask yourselves "how" and "why" in every situation, then do the unthinkable: refrain from being judgmental.

That takes discipline.

The practice of being an active watcher of the world around you is perhaps key to becoming a traveler on the path of the noble journey. Cumulatively, all these small changes can be monumental for our community, our world, and our better selves.

Consider this new year the beginning of something larger than yourself. Make the New Year a happy and prosperous one for someone else.



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## COVER STORY

# OMM Volunteers Bring Hope to Typhoon Victims

By Chona Montesines-Sonido

**O**hana Medical Mission (OMM), the outreach arm of the Philippine Medical Association of Hawaii (PMAH), recently returned from a mission of mercy to Northern Cebu, Tacloban and surrounding towns in Leyte that were hardest hit by Super Typhoon Yolanda (Haiyan).



The mission comprised of 55 volunteers, 27 of them physicians from Hawaii, the U.S. mainland, Manila and Leyte representing various specialties. Volunteers also included nurses, physician assistants, pharmacists, medical assistants and other paramedical groups. The group also used the services of an optometrist to check the eyes of those who made use of the free eyeglasses that were given.

In a span of five days, the small band of volunteers treated over 6,250 typhoon survivors in makeshift settings, under tents and in a church. The majority of patients suffered from respiratory infections, hypertension, diabetes, anemia,

gastrointestinal and skin infections, malnutrition and post traumatic stress disorder.

OMM also brought to the Visayan typhoon survivors more than \$600,000 worth of medications and supplies and \$30,000 worth of humanitarian goods. The organization also donated eyeglasses, blankets, mosquito nets, towels, slippers, EKG machines, and blood pressure and blood sugar monitors, among others.

In addition to the hot, humid and foul-smelling conditions, volunteers faced major logistical challenges.

"There were major transportation problems with our supplies," says Dr. Charlie Sonido, mission chair.

"Freight was expensive and there were limited flights to Tacloban. Still, we'd like to thank all of those who helped us handle the logistics such as sorting and transporting goods and medications".

Adding to the situation was a lack of electricity, sewer system and potable drinking water. There were no stores or pharmacies, a lack of adequate housing for volunteers and only one restaurant open for business.

## Volunteers' Experiences

Despite previous disaster relief experience with Hurricane Katrina in New Orleans, Dr. Seiji Yamada mentally prepared himself for the challenges that lay ahead in Cebu and Leyte in the Central Visayas.

"I decided that I would keep myself from being overwhelmed by the sadness of what I would see, by focusing on practicing medicine and being of service to the survivors," he says.

"While the conventional thinking about medical relief in disaster situations focuses on emergency and trauma services, there is usually a need for primary care services as well. Survivors of disasters may lose their medications and local primary care services may be shut down because of infrastructure damage

or service providers being out of commission."

Dr. Yamada treated mostly children in several towns in Northern Cebu and Leyte. The most common conditions he saw were respiratory infections and gastroenteritis. He also noticed that quite a few of the children were undernourished.

Dr. Carolina Davide, whose father was from the Visayas, was assigned to several towns in Cebu and Leyte. According to Davide, the conditions were humid and the rooftops of many buildings were gone, but at least the roads were passable.

The patients she treated suffered from coughs, runny noses, diarrhea, stomachaches and headaches. With so many patients and a limited number of medicines and supplies, Dr. Davide couldn't help but think about the miracle of the fish and loaves of bread in the Bible.

"The people we helped patiently waited to wait their turn. Many of them were sad because they lost family, homes and their source of livelihood," says Dr. Davide, who knew of classmates and friends affected by the typhoon.

Dr. Davide's 15-year old daughter Anna was the mission's youngest volunteer. Although her family was spared from the typhoon, she still vol-

unteered for the mission.

"I felt an obligation and the urge to help those who were affected by the typhoon," says Anna, a sophomore at Mililani High School. "When the disaster struck, it hit a chord in me because I am emotionally connected to and love the Philippines being Filipino. And as a devout Christian of Catholic faith, I felt like God was calling me to experience this mission."

Dr. Romeo Perez described conditions simply as "horrible." Amidst the death and destruction were uncollected garbage and a lack of electricity, clean water, toilet facilities food and shelter. He noticed that many patients suffered from post traumatic stress disorder (PTSD).

"They had disturbing recurring flashbacks after that terrible ordeal, avoidance or numbing of memories of the event, and high level of anxiety continuing for more than a month after the traumatic event," he says.

Dr. Perez's military background as a surgeon and OBGYN helped to prepare him mentally and physically for the unique challenges that the volunteers faced. He joined the Visayas mission in order to fulfill a promise he made to God to do more missionary work after retiring

(continued on page 5)



Michael A. McMann, M.D.

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## COVER STORY



(from page 4, OMM ...)

from the military.

"To be able to help my fellow countrymen at a time when they need it the most is both a privilege and honor," he says. "I'd like to thank the Ohana Medical Mission and Drs. Sonido and Kelly for their leadership."

#### The Indomitable Filipino Spirit

For Dr. Josephine Waite, everywhere she looked, she saw devastation. She cared for patients in a church in Northern Cebu that had a big hole in the

badly damaged roof. On the bright side, she was at least thankful for the nice breeze it provided.

While treating patients who suffered from various physical ailments, she did not see a single case of mental illness or PTSD.

"Believe it or not, I think it's the Filipino spirit—the ability to bounce back and deal with disaster even with meager resources," she says. "Filipinos have the ability to make light of things and transform it into something one can laugh

about. We can laugh about our own shortcomings and our sad plight with a spirit that is unbroken."

Dr. Waite said she'd never forget Father Abe from Tanauan, Leyte who allowed volunteers to use his church as a clinic. He served as an interpreter and provided a delicious lunch consisting of beef soup, rice and meat loaf. While enjoying the hot meal, she came to realize the parish priest's sacrifice.

"He was a victim just like

(continued on page 6)

### OMM Visayas Mission Volunteers

#### Doctors (23):

Vernon Ansdell  
Jaime Barron  
Ralph Curiano  
Svetlana Dalumpines  
Carolina Davide  
Ed DeLa Cruz (Indiana)  
Sam Galima  
Cynthia Kelly  
Russell Kelly  
Francisco Mercado  
Myla Ocite  
Bernard Pangan  
Iggy Pantangco  
Romeo Perez  
Therese Posas  
Charlie Y. Sonido  
Mica Veloso  
Arnold Villafuerte  
Josephine Waite  
Seiji Yamada  
Samantha Yap  
Russell Young

#### Nurses (5):

Maria Etrata  
Emi Etrata  
Fely Pula  
Jay Mark Sarmiento  
Warlyn Sharpnack

#### Laypersons (21):

Kathy Adaoag  
Teresita Concepcion  
Gemma Constantino  
Anna Davide  
Renato Etrata  
Rudy Etrata  
Leticia Ibasan  
Catherine Kelly  
Melinda Montgomery  
J.P. Orias  
Virgie Pascua (California)  
Romy Pascua (California)  
Florante Sabinay  
Charles Dean Sonido  
Chona Montesines-Sonido  
Christa Lei M Sonido  
Aileen Pinky Syquio-Que  
Grace Marie C. Tomas (California)  
Dory Villafuerte  
Danny Villaruz  
Erolyn C. Yedinak (Michigan)

#### Physician Assistant (1)

Chau Nguyen (California)

#### Pharmacist: (1)

Zoe Chun-Dela Cruz

\*This list does not include the names of the local doctors in Leyte

## CHRONICLE PULSE

**Tell us about your experiences during the medical mission to Leyte and share your most lasting memory.**



We worked in Northern Cebu, Tacloban and towns south of Tacloban, where we saw lingering skin infections, respiratory problems and stress-related symptoms such as insomnia, headaches and abdominal pains. I was awed and amazed by the strength of the human spirit to withstand and overcome such a devastating event. - **Dr. Vernon Ansdell**



I expected devastation and ruins but was greeted with faces of hope, gratitude and humility. Although the survivors were surrounded by crumbled abodes and little to no running water, the ending to all of their sentences were "thank you ma'am." The patients we saw spoke of their survival calmly and with smiles despite the horrific experience they pulled through. Survivors of the typhoon don't speak of "quality of life." They live it through acceptance, appreciation and the greeting of another day. - **Zoe Chun-Dela Cruz**



My job was primarily to sort out medication and take pictures for documentation. I took over 1,000 photos and probably handled as much medication. Even though such a small job, I still feel enriched by it. During the mission, I saw what it meant to "survive." It helped me appreciate what I have, like waste management, hospitals and drinkable tap water. My lasting memory of the mission was watching the children in Bantayan Island. I often had an audience while counting medicines off to the side. The children would tease me and yell my name once they leaned it, saying whatever English they knew to me, and shouting "bata." Going along with their fun and seeing them smile and laugh despite the disaster a month earlier was heart warming. It was worth being the butt of their jokes just to see that. - **Anna Davide**

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## COVER STORY

(from page 5, OMM...)

the rest, yet he served us with the best that he had," Dr. Waite recalls.

Dr. Amelia Jacang volunteered for the mission because she felt the need to do so, especially since there were no pediatricians who had signed up. She participated in previous disaster missions for Pinatubo and Leyte mudslide victims, but this was the most difficult to date.

Jacang said that a leaky roof at the rural health clinic in the barangay of Tunga where volunteers treated patients made their task all the more challenging. Through it all, the people remained upbeat.



"Surprisingly, despite all of their problems, I noticed that their coping mechanism was amazing. They were resilient and tried very hard to adjust to the changes in their lives. They were very grateful for whatever help came their way. I hope that we will continue to help these communities in the future. I'm really glad to have been a part of this humanitarian endeavor."

**What's Next**

Although volunteers have since returned to Hawaii, their impact and labor of love will continue to be felt in Leyte. OMM has hired four local physicians on Leyte to continue weekend missions for the next 1-3 years using the medications OMM volunteers provided. OMM plans to send a follow-up mission later this year.

"Most of the volunteers

came aboard because they wanted to help others as an act of kindness, but they were the ones who ended up being transformed," says Dr. Sonido.

"For myself, my lasting memory was being able to work

side-by-side with volunteers from all over the world—Koreans, Swiss, Taiwanese, Japanese, Australians, Canadians, Turkish, Israelis, French and others. One gets the feeling that we live in a truly "united world."

## CHRONICLE PULSE

### Tell us about your experiences during the medical mission to Leyte and share your most lasting memory.



I am glad that I joined the mission and that we were able to personally provide medicines and other aid to the people. My lasting memory are the faces of those affected when they saw us. They were thankful to know that there are others in the world who cared enough to help them. The "thank you po" was enough for me to last me for a lifetime. - **Maria Etrata**



It made me realize the comforts of life, like clean water and electricity which are important and a necessity. The mission showed that people from different backgrounds can work together for the common good. It's also nice to meet more people outside of your circle and to widen your horizon, which makes life more interesting. - **Dr. Cynthia Kelly**



It was one of the most rewarding medical missions that I've joined. We witnessed the typhoon survivors' positive attitudes and their enthusiasm for a speedy recovery. My lasting memory was the preparation, planning and implementation of our travel itineraries, accommodations and distribution of medications. The mission helped me to be a more effective leader and taught me the importance of patience, perseverance and problem solving-skills. - **Danny Villaruz**



The most memorable site for me was Tanauan, Leyte where there were many mass graves in the area. The parish priest, Father Abraham Palaña, told us that in Tanauan, over 1,200 had died and 800 were missing. He told us that the common understanding was that dead bodies posed a public health threat. Disaster literature tells us that corpses of victims do not pose a significant threat of infectious disease and that surviving family members should be allowed to perform cultural and religious funeral rites. It's difficult to fathom the distress that numerous dead bodies on the roadside must have caused. - **Dr. Seiji Yamada**

## HAWAII-FILIPINO NEWS

## Ward Introduces Bill to Get More Students into College

State Rep. Gene Ward has introduced a bill that could potentially change the way students at the University of Hawaii system pay for their tuition.

Ward's Bill would task the UH system with examining the feasibility of a pay-forward, payback pilot program to replace the current tuition fees model. In lieu of paying tuition or fees, students would enter contracts to pay back the university a certain percentage of their income after graduation. A similar piece of legislation passed in Oregon last year. The bill has garnered interest from both Republican and Democrat House members.

Ward says his bill could also ease the burden of climbing tuition rates and student loan debt that is curbing students' appetite for higher education or causing them to completely forgo a college



State Rep. Gene Ward

education altogether.

According to a 2012 report from the Organization for Economic Cooperation and Development (OECD), the U.S. is now the only major economy in the world where the younger generation (25 years old and below) will not surpass the preceding generation in terms of schooling.

"Parents have always been less educated than their

kids, but now it's dangerously opposite in Hawaii—the parents are the smart ones," Ward says. "There are a number of reasons for this, but an important one is simply that the amount of debt that a college student has to absorb discourages them from going to college."

With out-of-state tuition costs ranging from \$25,000 to \$50,000 per year, many students simply cannot afford to attend their college of choice. The amount of student debt in the U.S. has surpassed a staggering \$1.2 trillion.

At UH-Manoa, annual tuition for a resident is \$9,144 and is scheduled to increase to \$9,840 next school year. At the community colleges, tuition is about \$2,544 for residents.

"It is time to act to incentivize higher education. Education is the great equalizer in Hawaii and we need to put our young people into jobs, not into debt," Ward says.

**SOCIETY OF PROFESSIONAL JOURNALISTS**



## SPJ to Host Region 11 Conference

The Society of Professional Journalists (SPJ)-Hawaii Chapter is preparing for the Region 11 Conference scheduled for March 28-29, 2014 at the University of Hawaii-Manoa campus.

Entitled "Wave of Change: Ride it or Wipe Out," the conference will cover a wide range of journalism topics including the use of social media, the latest apps, ethics, race and diversity, investigative reporting and media law.

There will also be writing critiques by veteran newspaper editors and TV news directors, a mixer and awards luncheon.

The Hawaii Filipino Chronicle is a member of SPJ—the nation's largest and most respected journalism or-

ganization dedicated to encouraging the free practice of journalism and stimulating high standards of ethical behavior. SPJ's membership base includes more than 9,000 media organizations.

For conference fees and other details on the conference, call 529-4755.



## POINT OF VIEW

# Leyte Medical Mission—Finding Light in the Heart of Darkness

By Christa Lei Sonido

**T**he first thing I noticed as we landed in Tacloban was the unbearable heat. Next was the lack of vegetation and the trees that lay amongst heaps of scrap metal and garbage. As we stepped onto the tarmac, it became clear that this was not going to be an ordinary medical mission. Famous for its picturesque beaches and lush landscapes, the Philippines I had grown accustomed to visiting was not the one I saw before me. It was like a scene out of Francis Ford Coppola's *Apocalypse Now*, except this was not the Vietnam War, and this was not a movie. This was different: this was barren, this was haunted ground—and our entire group would be searching for a glimmer of light in the heart of darkness that was Tacloban.

In early November, Typhoon Yolanda/Haiyan devastated the Philippines, most notably, the Visayas. A team of doctors from the Ohana Medical Mission led by president Dr. Russell Kelly, and mission chair (and my father,) Dr. Charlie Sonido, rerouted their scheduled medical mission to serve areas destroyed by the typhoon. On December 11, with limited planning and preparation—a group of doctors, nurses, pharmacists, medical students and other volunteers traveled to the Visayas (notably northern Cebu, Tacloban and other pockets of Leyte) to lend their services to victims of Typhoon Yolanda in a medical and humanitarian mission.

Like the majority of my fellow volunteers, I was initially hesitant in our preparation and planning. The team was constrained to two weeks of planning in order to execute a major relief effort. It proved difficult to coordinate with our local contacts in Tacloban because we were not in the Philippines at that point. This was one of the most difficult medical missions to organize



OMM volunteers arrive at Tacloban City Airport where they wait patiently for their baggages. The airport's electronic baggage conveyor system was badly damaged by Typhoon Yolanda (Haiyan).

and undertake, due to the size of the group, the areas we planned to cover, the medications we attempted to gather, and the unknown factors that could have hindered our journey on the way (and believe me, they did). Our itinerary was flexible, but the general consensus was that we would split our 50 volunteers into smaller groups to cover more area. We began in Cebu, and split into two or three groups for the first two days. After that, we traveled to Tacloban, where more volunteers would join us and where the team would split into up to four smaller groups over the final three days of the mission. Since we weren't aware of the situation in Tacloban, many volunteers planned for the most extreme scenarios.

For Dr. Josephine Waite and her husband, Dr. Vernon Ansdell, this meant possibly sleeping on the floor or sleeping in tents. "We brought raincoats and light jackets, towels and blankets. We had to think of just about everything from facial wipes to hygienic wipes, light meals and snacks in case there was no food. We even bought MREs and Vienna sausage!" Volunteers not only physically-prepared themselves by getting vaccinations or packing extra medications, they were also mentally-prepared. The mission's youngest volunteer, Anna Davide, took her final exams early and mentally-prepared herself by making herself aware of the situation at hand and "to under-

stand who I would be working with." However, no matter how much volunteers prepared themselves, the gravity of the situation did not dawn on them until we arrived at each site, especially landing in Tacloban.

As the daughter of immigrant Filipino parents, I am accustomed to hearing about natural disasters that happen in the Philippines. According to one of the physicians on our team, Dr. Seiji Yamada, a seasoned professor at the University of Hawaii's John A. Burns School of Medicine, "There was a failure to warn the people on the coast of Leyte about the possibility of a storm surge, which was six meters in height. Most of the casualties were people who drowned in the storm surge." So hearing the first words that came out of Mrs. Hidalgo's (one of our hosts) mouth about the typhoon didn't surprise me. "You know Filipinos—we're stubborn and prideful. We believed that we could get through this together, even though we were not given that much warning." Her voice inflected humorous tones into the sentence, but her face told a different story. These words stuck with me during our medical mission to northern Cebu and Leyte. Filipinos might be stubborn, but when a disaster like Typhoon Yolanda happens, the stubbornness manifests itself into something beautiful—resilience and pride.

Driving through the devastated areas of Leyte, resilience and pride were two values that resonated most with the aim

and goal of our mission. These sentiments were echoed by many volunteers on the mission, despite the danger that might have presented itself on the trip. Dr. Carolina Davide, a physician who has deep roots in Cebu, explained, "There was a strong feeling in my heart to help out since it is in the Visayas, where my father came from. I feel for classmates and friends who were affected. It was a great sacrifice for my daughter and me, but I could not let this opportunity pass."

The areas we visited lacked adequate food, clean water and electricity, yet the people insisted on helping each other and our group during this pressing time of need. I was floored by the hospitality we received on our medical mission. Dr. Yamada and Dr. Waite both had positive experiences in Tanauan, serving in Father Abe Palaña's church where they shared food and stories along the way. Dr. Waite was moved by Father Abe's kind gestures and looks back fondly on the experience. She said: "This is when it hit me the most—he served us with the best that he had. He, the parish priest was himself a victim just like the rest—he didn't have to." Our group was extremely fortunate to have gracious hosts who provided us with proper food, clean water, generous accommodations and transporta-

tion to each site.

Many of the volunteers physicians reported that the majority of the over 6,000 patients they saw over the course of a week had respiratory infections, hypertension, gastrointestinal and skin infections or rashes and nutritional deficiencies. Some physicians even talked about the mental trauma some of these patients faced, including post traumatic stress disorder. The patients whom I saw were referred by physicians because they were suspected to have diabetes or hyperglycemia (high blood sugar levels). It turned out that the diabetes were uncontrolled because they ran out of medications such as insulin which was not available because it required refrigeration.

The reality of these free clinics was that a month into relief efforts, the long-term diseases and ailments were just now coming to light. For myself, watching these patients come to the clinic with their diabetes so out of control because of lack of medications was one of the most heartbreaking scenes I have experienced during the entire trip. I knew whatever medications we provided them would just last a few months at the most. Dr. Yamada recalled one of the more unique cases he came across on his journey—a young woman

(continued on page 9)

## Joseph M. Zobian, M.D.



**Board-certified  
ophthalmologist**  
U.S. Peace Corps Volunteer,  
Philippines  
San Marcelino, Zambales  
1988 to 1990  
Tagalog and Ilokano spoken

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## ASK A DOCTOR

## What is Glaucoma?

by David Mai, M.D.

**A**nswer: Glaucoma is an eye disease in which the pressure inside the eye is too high. The pressure in each of our eyeballs is determined by how much fluid is in each of them. This fluid is not the tears on the outside of the eye (e.g. when you cry) but the liquid on the inside. When the amount of liquid on the inside is too much then the pressure that builds up on the inside of the eye damages the eye. In particular, the optic nerve gets damaged and that can lead to a loss of peripheral or side vision and then eventually a loss of central vision (which is the good vision that you need to drive a car, read a book etc).

**Who gets glaucoma?**

**Answer:** Anyone can get glaucoma at any age, however,

there are some who have a greater chance of developing this eye disease. In particular, the old get it more than the young. People of African-ancestry are more likely too. Other risk factors include diabetes, hypothyroidism, any previous eye trauma (eg previously punched in the eye), prolonged use of steroids or prednisone, a family history of glaucoma. According to the Glaucoma Research Foundation, the risk of developing glaucoma is 1 in 10 if you are over 75, 1 in 16 if you are between 65 and 74, 1 in 50 if you are 55 to 64, 1 in 200 if you are 18 to 44 and 1 in 10,000 in a newborn infant.

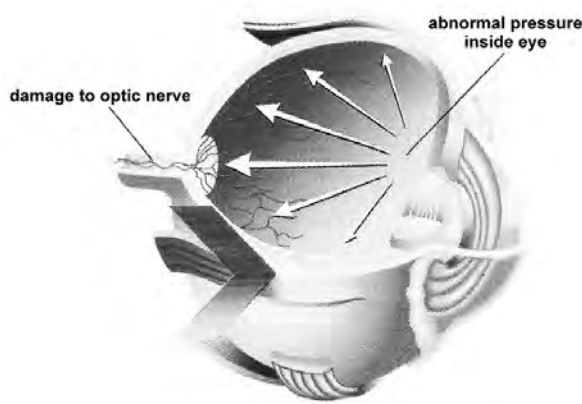
**How do I know if I have glaucoma?**

**Answer:** Most people have NO symptoms. The best way is to go see your eye doctor. On rare instances, some people will have headaches,

eye pain, blurred vision, nausea/vomiting and see halos around lights but most people have no symptoms at all. So the best way to know is to get checked.

**How do I get checked?**

**Answer:** It's simple ..... make an eye appointment and go! There is nothing to be afraid of. When you see your eye doctor, he or she will evaluate you for glaucoma by taking a good history to look for glaucoma risk factors, measure the pressure inside your eye and look at your optic nerve. After all that, if your eye doctor has an increased suspicion that you might have



glaucoma then you may have other tests done like a visual field test to check your peripheral or side vision and an optic nerve scan. There are other tests too but none of them are painful or hurt so do not put it off...call and get checked!

**How often should I get checked?**

**Answer:** Everyone should get checked at least once every few years. If your eye doctor finds something that looks suspicious (but not yet definitely glaucoma) then you may need to get checked even more often.

**If I have the disease, what is****the treatment?**

**Answer:** The treatment is usually just eye drops. If that is not adequate then laser surgery or bigger surgeries are required. Treatment is generally effective in preserving vision. If you have glaucoma, early treatment is always best.

Last thoughts.... Glaucoma is a leading cause of blindness in the United States and world-wide. With early diagnosis and treatment, glaucoma patients do well. If you have glaucoma but do not know it and hence do not get the proper treatment then there is a much higher chance that you will go blind. The eye exam is simple and painless so if you have never been thoroughly checked by an eye doctor please do so as soon as you can.

**DR. DAVID MAI** is an ophthalmologist practicing in Hawaii since 1994. He is a graduate of Yale Medical School and practices in Aiea at Island Medical Center. For more information, he can be reached at 487-9667.

## HAWAII-FILIPINO NEWS

## UH Study Links Genetic Variant to Higher Rates of Premature Births For Filipinos

A team of University of Hawaii scientists has discovered a genetic explanation as to why Filipino women in Hawaii have a higher chance of delivering their babies before full term.

Nearly 12 percent of women of Filipino ancestry in Hawaii deliver their babies early, compared to white (7.2 percent) and other Asian populations (9 percent) in the state.

Published in the September 2013 issue of the American Journal of Obstetrics & Gynecology, the study found an association between a genetic variant in the DNA of Filipino women and higher levels of a hormone that increases the chances of pre-term birth. The normal length of pregnancy is 40 weeks; the study focused on late pre-term birth from 34 weeks to 36 weeks and six days.

Researchers selected maternal blood, DNA and tissue from the UH Biospecimen Repository which contains

samples from over 8,000 pregnant women. Ninety-four patients met the inclusion criteria and were able to trace their Filipino ancestry back to all four grandparents.

The scientific team found that a small genetic mutational change in the women's DNA was linked to the higher levels of the protein relaxin in the uterine cells.

"We were excited because there are very few studies which link genetics right through to the levels of a protein being expressed in the cells of interest," says Dr. Gillian Bryant-Greenwood from the John A. Burns School of Medicine (JABSOM) Department of Obstetrics, Gynecology and Women's Health. "Often people look at the genetics but they don't look at the effects of the genetics on the protein being produced in an actual cell type and that's why this is important. It's the protein which does the job."

What makes this development even more fascinating is that a previous study in Denmark showed that Danish women also carried this small

change in their DNA that make them susceptible to pre-term births. The connection between the study on pre-term birth in Danish women and Filipino women suggests that this is important in more than one popu-

lation in the world.

Dr. Bryant-Greenwood hopes that with this new information, pregnant Filipino patients could potentially be offered a test to show if they are at high risk for a pre-term birth. She also recommended that pregnant Filipino women be more carefully monitored.

## Study Says Hawaii in 'Critical Fiscal Condition'

A new study by George Mason University's Mercatus Center has found that Hawaii ranks number 43 nationwide as one of the states whose finances have reached a critical point.

The study considered and weighed a variety of financial indices, including cash solvency, budget solvency, long-run solvency, and service level solvency, in formulating their rankings.

Although the report specifies that the findings reveal a "snapshot in time," the rankings are reflective of general fiscal health and policy—a fact that underlines Hawaii's spend-

ing and budget issues as well as the problem of unfunded liabilities that continue to damage the state economic outlook. Hawaii ranked 24th in cash solvency (whether the state has cash on hand to meet short-term obligations), but was 47th in budget solvency, 40th in long-run solvency (ability to cover long-term obligations), and 42nd in service-level solvency (whether the government has sufficient resources to provide adequate services for residents).

"Again, we see the effect of continual fiscal mismanagement," says Keli'i Akina, Ph.D., president of Grassroot Institute of Hawaii, a non-profit, non-partisan research in-

stitute dedicated to the principles of individual liberty, the free market and limited, accountable government. "Taxpayers and citizens must demand greater accountability from our political leaders or we will see our spending and budget shortfalls continue to damage Hawaii's economic well-being."

As the Legislature considers bills related to taxes, spending and unfunded liabilities, Akina called on legislators to heed the warnings contained in the Mercatus Center's State Fiscal Condition Report.

To read the full Mercatus report, go online to: <http://mercatus.org/publication/state-fiscal-condition-ranking-50-states>



## IMMIGRATION GUIDE



By Atty. Emmanuel  
Samonte Tipon

# Falsus In Unum, Falsus In Omnibus

**T**he Latin maxim “falsus in unum, falsus in omnibus” means “false in one thing, false in everything”.

This “is a hoary maxim which allows a fact-finder to disbelieve a witness’s entire testimony if the witness makes a material and conscious falsehood in one aspect of his testimony. The maxim is based on the logic that a person may mistakenly testify wrongly and still be believable, but if a person testifies falsely, willfully, and materially on one matter, then his “oath” or word is not “worth anything” and he is likely to be lying in other respects.” *Li v. Holder*, No. 08-70586 (9th Cir. 12/31/2013)

As Ron Paul puts it, “if an entity (person or government) has lied to you about one thing, it is safe (and legal) to assume that

entity has lied to you about everything. Given the fact that the government has been caught lying over and over and over about things big and small, is it not safe to assume the government is lying to us about everything?”

Consider these examples: An American politician says “If you like your health care plan, you can keep it” and later health insurers tell their insureds that their policies are being cancelled because they do not conform to the Affordable Health Care Act (Obamacare).

A Filipino politician wins on a slogan “Kung walang corrupt, walang mahirap” (“If there are no corrupt people, no one will suffer hardship”) and then allegedly uses pork barrel funds to “influence” senators to impeach the former Philippine Chief Justice Renato Corona, thus certain Manila columnists have started emphasizing the initials of his two given names “BS” (bovine sleaze?)

During the impeachment trial, Senator Miriam Defensor-Santiago cautioned prose-

cutors to be “extremely careful” in introducing fake documents, saying if there is proof that a specimen signature card on an alleged Corona bank deposit was falsified then the Senate might consider the maxim “falsus in unum, falsus in omnibus.” She explained that if the Senators are convinced that the prosecutors have been foisting a fake document, the Senate might invoke the maxim that if the prosecutors have been lying on one particular, then they have been lying on all particulars and the Senators will have to disbelieve everything that they offer in evidence. *Philippine Daily Inquirer* 02/22/12.

In folklore, one of Aesop’s Fables is “The Boy Who Cried Wolf” from whence was derived the idiomatic expression “to cry wolf” meaning to give a false alarm. A shepherd boy shouted “wolf, wolf” and the neighbors rushed to help him, thinking a wolf was attacking his flock but they found no wolf. Later the boy again cried “wolf, wolf” and the neighbors again came to his rescue, but there was no wolf. The

third time he shouted “wolf, wolf” there was a real wolf but the neighbors ignored him and the wolf devoured his sheep. Three strikes and you are out.

The moral of this story according to Aristotle is that even when liars speak the truth no one will believe them.

According to Wikipedia, teachers have used the fable as a cautionary tale about telling the truth but a recent educational experiment suggested that reading “The Boy Who Cried Wolf” increased children’s likelihood of lying, while reading a book on George Washington and the cherry tree decreased their likelihood of lying. Therefore, a favorable outcome seems to be the key to the moral instruction of young people.

## Immigration and Falsus In Unum

In the immigration context, the courts have applied the maxim falsus in unum, falsus in omnibus. Denying an alien’s asylum claim, a court held that the Board of Immigration Appeals and the immigration

judge properly used the maxim to find that material inconsistencies in her testimony regarding one claim (religious persecution) discredited her testimony on another claim (forced abortion), thus all her testimony was properly discredited and supported an adverse credibility determination. *Li v. Holder*, No. 08-70586 (9th Cir. 12/31/2013).

**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 is originally from Laoag City and Magsingal, Ilocos Sur. Atty. Tipon specializes in immigration law and criminal defense. He served as an immigration officer and co-authored “Immigration Law Service, 1st ed.,” an 8-volume practice guide for immigration officers and lawyers. His radio program airs Thursdays at 7:30 am on KNDI 1270 AM. He can be reached via mail at: 800 Bethel St., Suite 402, Honolulu, HI 96813, by telephone at (808) 225-2645 or by e-mail: [filamlaw@yahoo.com](mailto:filamlaw@yahoo.com). For more on Atty. Tipon, go online to: [www.MilitaryandCriminalLaw.com](http://www.MilitaryandCriminalLaw.com). This article is a general overview of the subject matter discussed and is not intended as legal advice.

## POINT OF VIEW (from page 7, LEYTE ...)

who had an advanced case of schistosomiasis—a devastating parasitic disease that caused a host of other health problems such as portal hypertension and splenomegaly (an enlargement of the spleen). This woman had been given medication for the schistosomiasis, but the other issues were so bad they required surgical intervention. Due to late intervention on our part and the lack of money on hers, there was little to nothing we could do for her. Unfortunately, we sent her away with whatever medications we had and hoped for the best.

The truth is, even though these medical missions are shorter-term, immediate solutions, we still tried helped in whatever way we could. We educated those with diabetes about their illness, provided a shoulder to cry on for those who were still experiencing traumatic flashbacks and attempted to

give everything we could to those working to rebuild communities that were lost. Pediatrician Amy Jacang noticed this and commented, “They are resilient and they are trying very hard to adjust to the changes in their lives. They are very grateful for whatever help comes their way and I hope that we will continue to help these communities in the future.”

On our last day while driving back from Pastrana along the coastline of Leyte, I noticed that we passed Filipino flags attached to what was left of the houses, or even the tents and shelters provided by other organizations. Despite having little to nothing, these people were still proud of their country and placed flags all over in order to represent the strength they had. Many other countries like the U.S., Australia, Israel, Germany, Korea, Taiwan, and more were coming

together to help the Philippines rebuild.

As the sun set on Leyte, I couldn’t help but appreciate my many experiences and more importantly, the wonderful people I worked with. While the scenery may have reminded me of *Apocalypse Now*, I wonder if Marlowe and Captain Willard, two of the movie’s main characters, were wrong in their final sentiments of the film—perhaps in moments where darkness shrouds over a situation, it is important to focus on the light—no matter how dim it might be at the time. With the help of wonderful people and a fighting spirit, there will always be a light in the heart of darkness.

**CHRISTA LEI SONIDO** is a senior at DePaul University, where she is majoring in Psychology and minoring in Creative Writing. She has made the Dean’s List since she first attended DePaul in 2012.

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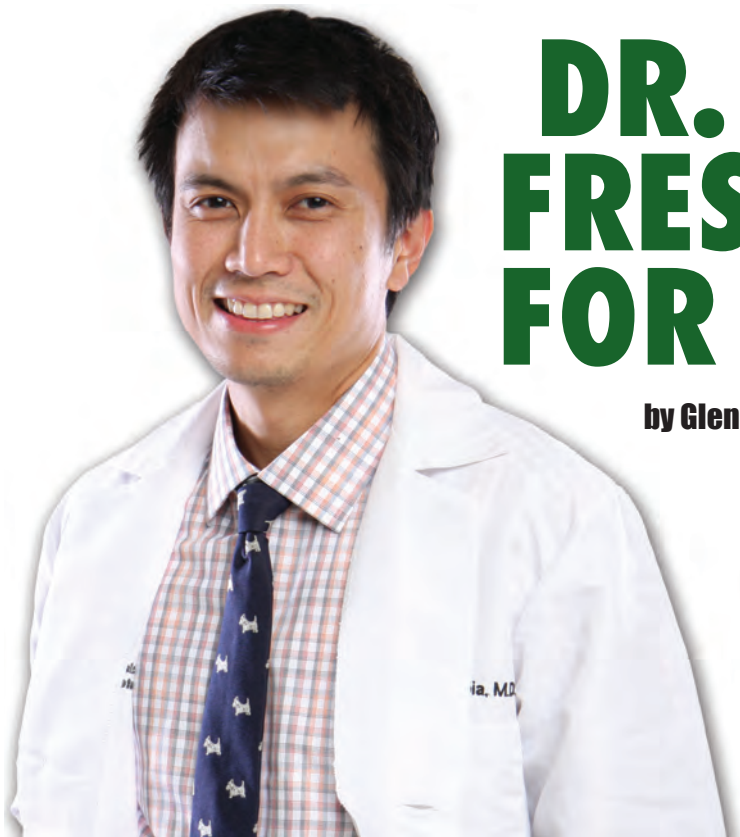
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## FEATURE

# DR. JERALD GARCIA - FRESH FACE AND OUTLOOK FOR PMAH

by Glenn Wakai



New PMAH President Dr. Jerald Garcia

**J**erald Garcia became the family physician early in life. At age five his toys were a stethoscope and

tongue depressor. He recalls opening his bag of toys and regularly taking his grandmother's blood pressure. It was a glimpse of what would eventually become his career.

The little physician has become a full-fledged doctor. At age 38, he is one of the youngest Presidents to lead the Philippine Medical Association of Hawaii (PMAH). His veins are overflowing with enthusiasm. "Many of our founding members are retiring. I want to reach out to younger people and continue the mission of this organization into the future," says Garcia, "We can do so by utilizing all the technological advancements, such as Facebook and Twitter, to attract the younger population."

The PMAH celebrates 36 years this year. It has four main goals:

1. Provide medical care at local clinics to immigrants or those without medical insurance.
2. Offer doctors opportuni-

ties for professional development.

3. Mentor budding doctors or medical students.
4. Provide humanitarian medical care to those overseas.

In 2009, the PMAH established the Ohana Medical Missions to provide healthcare and health education to indigent patients in the Philippines, Hawaii, and other countries. OMM has sent doctors to Isabela, Davao, Cabanatuan, Bicol, Ilocos Sur, Ilocos Norte, and Quezon City. A month ago, the organization sent a team of 40 doctors to Tacloban and the Visayan region to assist in the aftermath of Typhoon Haiyan.

"My goal for PMAH is to uphold the tradition of service to the community by supporting its affiliates; to continue the spirit of camaraderie amongst its members; to reach out to the younger physicians and students interested in a career in medicine in order to ensure the longevity and continued success of this great organization," says Garcia, "I would also like to further incentivize PMAH membership by working with local businesses to offer our members

with special discounts and exclusive deals."

With Filipinos accounting for one out of every five people in Hawaii, Garcia sees great potential in the PMAH. "Filipinos comprise a significant percentage of the population here in Hawaii. It is important that we have a voice when it comes to issues affecting our health. PMAH empowers not only the physicians but also the patients they serve through several programs that provide education, health services and community outreach."

Dr. Garcia was born and raised in Cebu City. He hails from a family of politicians and lawyers. His father, a lawyer, was the Mayor of Cebu and would come to Hawaii twice a year to promote a sister city relationship with Honolulu. Garcia recalls coming to Hawaii many times as a child, "My dad had so many friends here. It was like our second home."

By his 18th birthday, Garcia was ready for adventure: "I wanted to experience life on my own. I thought it would be a good idea to go to college in another country. I have family on the East Coast and the West Coast so I decided to go some-



Dr. Jerald Garcia and Family : (L-R) Christina, Paolo Jesus, 9; Cecilia Marie, 3; Mateo Javier, 6; and Jerald

where in between."

That somewhere landed up being Minnesota. He did his undergraduate and graduate studies there and even found his wife in the "Land of 10,000 Lakes." Christina is from neighboring Wisconsin.

The couple flew across the "Pacific Lake" to be married in the Philippines in 2003. Garcia graduated from medical school in 2005, with a specialty in Pain Management and Anesthesiology. He is board certified in both specialties.

Following graduation, Jerald and Christina decided to settle in Hawaii to be at the midway point between both families. They now have three children ages 3 to 9.

Garcia's two brothers are both lawyers. As a child he recalls being the caretaker for others – the one looking after the elders. His compassion comes through when describing his care for Hawaii's ill. "I

do interventional pain management, I find it most gratifying to be able to take away pain from patients who have suffered for many months, even years, by performing procedures such as spinal injections and nerve blocks."

For his own relaxation, Garcia enjoys traveling, playing golf and someday would like to take up boating. The Hawaii Kai resident has never owned a boat but is fascinated by what he sees outside his window. Garcia dreams about going to a haircut appointment or grocery shopping by boat, rather than a car. He plans to navigate across the water before retiring, but says he will put this new adventure on hold until finishing his upcoming term as President of the PMAH.

**GLENN WAKAI** is a State Senator and former veteran television reporter.

## CANDID PERSPECTIVES (from page 3, DOES...)

funding to programs. That's all good.

The statistics seem staggering. The poverty rate for Asians (11.7 percent) is about half what it is for other minorities. That puts the Asian number in the U.S. at 1.9 million in poverty, 14.5 million not, according to the Census.

Compared to the rest, blacks are at 27.2 percent/ 10.9 million in poverty. Hispanics at 25.6 percent/ 13.6 million in poverty. Within the numbers, about four in 10

black children live in poverty, 3 in 10 Hispanic children.

Those are the ones who get hurt the most when incomes are unequal.

Yet, no one in Washington seems willing to talk about serious "wealth redistribution," which means any effort toward ending income inequality is doomed from the start.

In Hawaii, there's a tendency to short-change the hardship factor in American society with the paradise factor.

Better to start owning up to the fact there are real people in need. Either that, or you'll see more stunts like we've seen in the past, where other states ship their poor with one-way tickets to Hawaii.

The paradise approach to income inequality? Doesn't work.

**EMIL GUILLERMO** writes on issues of race for the Asian American Legal Defense and Education Fund ([www.aaldef.org/blog](http://www.aaldef.org/blog)). Like him at [www.facebook.com/emilguillermo.media](http://www.facebook.com/emilguillermo.media); [twitter@emilamok](https://twitter.com/emilamok).

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## PICTORIALS

Shuttle bus of the volunteers to mission sites in Cebu



# OHANA MEDICAL AND HUMANITARIAN MISSION

Northern Cebu and Leyte,  
December 13-December 17, 2013

Photos courtesy of Chona Montesines-Sonido



Arriving volunteers are welcomed by local coordinators in Cebu



Courtesy call with Cebu Gov. Hilario Davide III



Courtesy call with Cebu Mayor Michael Rama



Send-off reception given by Cebu Gov. Hilario Davide III and wife



Tacloban City Airport after Typhoon Haiyan/Yolanda



Patients line-up at DaanBantayan Hospital to be seen by OMM's volunteer physicians



At Alangalang, Leyte, those wanting treatment from OMM volunteers begin forming long lines



Christa Lei Sonido obtains the blood sugar level of a diabetes patient



OMM volunteers serving the many patients at DaanBantayan



Dr. Charlie Sonido gives instructions and dispenses medicines to local residents



In Tacloban, Chau Nguyen checks the blood pressure of a diabetes patient



One of the refugees seen and treated in Tacloban City



Dr. Iggy Pantangco treats a patient in Sta. Fe, Cebu



Dr. Romeo Perez gets the medical histories of a patient and her children



Dr. Jaime Barron treats children who were brought by their parents for pediatric care



Sta. Fe residents patiently wait for their turn to be seen by OMM's doctors



Charles Sonido assists Dr. Carol Davide in identifying medicines to be dispensed



Christa Lei Sonido and Anna Davide sort and count medicines



OMM volunteers sort and dispense medicines



Volunteers Danny Villaruz and Florante Sabinay sort medicines for distribution



Mission volunteers pose for a group photo after a long day of work



OMM President Dr. Russell Kelly (left) presents a new EKG to Dr. Rosendo Estoye, Jr. of DaanBantayan District Hospital



Dr. Russell Kelly hands several medical supplies and donations to Pastrana's provincial health director



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## HAWAII-FILIPINO NEWS

# ISAH Re-Elects Villaruz as President

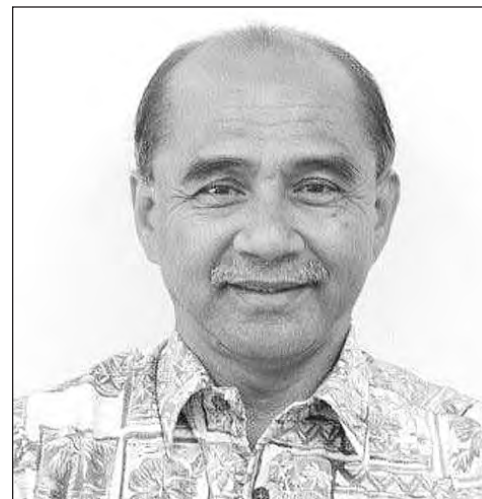
by Amado Yoro

Members of the Ilocos Surian Association of Hawaii (ISAH) board of directors met on January 7, 2014 for its biennial election of officers. A total of 55 members representing 14 unit organizations met at the Susannah Wesley Community Center.

The election of officers was conducted by ISAH's election committee, which included chair Amado Yoro and co-chairs Jun Abinsay, Ben Cabreros, Pio Enrico and Louie Funtanilla.

Re-elected as president was Danny Villaruz. His priorities are to continue ISAH's on-going projects such as the Ilocos Sur Medical and Homecoming Mission, Ilocos Sur Idol singing contest and a Mrs. ISAH Pageant for the 2015 mission, the President Elpidio R. Humanitarian Awards and scholarship projects with greater focus on Ilocos Sur students.

Villaruz was first elected as interim president in November 2001 and officially installed in February 2002 by then-Ilocos Sur Governor D.V. Savelano. The following year, the medical and homecoming mission was con-



Danny Villaruz

ceived under the leadership of Dr. Charlie Sonido, Dr. Elizabeth Lim Abinsay and then-State Rep. Jun Abinsay, Jr.

The newly-elected officers were sworn in by Jun Abinsay and witnessed by UFCH President Jenny Quezon and OFCC President Jean Jeremiah.

Ilocos Sur is a province in the Northern Luzon. Its history can be traced back in the 16th century during the early years of the Spanish colonization era. Its capital city, Vigan, is classified by UNESCO as a World Heritage site and is one of the few Hispanic towns left in the Philippines with cobble-stone streets and centuries-old Hispanic architecture homes.

Other ISAH officers elected include:

- 1st Vice President: Dr. Estrella Pada Taong
- 2nd Vice President: Leticia Dalit
- Recording Secretary: Loida Yamamoto
- Corresponding Secretary: Davelyn Quijano
- Treasurer: Rose Sabangan
- Assistant Treasurer: Lina Mercado
- Auditor: Alice Castaneda
- Assistant Auditor: Emmie Villaruz
- Public Relations Officers: Romulo Basuel and Antonio Ipalari
- Sergeants-at-Arms: Art Abinsay, Jimmy Dalit, Nemesio Dar, Al Sabangan and Paul Taong.

## City to Accept Household Hazardous Waste

The City's Department of Environmental Services (ENV) is currently accepting appointments for household hazardous waste drop offs. The next two drop off dates are January 25 and March 8, by appointment only.

ENV conducts bi-monthly collection drop offs, but residents must call the ENV Household Hazardous Waste Line at 768-3201 and provide a list of items and estimated quantities. Only small quantities are accepted from each household. Larger quantities may be rejected or incur a fee.

The deadlines to call and make an appointment are January 17 and February 28, respectively. Businesses must contract



privately for proper disposal of hazardous waste materials.

Acceptable items include pesticides, herbicides, fertilizers, solvents, thinners, corrosives, cleaners, varnishes and gasoline. For an expansive list of items accepted, go to: [www.opala.org](http://www.opala.org).



## HAWAII-FILIPINO NEWS

# PMAH Installs New Officers for 2014

The Philippine Medical Association of Hawaii (PMAH) celebrated its 36th Anniversary and installed its officers and Board of Governors for 2014 during a gala celebration at Hilton Hawaiian Village's Tapa Ballroom.

U.S. Sen. Brian Schatz delivered the keynote message and also installed PMAH's new officers, headed by President Dr. Jerald Garcia who at age 38 is one of the youngest presidents to head PMAH. The other officers are President-Elect Dr. Carolina Davide; Secretary Dr. Melvin Paul Palalay; Treasurer Dr.



**Past Presidents at last year's 35th PMAH Dinner installation: First Row (L-R) May Ablan, Arnold Villafuerte, Nash Torres, Nicanor Joaquin, Ramon Sy, Fort Elizaga, Jose De Leon, Second Row (L-R) Dan Canete, Linda Cachola, Aurora Mariani Celia Ona, Fernando Ona, Glorifin Belmonte, Charlie Sonido, Joe Madamba and Dan Ablan**

Michael Castro; and Immediate Past President Dr. Jose De Leon.

Members of the Board of Governors include Dr. Amelia Jacang, Dr. Millette Oliveros, Dr. Emma Avilla, Dr. Alfie Yadao Reviral, and Dr. Fran-

cisco Mercado. Representatives of affiliates were Bayanihan Clinic Without Walls' Dr. Nicanor Joaquin, PMAH Foundation's Dr. Jose Madamba and Ohana Medical Missions Inc.'s Dr. Russell Kelly.

## THE 36TH ANNIVERSARY AND INAUGURAL OF PMAH

January 18, 2014, Tapa Ballroom, Hilton Hawaiian Village

6:00 PM	No-Host Cocktail Visayan Music, Sinulog Costumes	Maricris + Guitar
6:45 PM	Ballroom Doors Open Sinulog Welcome	Balaan-Catalina Night Shades Band
7:00 PM	Welcome, Program Hosts Anthems: Star-Spangled Banner Bayang Magiliw	Rickie Camara, MD, Bennette Misalucha Anna Davide Anna Davide
7:15 PM	Invocation Buffet Dinner	Amelia Jacang, MD Visayan Songs, Slides
8:00 PM	Call to Order-State of the PMAH Service Awards/Recognition Updates	Jose De Leon, MD 2013 President
8:25 PM	Bayanihan Clinic Without Walls	President Nicanor Joaquin, MD
8:30 PM	PMAH Foundation	President Jose Madamba, MD, mentoring
8:35 PM	PMAH Ohana Medical Missions, Inc.	President Russell Kelly, MD, Slides
8:40 PM	Entertainment Hula Song Classical Piano	June B. Sweeney Anna Davide Beth Rhodes, MD
9:00 PM	Introduction of Guest Speaker	Melvin Paul Palalay, MD
9:10 PM	Message	Senator Brian Schatz
9:20 PM	Installation of Officers and BOG	
9:30 PM	Investiture Ceremonies	Jose De Leon, MD, President 2013 Jerald Garcia, MD President 2014
9:35 AM	Toast	Drs. De Leon & Garcia and guests
9:40 PM	Acceptance Speech	President Jerald Garcia, MD
9:55 PM	Sinulog Festival Parade & Dancing	Night Shades Band

# AARP to Support Legislation for Family Caregivers

AARP Hawaii will lobby the 2014 State Legislature to support a bill requiring hospitals to work with family caregivers who assume an appropriate role in developing a plan of care for their loved one, notify caregivers at the time of discharge or transition and help them understand the supporting medical tasks they'll need to perform once the patient is released.

AARP Hawaii Director of Advocacy Steve Tam says the bill will have a two-pronged effect of supporting family caregivers and keeping health care costs in check.

"It enables caregivers to support their loved ones at

home and in the community, and discourages costly and unnecessary hospital readmissions," he says.

Hawaii's frail elderly and disabled residents rely heavily on unpaid caregivers for assistance with bathing, dressing, and other daily activities. But despite the important role caregivers play, they are often left out of discussions involving a patient's care while in the hospital and transitioning from hospitals to rehabilitation centers and back home.

In related advocacy, AARP will also:

- Urge legislators to add \$4.2 million to the \$9 million annual budget of the Kupuna Care program,



**AARP Hawaii Director of Advocacy Steve Tam**

which offers home and community based services to frail elderly residents who are not eligible for Medicaid, and helps delay or prevent the use of more costly institutional care.

- Support a funding request

of \$428,000 for the continued development of the state's network of Aging and Disability Resource Centers, which provide residents with information and referral to appropriate care resources and services.

- Support an additional request of \$500,000 for a long-term care public awareness campaign designed to educate the community on the need to plan for family care and how to pay for it.

These initiatives are aimed at supporting more than a quarter million family caregivers in Hawaii who provide unpaid care valued at \$1.9 billion annually, according to 2009 data.

AARP is an organization for people age 50 and older which champions access to affordable, quality health care for all generations, provides tools needed to save for retirement, and serves as a reliable information source on issues critical to older Americans.

# COVO to Celebrate Visayan Heritage Month

The Filipino Community Center (FilCom Center), the Congress of Visayan Organizations (COVO) and other community organizations will celebrate Visayan Heritage Month on January 26, 2014 from 3:30 pm to 7:30 pm in the Consuelo Courtyard.

The theme for this year's celebration is "Philippine Heroes from the Visayas." Organizers say attendees will be

able to experience Visayan history through songs, dances and heroic re-enactments.

"Visayan Heritage month will be a time to reflect on our unique history and culture in the context of Philippine history so that we can move forward into the future as a stronger community," says COVO president May Mizuno.

Singers and dancers from several Visayan organizations will examine the historical

timeline during the Spanish era and dramatize the heroic acts of key Visayan figures in this epoch of Philippine history.

"It will be an event full of learning, enlightenment, entertainment and lots of authentic Visayan food," says Novie Hartwell, this year's chair of the Visayan Heritage event.

The event is free and open to the public. For further information, please contact the FilCom Center at 680-0451 or Mizuno at 808-741-4503.



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# Rising Global Interest in El Nido, Other Phl Sites



from [www.philstar.com](http://www.philstar.com)

**M**ANILA, Philippines - The “last ecological frontier” of El Nido and other parts of Palawan are among the many destinations of the Philippines that are gaining unprecedented interest in the world market, according to tourism officials.

Tourism Secretary Ramon Jimenez Jr. observed: “Tourism is one of the government’s priorities in pushing for the national agenda of inclusive socio-economic development, and this has helped the country earn unprecedented global interest for its many tourist destinations such as El Nido, Palawan.”

The unique ecological balance of El Nido town spearheaded by the four El Nido Resorts (ENR) is one of the must-see destinations being promoted by DOT to international key markets.

The four ENR properties are named after the islands where they are located, namely Miniloc, Lagen, Pangulasian, and Apulit.

The DOT’s key markets include France, Germany, the US, Canada, Sweden, Australia, Korea, among others.

Jimenez said, “Aside from

the magnificent landscapes of coves, beaches, lagoons, and razor-sharp limestone cliffs, many resort developers in Palawan are also introducing environment-friendly ideas, products and services.”

Earlier in the year, ENR won the highly prestigious Tourism for Tomorrow Awards, the “Oscars” of global ecotourism awards. Winners of TTA demonstrate exceptionally well that they can successfully balance their commitments to profitability, uphold environmental best practices, and benefit local communities that host them.

The four resorts were collectively recognized for “demonstrating the power of tourism to address poverty alleviation, improve local livelihood, and protect the cultural and natural heritage for future generations.”

ENR president Laurent Lamasuta disclosed that employees in Miniloc, Lagen, Pangulasian, and Apulit are trained not only to meet the high service standards of global travelers but also to show them the spectrum of bird species, fish and marine invertebrates that thrive in the ENR properties. The pride of place demonstrated by the ENR staff, combined with exceptional guest service levels,



has garnered ENR a 95 percent guest satisfaction rating.

Jimenez has pointed out that the genuine service and hospitality shown by Filipinos remains the country’s distinguishing mark. “When we say ‘It’s more fun in the Philippines,’ we actually mean to say it’s the Filipino people who will make your holiday unforgettable,” he said.

Apparently, the ENR staff greatly contribute to making a stay in any of the four properties truly memorable.

Lamasuta added that ENR is attracting a new tier of upper-end tourists eager to discover the area’s marine life,

endangered species and natural attractions. Miniloc, Lagen and Pangulasian are in Bacuit Bay, a marine sanctuary, while Apulit is in Taytay Bay, which has been named one of the world’s best snorkeling destinations.

He said, “From the El Nido Resorts, one can encounter 800 marine species, 400 kinds of corals, and 500 marine vertebrates. Just a few feet away from the shore of each of the resorts, one can view an array of marine life, a condition perfect for snorkeling.”

According to Jimenez, the DOT will continue to “seize

this momentum of rising global attention to reach more markets,” especially new segments.

Plans for Palawan include presenting the province as a showcase for biodiversity, emphasizing its rich natural resources, and pointing out legacies like the Tabon caves in southern Palawan where the fossilized bones of the Tabon man was found. The skull was carbon-dated to be 22,000 years old.

In addition to these archaeological find, the unchanged landscape in El Nido and many other parts of Palawan represent rare links to an idyllic past.



## LEGAL NOTES



By Reuben S. Seguritan

# Immigration Reform Is Top Priority in 2014

**T**he House of Representatives wrapped up its affairs for 2013 without passing an immigration reform bill. This despite the continued and intensified protests of immigration advocates to pressure the House to vote on an immigration bill before it closed its 2013 legislative calendar.

More than 1,000 advocates showed up at the House last December 12 and occupied for about an hour the offices of more than 200 Republican lawmakers. Advocacy groups held marches, prayer vigils,

and completed a week-long fast with several members of Congress joining the fast for 24 hours, to show their support.

Advocates were hoping to pressure Speaker John A. Boehner to bring to a vote a democratic bill in the House which mirrors the Senate's and offers a path to citizenship to the 12 million undocumented in the country. The bill has 190 sponsors including three Republicans. The chairman of the Democratic caucus Congressman Becerra of California said that 26 Republicans had expressed support for that bill which would be enough to pass it if Speaker Boehner allowed a vote.

Although immigration reform did not materialize in 2013, many remain confident

that a compromise will be reached in 2014. Democratic and Republican House leaders promised that they will address the issue early next year. According to Republican Congressman Robert W. Goodlatte (VA), chair of the Judiciary Committee, immigration would be top priority in 2014.

Speaker Boehner also deems immigration as a priority legislation in the new year. Michael Needham, chief executive of the conservative advocacy group Heritage Action said in an interview that the speaker wants to clear the way for immigration reform next year and he has been very clear of that. Speaker Boehner even hired immigration policy expert Rebecca Tallent to lead his team.

The budget deal that was struck between House Republicans and Senate Democrats

is also seen as a positive sign for immigration reform in 2014. The bipartisan budget deal rids threats of fiscal crises such as government shutdown for the next two years and will allow lawmakers to address major issues in the agenda including immigration reform.

The staunch opposition of the majority of House Republicans to the proposed pathway to citizenship for the 12 million undocumented immigrants in the country, however, remains the biggest challenge.

Republican Congressman David Valadao (R-Cal.) and Jeff Denham, (R-Cal.) are pushing their Republican colleagues to sign a letter supporting immigration reform. They are looking to present the letter to Speaker Boehner in January. It is hoped that Boehner's passing the bipartisan budget deal

is evidence that he might also be willing to support an immigration bill that is not supported by the majority of the Republican Party.

Meanwhile, immigration advocates indicated that their protests will intensify next year. Frank Sharry, executive director of America's voice said that "Reform is a matter of when, not if." With House leaders signifying that immigration legislation is top priority next year, the growing support from the American people and the unwavering determination of advocates, 2014 looks to be a promising year for immigration reform.

**REUBEN S. SEGURITAN** has been practicing law for over 30 years. For further information, you may call him at (212) 695 5281 or log on to his website at [www.seguritan.com](http://www.seguritan.com)

## PHILIPPINE NEWS

## Palace: Phil Won't Open Jobs to Foreigners Yet

by Louis Bacani

Thursday, January 16, 2014

**D**epartment of Labor and Employment (DOLE) is reportedly eyeing foreign workers to address inadequacies in some local professions.

At a televised press briefing, Communications Sec. Sonny Coloma clarified that the proposal to open local hard-to-fill jobs to foreigners is still just an understudy.

He said local industries have only recommended that DOLE should consider the

feasibility of opening 15 categories of highly-skilled occupations to possible foreign employment in the event of shortages in local supply.

"Yung industriya, pina-paaral lang po ito sa ating pamahalaan para mapagtulungan kung paano ma-meet yung apparent shortage," said Coloma, adding that the consultation between the DOLE and the industries continue.

Coloma added that the suggestion to open the hard-to-fill jobs to foreign workers came from the local industry

and not from DOLE, which has been criticized after the matter was reported in the media.

He said the government continues to prioritize job creation and to reduce unemployment among Filipinos by working closely with industries.

"Hindi po focus ng gobyerno 'yung tanggapan ng oportunidad ang mga mamamayan at i-offer sa mga foreigner," Coloma said.

According to reports earlier this week, Labor Sec.

Rosalinda Baldoz said the government is allowing the entry of foreigners to at least 15 occupations suffering from skills shortage: architect, chemical engineer, chemist, environmental planner, fisheries technologist, geologist, guidance counselor, licensed librarian, medical technologist, sanitary engineer, computer numerical control machinist, assembly technician, test technician, pilot and aircraft mechanic.

Baldoz said this occupational shortage list was derived from a series of survey and consultations with con-

cerned stakeholders.

She said that an occupation can be considered to be experiencing shortage when there is a high demand for the position but there are very few applicants, or when there are few qualified applicants compared to the number of available jobs.

Coloma, meanwhile, said the shortages in some professions "could serve as a signal for our Filipino professionals abroad to return to the country to fill this gap and for schools to realign courses offered to match the demand for highly skilled workers."

([www.philstar.com](http://www.philstar.com))

## HAWAII-FILIPINO NEWS

## FilCom to Host Small Business Workshop

**A** workshop on how to launch your own non-profit organization in Hawaii will be held at the Filipino Community Center (FilCom) on January 21, 2014 from 6 pm to 8 pm.

Service Corps of Retired Executives (SCORE) counselor Dennis Bunda will guide participants through planning, management and finances of

non-profit administration.

The workshop is the latest in a series of small businesses classes hosted by the FilCom, which partnered with SCORE last September to resume the popular Magnegosyo Entrepreneurship Series. Sessions are held every third Tuesdays of the month at the FilCom Center and are designed to assist small business owners and new start-ups.

SCORE is a non-profit

association dedicated to entrepreneur education and the formation, growth and success of small businesses nationwide. Its working and retired volunteers serve as counselors to America's small businesses.

Each session will take place in the FilCom Tech Center. Registration is free. For more information, call the FilCom at 680-0451 or SCORE at 547-2700.

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## PHILIPPINE NEWS

# Answer to Phl's Rehab? Printer Can Build House in 1 Day

by Camille Diola  
Monday, January 13, 2014

**M**ANILA, Philippine - A new technology called 3D printing or Contour Crafting (CC) still under development in the University of Southern California (USC) promises to build outer structures in record speeds.

The mammoth machine promises to complete a medium-scale house in 24 hours, moving along two rails and pours out concrete much like an ink-jet printer built by giants.

Researchers at USC led by Professor Behrokh Khoshnevis called it a "robotic construction system" fabricating parts layer by layer.

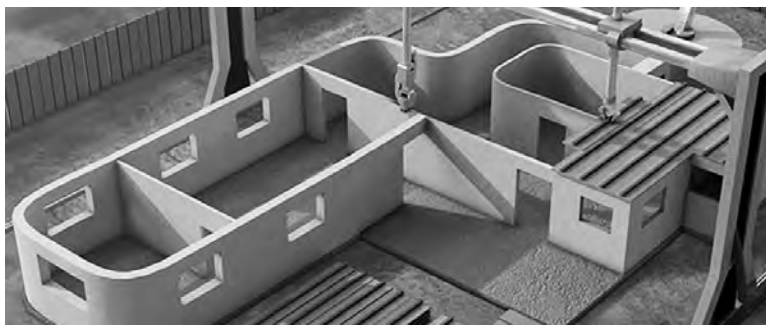
"The chief advantages of the Contour Crafting process over existing technologies are the superior surface finish that is realized and the greatly en-

hanced speed of fabrication," the USC Viterbi School of Engineering said on its website.

The CC printer is currently being developed for ceramics and construction materials. In the near future, it may be applied to emergency housing and low income housing construction as well as in building adobe structures, but these are just among the many possibilities.

"As for the future development direction of CC, a relatively large multidisciplinary research team at the University of Southern California will be investigating the application of the technology in construction of modern civil structures, construction of structures on the moon and Mars, and in fine arts on the creation of large ceramic sculptures," the site said.

## 3D printing for emergency



Computer model of an upcoming technology called Contour Crafting being developed at an American university. ContourCrafting.org

## housing

Khoshnevis sees how the technology can alleviate situation in disaster zones and war-ravaged areas around the world.

"The sad reality of the situation is that it can take several months or years before disaster victims are placed in permanent housing, many remain in primitive camps or even homeless indefinitely," the researchers said, explaining the scenario where contour crafting can be applied.

They also said victims of

war and calamities deserve to have a dignified life and should not be made to suffer for months and even years while their homes and communities are being rebuilt.

"Contour Crafting technology can deliver strong dignified houses to disaster victims very rapidly. Construction by Contour Crafting can build a 2,000 square foot house with all utilities for electrical and plumbing in less than 24 hours," they explained.

Labor and transportation

costs of materials are also minimized as the technology can adapt in any environment.

"Since Contour Crafting is an automated process, labor needs are highly minimized allowing relief workers to allocate their time and effort to rebuilding local infrastructure such as water sanitation and distribution systems, roads, electrical and communication systems as well as irrigation systems," the researchers added.

The Philippines faces an enormous task of rebuilding thousands of houses and infrastructure in the Visayas after Super Typhoon Yolanda (Haiyan) smashed last November.

Observers said rehabilitation can take up to five years while millions of people have been uprooted from their homes and livelihood.

(www.philstar.com)

# Goodbye Kickbacks? Phl to Use 'Cashless Cards' in Gov't Transactions

from www.philstar.com  
Wednesday, January 15, 2014

**M**ANILA, Philippines - The Department of Budget and Management (DBM) on Wednesday launched the Cashless Purchase Card (CPC) program, which enables government agencies to make financial transactions entirely through electronic means instead of cash or checks.

The DBM said the Cashless Card will function like a corporate credit card, which government employees and offices can use for their procure-

ment needs.

In his speech during the televised launching of the new anti-corruption initiative, President Benigno Aquino III said the government procurement system will now be modernized through the CPC program.

"Cashless purchase cards will be issued to agencies, for low-value payments of a restricted number and type of goods and services. They will resemble ordinary credit cards, but will have additional restrictions more suited to the needs of government," Aquino said.

With the new program, Aquino said government finan-



cial transactions should be 100 percent checkless and 80 percent cashless before the end of this year.

The President said the CPC system will help improve the overall fiscal management of government and the thousands of officials who must deal with

the needs of their agencies every day.

"So, in the future, a government director in a far-flung province need not go through lengthy processes, if money is needed for minor construction to repair their office," Aquino said. "The cashless purchase cards will allow them to procure the necessary materials immediately—and, given that accounting for transactions is automatically done, suspicious use of the card can be tracked easily."

Aquino added that the CPC system also allows the government to capture and collate the correct data, which redounds to real benefits.

"For one, a bigger sample size of data will allow us to refine our understanding of programs that need funding. It will also make it easier for the Treasury to determine how much cash is needed on a daily basis—giving as an accurate record, which government can use in future decision making," The President said.

The CPC system will be initially implemented across the DBM, the Department of National Defense and the Armed Forces of the Philip-

pines.

Aquino said a limited number of cards will be distributed to these agencies, with allowable purchases limited to medical supplies, meals, the transportation of official documents, airline tickets and construction supplies for minor repairs. The Cashless Card program is a joint effort between the Aquino administration and Citibank.

## Response to corruption

During the launching of the program, DBM Sec. Butch Abad said the CPC system is a response to the alleged misuse of military funds in 2011.

"It purportedly involved billions of pesos in funds supposedly for the hiring of soliders but which were converted to other uses including certain dubious purposes," Abad said.

Abad said through the CPC, expenses for a limited menu of items can now be done fast and liquidation will also become faster.

Budget Undersecretary and chief information officer Richard Moya also said the Cashless Card will make the auditing and accounting process in government financial transactions "much quicker, easier and more transparent."

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## PHILIPPINE NEWS

# Remittances Hit New High in November

by Kathleen A. Martin  
Thursday, January 16, 2014

**M**ANILA, Philippines - Remittances posted a new record high in November last year as demand for Filipino workers abroad continued to rise, the Bangko Sentral ng Pilipinas (BSP) reported yesterday.

Money sent home by Filipinos abroad grew 7.5 percent to \$2.063 billion in November last year from \$1.918 billion in the same month in 2012.

The figure was also higher than October last year's \$2.062 billion.

The central bank earlier said remittances are expected to rise significantly in November and December due to increased financial aid for survivors of natural calamities that hit the country last year.

BSP officials said Filipinos abroad will likely send more money to their families for rebuilding efforts as billions-of-pesos-worth of infrastructure were destroyed by the 7.1-magnitude earthquake in October and Typhoon Yolanda in November.

Cash remittances went up 6.1 percent to \$20.605 billion in the first 11 months last year



from \$19.417 billion in 2012.

"The steady deployment of OF (overseas Filipino) workers remained the key driver of growth in remittance flows for the first eleven months of the year," the BSP said.

Citing data from the

Philippine Overseas Employment Administration, the central bank said approved job orders reached 731,254 in January to November last year.

The bulk or 43.2 percent of said job orders went to services, production, and professional, technical, and related workers. These were intended for manpower requirements in Saudi Arabia, the United Arab Emirates, Kuwait, Taiwan, Hong Kong, and Qatar.

The central bank noted remittances from land-based workers went up 5.5 percent to \$15.8 billion in the eleven months to November, while

those from sea-based workers expanded 8.2 percent to \$4.8 billion.

"The major sources of cash remittances were the United States, Saudi Arabia, the United Kingdom, the United Arab Emirates, Singapore, Canada, and Japan," the BSP said.

At the same time, the BSP said the continued expansion of local banks' services abroad has supported the sustained inflow of remittances to the country.

The central bank expects remittances growing by five percent in 2013 over 2012's \$21.391 billion. (www.philstar.com)

## MAINLAND NEWS

### Scripps College Organizes Benefit for Relief Efforts in Philippines

**F**aculty and students in the Scripps College Music Department have organized "Remember, Rebuild, and Sustain: 'Walang Iwanan,' a benefit event on February 2, 2014 to raise support for on-going relief efforts.

The benefit includes a workshop and variety of musical performances that are free and open to the public. At 12:30 pm in Boone Hall of the Scripps College Performing Arts Center, Annie Cuevas, director of tourism of the Philippine Consulate in Los Angeles and Tony Olaes, chairman of Gawad Kalinga USA, will discuss the aftermath of the typhoon and ensuing earthquake.

At 1:30 pm, two concu-

rent pre-concerts titled "Musicking that Matters" will take place in Boone Theater and in the Pattison Courtyard located just outside of the Scripps College Performing Arts Center. These events will feature performances by students from The Claremont Colleges.

The main benefit concert begins at 3 pm in Garrison Theater of the Scripps College Performing Arts Center. This event will feature students and faculty from the Scripps College Music Department and The Joint Music Program of Scripps, Claremont McKenna, Harvey Mudd and Pitzer Colleges. Filipino, European and American repertoire will be performed.

Donations will be col-

lected at each performance. Proceeds will benefit Gawad Kalinga, a Filipino philanthropic organization dedicated to rebuilding communities. A capacity audience is expected. For more information, please call the Scripps College Music Department at (909) 607-3266.

Scripps College was founded in 1926 by Ellen Browning Scripps, a pioneering philanthropist and influential figure in education, publishing and women's rights. Scripps is a top-ranked liberal arts college and women's college with approximately 950 students and a member of The Claremont Colleges in Southern California.

### Palace Insists PDAF Abolished

by Delon Porcalla  
Thursday, January 16, 2014

**M**ANILA, Philippines - There is no more Priority Development Assistance Fund (PDAF).

Malacañang reiterated this yesterday amid concerns over the realignment of funds of some senators, including the P100 million that Sen. Jinggoy Estrada allocated for the city of Manila.

"First and foremost, what is very, very clear under the law is that there is no more PDAF because the President, the Supreme Court (SC) already mentioned there is no PDAF," presidential spokesman Edwin Lacierda said.

He added that lawmakers from both the House of Representatives and the Senate complied with the SC decision.

Lacierda said Budget Secretary Florencio Abad had also explained that Estrada's realignment of his PDAF to the city of Manila where his father, former President Joseph Estrada, is the incumbent mayor, was part of the amendment introduced by

the senators.

"The answer of Secretary Abad was that we need to study... we need to get their (side) or the intention of the senators insofar as this is concerned," he said.

He said all realignments were part of the amendments that have been agreed upon by the bicameral conference committee that threshed out the final budget bill.

He said it is part of the legislative process, adding that the propriety of the insertions is up to lawmakers to explain.

Lacierda also clarified misimpressions that lump sum appropriations have been prohibited by the high court.

"If I remember the SC decision, there was no all-out ruling that lump sum appropriations are wrong," he said.

Lacierda also debunked claims that senators who had realignments may have pulled a fast one on Aquino, noting that they are subject to conditional implementation.

"We have a requirement on what we call conditional implementation that was stated in the veto message of the President," he said. (www.philstar.com)

### National Slavery and Human Trafficking Prevention Month

**P**resident Barack Obama has proclaimed January 2014 as National Slavery and Human Trafficking Prevention Month. He called upon private businesses, civil society groups, faith leaders, families and individuals to recognize the vital role they can play in ending all forms of modern slavery.

U.S. Department of State officials are urging Americans

to educate themselves about this crime by learning the red flags that may indicate human trafficking. Those who suspect potential human trafficking activities should call the National Human Trafficking Resource Center at 1-888-3737-888. Conscientious consumers should also visit slaveryfootprint.org to determine "How many slaves work for you?" and learn what

they can do to fight human trafficking.

"For individuals everywhere, now is the time to learn about the way this crime intersects with our lives, and to learn how we can contribute to a solution," says Luis Cde-Baca from the Office to Monitor and Combat Trafficking in Persons. "That requires sharing information about how consumer practices fuel the

demand for forced labor, and being aware of this crime in our communities and of what to do if we see it."

In Hawaii, the 2013 Legislature passed a bill designating January as Human

Trafficking Awareness Month. The measure also ensures that minors who are victims of sex and labor trafficking are covered by the Child Protective Act and laws relating to the state's child abuse law.



## PHILIPPINE LANGUAGE



DAYASADAS

By Pacita Saludes

# Fiesta Ti Kailokuanselebraranna Timaikapat Apulo Ket Tallo A Tawenti GUMIL Hawaii (43 years of GH)

**E**nero 18, 2014 ti naisagana a panagpiesta dagiti Ilokano iti Hawaii nga isu met a 43 years ti GUNGLO DAGITI MANNU-RAT NGA ILOKANO A NAORGANISAR idi Enero 16, 1971, idia KAIM RADIO.

Sangapulo ket innem laeng ti nangorganisar iti daytoy a Gunglo nga indauluan ti nagsurat a dati nga opisyal idia Filipinas ngem dimteng ditoy Hawaii idi 1970 tapno agnaeden iti Paraiso.

Inton Enero 18 ti panakaselebrar ti Aniversario ti Grupo iti August Arhens School iti Waipahu marambakan ti pannakabalangat ti reyna a kas ti pannakabalangat ti umona a reyna idi 1972. Ni Miss GUMIL Hawaii Lerina the 1st. Ket iti daytoy a rabii mabalangan met ti maika43 a

reyna ti GUMIL Hawaii ni Reyna Leta BAYUDAN.. Kaduana ti Mrs. GUMIL HAWAII ni Marlene ESPIRITU Oligario.

Karagpinda a mabalangan dagiti rereyna ti ANNAK TI KAILOKUAN. Da Mrs. Lydia Evangelista, ken Miss AKA Danelle Misukami.

Tumalantan dagiti papan-gulo dagiti Organisasion kas kada Maria Etrata, Lynne Gutierrez, Jean Jeremiah, Jenny Quezon. Kasta met dagiti agtuturay kas kada Joey Manahan, Senator Will Espero, General Consul Julius Torres isu a Guest Speaker iti daytoy a rabii.

The singing Senator Will Espero will Serenade the Queens. Dagiti dati a kamkameng ken mangtartarabay a kanayon kadagiti Programa ti GUMIL Hawaii ken Actor kadagiti Drama ti GH da Roland ken Edith Pascua, kasta met kadagiti amin a Filipino a sumasala. Dagiti toktokar Fil-



43rd Miss Gumil queen, Leta Bayudan

ipino babaen ti BADUAS BAND a pagsallaan dagiti Filipinna a sumasala a mangipakita ti kinapateg dagiti kadaan a toktokar, salsala ken kankanta ni Filipino.

Maobserbar pay ti daan a wagas ti koronasion idia Filipinas kasta met ti panagkawes, Filipina Style.

Maigiddan met iti daytoy a rabii ti panagsapata dagiti kapili nga opisyaes ti GUMIL nga agturay iti 2014-2016. Pagsapattaen ida ni abogada

Melody Aduja a legal advicer ti Gunglo.

Maidasar met ti FILIPINO a pangrabii tapno saan a malipatan dagiti nakairuaman a

pagbiag idia Filipinas.

Come and join us iti FI-ESTA TI KAILOKUAN 2014 DIOS TI AGNGINA, SALAMAT PO!

## NATAGIBI A PANAWEN

Tawen sangapulo keet siam ubing pay a mangtanda  
Kadagiti binerras ti panawen a naikupin  
Nupay napintek timbang a pangrugyan  
A mangtanda kadagiti naikupin a kalman  
Kasano a malipatan pagbilang dagiti tuman-ay

Naubon dagiti tawen a napnot kaipapanan  
Kada bininggas dagiti oras a pakalaglagipan  
Rineppet a kaipapanan ti mangiparangrang  
Ta nupay napardas dagiti aldaw a marsing  
Manipud aldaw naikeddeng nga ipapanaw  
Maikkan kumat lagip ken napateg a kaipapanan

Listaan ti Nangato a Langit adda pakakitaan  
Adu a pinuon nalangto ken narangpayada  
Ramay ti panawen ei mapadtuan ken paginsasaan  
Naramok, nangangpaya dagiti sanga a salinongan  
Di mabilangen a sulbod nalanglangto, narangrangpaya pay  
Ti di madmadlaw a pannakaikupin dagiti aldaw  
Alisto di mapupootan narnooyan oran nga umaplaw  
Marsingda manipud maikupin a panawen  
ALDAW A KAADDA DITTOY LUBONG A PAGLULUAAN

## GLOBAL NEWS

### Foreign Authorities Break Up Pedophile Ring in Philippines

**L**ONDON — Child abuse investigators say authorities have dismantled an organized crime group that live streamed child



Wednesday statement that the crime group arranged for children to be sexually abused live on webcam.

sexual abuse to order from the Philippines.

Britain's National Crime Agency says a joint investigation with authorities in the United States and Australia broke up the ring, resulting in 29 arrests for people in 12 countries who had paid to watch the abuse.

The agency says in a

Members of the families of some of the children arranged for the abuse in some cases.

The investigation began after a routine visit to a registered sex offender in Britain. The probe began in 2012 and resulted in 15 children aged between 6 and 15 being safeguarded from abuse.

(www.philstar.com)

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## COMMUNITY CALENDAR OF EVENTS

**JCI-HI FILIPINO JR. CHAMBER'S (JAYCEES) 4TH ANNUAL NIGHT OF HONOR & BOARD INSTALLATION BANQUET • SATURDAY • January 25, 2014, 5:30 PM • Contact: Clevan Cabuhat @ 330.2037**

**HAWAII FILIPINO WOMEN'S CLUB 60TH ANNIVERSARY & 40TH ANNUAL TERNO BALL • SATURDAY • March 8, 2014 • Ala Moana Hotel • Contact: Letty Saban. 589-2525 or 255-9429**

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## GLOBAL NEWS

# DFA Trains Foreign Service Personnel to Assist Human Trafficking Victims

The Philippines' Department of Foreign Affairs' (DFA) Office of the Undersecretary for Migrant Workers Affairs and the Foreign Service Institute conducted a training course on Trafficking in Persons for Philippine foreign service personnel last December 19, 2013.

DFA received technical assistance from the United Nations Office on Drugs and Crime, Around 40 personnel participated in the training, including personnel from the DFA, the Department of Social Welfare & Development Department of National Defense, Department of Labor & Employment and other agencies who will soon be deployed at various Philippine em-



bassies and consulates abroad.

Jesus I. Yabes, DFA Undersecretary for Migrant Workers Affairs, opened the proceedings by emphasizing that the participants have an important duty in protecting Filipinos from being victimized by TIP, as well as in assisting Filipino TIP victims abroad.

Crime Prevention and Criminal Justice Officers from the UN

trained the participants on understanding key trafficking concepts and the existing legal frameworks in the Philippines and in other countries, as well as on how to properly assist human trafficking victims.

The training is part of DFA's continuing program to update the capacity of the Philippine foreign service in protecting the rights of overseas Filipinos and assisting Filipinos in distress abroad.

A significant number of Filipino men and women who migrate abroad for work are subsequently subjected to conditions of involuntary servitude. Men, women and children are subjected to conditions of forced labor in factories, construction sites, fishing vessels, agri-

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cultural plantations, the shipping industry, domestic service and other service sector jobs in Asia and increasingly throughout the Middle East. (DFA) ([www.philstar.com](http://www.philstar.com))

# Not a 'Sympathy Vote': UK Paper Names Philippines Top Destination

MANILA, Philippines - Top British broadsheet The Daily Telegraph named the Philippines among the top destinations for 2014, explaining that the honor was well-deserved and not just to appease the country for its suffering from super typhoon Yolanda (Haiyan).

"Why is the Philippines in our 20 destinations for 2014? It's no sympathy vote," The Telegraph Travel posted on its Twitter account, citing travel journalist Natalie Paris.

The newspaper explained that even as the Philippines made headlines last year when history-making Typhoon Yolanda devastated the land, its "white-sand beaches, glorious landscapes and wildlife" deserved the acclaim.

"The archipelago is made for island-hopping between sugary beaches that receive far fewer tourists than they should ... The Philippines should be on your bucket list," Paris wrote.

Most of the Philippines' 7,000 islands were not af-

ected by the super typhoon and for the first time, the country is directly accessible from London's Heathrow airport.

The Telegraph also mentioned must-visit islands of Panglao, Malapascua and Boracay. Sites in Donsol and the Cordilleras are for culture and adventure-filled days, while Palawan was tagged for its limestone peaks and caves.

Paris also recommended that tourists participate in the country's famous traditional street party--the Ati-Atihan Festival in honor of the Santo Niño.

### Top 20

Joining the Philippines in The Telegraph's 20 destinations this year were included due to their cultural and natural merits:

- **Papua New Guinea** for its wild, tribal frontiers and Italian heritage sites
- **Matera in Italy** saw a renaissance from being Western Europe's poorest town in the 60's.
- **Bordeaux, France** - fa-

- mous for its wine festival
- **Jerusalem in the Middle East** - a cultural address with a spiritual magnetism.
- **America's Charleston** deserves more visitors for having trendy cuisine and artistic minds
- **Chengdu in China** serves as "gateway to the most spectacular nature reserve" in the Asian giant
- **Liuwa Plain National Park in Zambia** - remote wildlife reserve that only a few hundred visitors manage to reach
- **Sumatra in Indonesia** - among the archipelago's less visited islands but possesses a "sheer natural beauty."
- **Alaçati in Turkey** - having stylish beaches perfect for windsurfing
- **Egadi in Italy** - brings nostalgia for Italy in the 50's
- **Canouan Island, The Caribbean** - has "all the ingredients of an exclusive tropical beauty"
- **Kashmir, India** - boasts a mountainous paradise
- **El Salvador** - the smallest Central American country has Unesco-listed sites and perfectly shaped volcanoes
- **The Ganges in India** - the

river served as seat of an early civilization but is also among the world's "most alluring passages of water"

• **Iran** - even with its ongoing political turmoil, its epic scenery and history is a must to see and experience once travel warnings have been dropped

• **Stewart Island in New Zealand** - a land of adventure for hikers, kayakers and birdwatchers

• **Darwin in Australia** - the excellent holiday destination that balances nature and modern amenities

• **Red Mountain in Canada** - the uncommercialized ski area draws visitors

([www.philstar.com](http://www.philstar.com))

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# **Congratulations & Mabuhay Dr. Jerald Garcia and all 2014 Incoming Philippine Medical Association of Hawaii Officers!**

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