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EDITORIALS

Kauai Deserves Philippine Cultural Center

Data from the 2010 U.S. Census show that Kauai has a healthy number of Filipino residents. In fact, nearly one out every three residents on the Garden Isle (32 percent) identify themselves as either Filipino or part Filipino—which is higher than Oahu (25 percent), the Big Island (22 percent), or Maui (29 percent).

Since the early plantation days, Kauai's tight-knit Filipino community would meet on a regular basis to enjoy each other's company. Filipinos by nature are social, gregarious and eager to share their experiences, food and resources with family and friends. A strong sense of family and community led to a collective vision for a central meeting place on Kauai to hold various social and cultural events. The proposed Kauai Philippine Cultural Center (KPCC) would do just that—provide the community with a safe venue for residents to spend leisure time as well as for self-expression, dialogue, personal initiatives and cultural education, including music, theatre, singing and dance. The KPCC would not be for use by Filipinos only, but also by other ethnic groups and members from all walks of life, and offer a variety of programs for both youth and senior citizens to assist them in their transition to life in the U.S.

If the experiences of Oahu's Filipino Community Center (FilCom) in Waipahu are any indication, Kauai's Filipinos face a difficult road ahead. Oahu's FilCom Center finally opened its doors in 2002 after more than a decade of planning, hard work and fundraising efforts. Today, the FilCom Center is well-used by various community groups on Oahu for a variety of events, including a weekly Farmers' Market, martial arts classes, financial workshops, ballroom dancing, neighborhood board meetings and other activities.

Groundbreaking for the long-awaited KPCC in Lihue is scheduled for early 2016, pending a few remaining hurdles. Funding also looms as a big concern. The center is expected to be built in phases, with Phase I costing \$2 million and Phase II another \$3.5 million, according to 2014 estimates. It surely will take a village for the community center to be built but so far, many people—from politicians to business groups and even retirees—have all pitched in. Please consider making a tax deductible donation to the KPCC. Every bit helps!

What to Expect With Falling Oil Prices

The price of crude oil last week dipped below \$30 a barrel and is now trading at the lowest level since 2003—a far cry from its price of \$100 a barrel during the summer of 2014. According to online reports, the average price of gas nationwide was under \$2 a gallon, compared to about \$3.50 two years ago. On Oahu, many Tesoro stations are hovering in the \$2.20 per gallon range for regular unleaded gas. The reason? A glut of oil on the global market and weak demand have driven prices to the lowest level in years.

Lower gas prices have brought significant relief to the pocketbooks of consumers, particularly those in the lower-income bracket, who are now enjoying extra discretionary income and financial flexibility. In Hawaii where wage growth has remained relatively stagnant, lower gas prices easily translate into a savings of well over \$1,000 per year for a two-car household—signifying the pay raise that most local workers have not received. On a macroeconomic level, the drop in oil prices is good in the short

FROM THE PUBLISHER

On case you missed it, the 2016 Hawaii State Legislature opened this week but without much of the hoopla and fanfare of past sessions. In fact, the opening festivities were short, sweet and noticeably subdued as lawmakers quickly got down to the business at hand. There will be no shortage of pressing issues this session for legislators to consider—including homelessness, affordable housing, the economy and funding for schools. To find out more about the inner workings of the State Legislature, go online at the Legislature's website at: <http://www.capitol.hawaii.gov/>. We encourage you to get involved in the process!

Speaking of getting involved, Filipinos across Hawaii should take note of efforts on the Garden Isle to build a Kauai Philippine Cultural Center (KPCC). When complete, Kauai's facility will be the third such Filipino Community Center in Hawaii, behind Oahu and Maui, respectively. As with most capital building projects, funding is an issue. We hope that by reading the story, Filipinos across Hawaii will be encouraged to do what they can to help turn KPCC into a reality for their *kababayans* on Kauai. Turn to page 4 for this issue's cover story entitled "Kauai's Filipinos Near Groundbreaking for Cultural Center" and read more about how you can help and get help from your friends and associates with this very important community project.

In other news, the Philippine Medical Association of Hawaii (PMAH) will hold an installation ceremony for its officers at its 38th Anniversary celebration scheduled for January 23, 2016 at the Hilton Hawaiian Village. It is heartwarming to see many new and younger physicians taking leadership roles and being mentored by their veteran counterparts, many of whom are nearing retirement. The torch is being passed to the next generation of leaders for the PMAH, which is the premiere organization of Filipino physicians in Hawaii. We also welcome new PMAH president Dr. Michael Castro and wish him and his officers the very best in the coming year. Dr. Castro will be taking over the reins from outgoing president Dr. Carolina Davide. To find out more about Dr. Castro's background as well as his visions and goals for PMAH, please turn to page 15 for an exclusive one-on-one interview.

In closing, please take time to read the other informative columns and articles we have for you in this issue and email us at: filipinochronicle@gmail.com with any story idea, suggestion or concern you may have.

Until our next issue...*aloha and mabuhay!*

Chona A. Montesines-Sonido

term for the U.S. economy. The airline industry has reaped record profits, while shipping lines, the manufacturing industry and related businesses are benefiting from cheaper energy. Less expensive fuel prices have also led to more capital investments and additional hiring. But on the downside, low oil prices have resulted in massive job layoffs in oil-producing states like Texas and North Dakota. Economists also say that cheaper oil makes alternative energy sources less attractive and stymies efforts to curb global warming.

The million dollar question is how long will the low prices last? The truth is that predicting the movement of oil prices is a guessing game and more an issue of politics than economics. Most economists agree that prolonged lower oil prices in the long term could lead to deflation and cause a recession. The market will eventually correct itself and when it does, some economists predict prices to head back into the \$50-a-barrel range perhaps by late 2016. While not a particularly large jump, it should help to offset the largely negative impacts of cheap oil. For now, consumers should enjoy the super cheap gas while they still can and hope for the best.



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CANDID PERSPECTIVES



By Emil Guillermo

Are We Americans First? Obama's Challenge in His State of the Union Address

When I lived in Hawaii, I was surprised how race was taken for granted. No biggie, right? Race problems happen on the mainland. Not in paradise.

Did you hear the president this week? That's the U.S. president. The one that counts. And if you doubted it, there was President Obama in his final State of the Union address to let you know—"The United States of America is the most powerful nation on Earth. Period. It's not even close."

So why do I think the speech was filled with what I call the rhetoric of regret? Because this was not an "I have a list" speech outlining an agenda. It was bigger than that. This speech was about how Americans, including American Filipinos, need to think about themselves in the context of our changing democracy.

Despite all of the great things the president has done since he took office in 2009, there is this gnawing sense of what he could have accomplished if the nation wasn't in the grips of a politics that needs fixing—a politics of fear.

He could have just focused on a list of accomplishments. There are many but there could have been much more besides health care, climate change, the freedom to marry, cheap gas and the economy. Remember back in 2008 when the world seemed to be falling apart and Chicken Little was Chicken Big? Unemployment was around 10 percent and mortgages were underwater. And people were scared of banks.

Well, in America we haven't jailed any bankers. But the economy has gotten a

lot better. Now we're just scared of terrorists and each other.

It was the speech's two key themes for me—fear and diversity. America has become a phobic nation. That's why we got this speech for Obama's final State of the Union. The nation's great. Our politics? Do you hear a giant sucking sound?

The speech was a vision of what our democracy and our politics could be like in a new America. The president had to remind us, as if we were a country that had forgotten its civics lessons.

"We the People," said the president. "Our Constitution begins with those three simple words, words we've come to recognize mean all the people, not just some; words that insist we rise and fall together. That brings me to the fourth and maybe the most important thing I want to say tonight.

"The future we want—opportunity and security for our families; a rising standard of living and a sustainable, peaceful planet for our kids—all that is within our reach. But it will only happen if we work together. It will only happen if we can have rational, constructive debates. It will only happen if we fix our politics."

We know what that means, as Obama seemed to point a finger at GOP front-runner Donald Trump.

"That's why we need to reject any politics that targets people because of race or religion," the president said. "This isn't a matter of political correctness. It's a matter of understanding what makes us strong. The world respects us not just for our arsenal; it respects us for our diversity and our openness and the way we respect every faith."

The president continued: "When politicians insult Muslims, when a mosque is vandalized, or a kid bullied, that doesn't make us safer. That's

not telling it like it is. It's just wrong. It diminishes us in the eyes of the world. It makes it harder to achieve our goals. And it betrays who we are as a country."

Who are we? In state of the union addresses, the president usually likes to slip in what I call "the diversity litany." More than a shoutout—it's the reminder in these speeches that we are all one.

But this year came with a twist.

He talked about a future when he is no longer in office, when he'll be one of us, a citizen, inspired by those who help see ourselves in a certain way and "who help us see ourselves not first and foremost as black or white or Asian or Latino, not as gay or straight, immigrant or native born; not as Democrats or Republicans, but as Americans first, bound by a common creed. Voices Dr. King believed would have the final word—voices of unarmed truth and unconditional love."

Was he talking about us? I like to call myself an American Filipino and identify American first. But was Obama really lamenting the hope that never was, our faux post-racial America? After Obama, what kind of post-racial will we get? In the framework he gave in his speech, getting things done in his remaining year isn't enough. He's thinking 10, 15, 20 years from now. And he's putting it on the good people

of the U.S.

If you are an American Filipino how will you answer Obama's call? With more politics of fear? Or in a politics that takes the word "united" seriously? For someone so accomplished as Obama, this has become a standard refrain. Working together. Bipartisan appeals. Fixing our politics. It has been an appeal throughout the Obama presidency.

Seems like I heard it first in 2009, when the president came to Washington. I remember standing in the cold of Washington in January covering the inaugural and wondering how long the euphoria I was witnessing would last. Had that proverbial time come to American politics? Was the hell of politics freezing over? Or was any sense of achieving some new political plateau just temporary?

That inaugural week was a Washington I hadn't seen before. People were high-fiving and excited. There was a kind of giddiness and a genuine spirit of cooperation. It was a country that had elected its first black president.

The feeling didn't last long. But Obama's still done a lot. That's what I was thinking throughout his final state of the union speech. Imagine how much could have been done if the country were truly united? That would have made this last year a real victory lap. Instead, we're looking at the future, trying hard not to backslide into our fears.

EMIL GUILLERMO is an award-winning journalist and commentator who writes from Northern California. He recently won the 2015 Dr. Suzanne Ahn Award for Civil Rights and Social Justice from the Asian American Journalists Association, California.



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COVER STORY

Kauai's Filipinos Near Groundbreaking for Cultural Center

By Dennis Galolo

A project for Kauai's Filipino community that was first envisioned over three decades ago continues to inch towards an all-important groundbreaking ceremony in March or early April 2016.

The few remaining hurdles, according to Lester Calipjo, president of the Kauai Philippine Cultural Center (KPCC), are unresolved issues involving access with a bordering property and drainage concerns with county officials. Calipjo is confident that the issues can be overcome in time for the groundbreaking.



▲ KPCC (see artist's rendition in middle row) is located at an ideal site with easy access from Kaunualii Highway. Conveniently located nearby are the new Hokulei Village Shopping Center, Kukui Grove Shopping Center, a middle school and the YMCA.
Photo credit: Chona A. Montesines-Sorido

When completed, the facility would be the first cultural center on the island and celebrate the contributions of Kauai's Filipinos as well as Hawaii's cultural diversity.

"Kauai is a melting pot of many cultures, each with their own unique gifts that have made our community a very special place," says Kauai Mayor Bernard Carvalho, Jr. "The KPCC will stand as a symbol of the many contributions of Filipinos to our island community along with all of our other ethnic groups."

Carvalho says that the center will serve a variety of purposes, including as a gathering place for residents and visitors

to learn about the history of Filipinos and other ethnic groups. It will also provide a venue for a variety of youth, family and elderly services as well as educational and training programs.

Filipinos on Kauai

Filipinos have been part of the Kauai community for over 100 years, beginning with Filipino laborers or *sakadas* who arrived during the early 1900s. The plantations have long since closed and the camps abandoned but the Filipino community on Kauai remains vibrant and close-knit.

Data from the 2010 U.S. Census shows that a good number of Kauai's 67,000 res-

idents—nearly one in every three—are either Filipino or part Filipino, which is a higher percentage than Oahu (25 percent), the Big Island (22 percent) or Maui (29 percent). Among its many prominent citizens was Eduardo Malapit, who was elected mayor in 1974 and holds the distinction as the first mayor of Filipino ancestry in the U.S.

According to Calipjo, Kauai has about 15 Filipino community groups whose members are actively involved in their respective events, meetings and service projects. As a whole, Kauai's Filipinos have sought to preserve their rich culture and regularly gather with town mates from their respective home provinces in the Philippines to observe fiestas, festivals and other occasions.

Kauai resident Lemuel Peralta Soria has watched the project slowly move forward and is eagerly anticipating the start of construction.

"A cultural center is long overdue for Kauai," Soria says. "As far as the Filipino community is concerned, we need a facility like KPCC for meetings, large gatherings and special events like statewide conventions involving Filipino organizations from neighboring islands."

Millicent Wellington, a member of KPCC's board of directors, says there is interest in the center not only among

Filipinos but also from the business sector and community at large.

"Excitement on the news of the upcoming groundbreaking is brewing," she says. "It is exhilarating to have a group of young adults representing professions in the fields of engineering, architecture, banking, performing arts, and chiropractic studies now attending our board meetings to present their concept of a community building."

Launching Off

Recent efforts to build a cultural center began in 2010 when Calipjo, as president of the Kauai Filipino Chamber of Commerce, began rallying support for the center. The 10 or so Filipino community leaders who met regularly eventually formulated articles of incorporation and by-laws for a new non-profit organization.

In 2011, the State Legislature earmarked \$30,000 for a feasibility study and the first fundraiser was held in April 2012 at the Kauai Marriott Resort & Beach Club, which netted \$82,000. Momentum picked up in 2012 with a \$1.5 million Grant-in-Aid award from the Legislature and the signing of a 99-year lease agreement with Maui County for 3.5 acres of land in Puhii for the center.

In 2013, local boy and licensed architect Ron Agor was hired for the project and an ad-

joining 11-acre parcel was added with the execution of a 100-year license with Grove Farm. The year 2014 saw a Class 4 Zoning permit approved in May and the building permit submitted and the capital campaign launched.

In May 2015, the fourth fundraiser was held at the Kauai Marriot. Other businesses have pitched in to help, including the Sheraton Kauai Resort which designated KPCC as the "Table 53 Beneficiary" for January 2016. For the entire month of January, all net food and beverage proceeds for Table 53 during dinner service will be donated to KPCC. Since its inception in October 2012, the program, which is run by the Sheraton's RumFire Poipu Beach, has raised over \$125,000 for Kauai charities.

Phase I and II

In November 2015, Ian Costa, a Kauai County department official, took over as KPCC's new architect. The redesigned KPCC building, Costa says, uses the exact same footprint and square footage as the original building.

According to the April 2014 Draft Environmental Assessment, the proposed facility is scheduled to be built in two phases. Phase I includes construction of a 12,725 square foot office and secondary hall building. Calipjo estimates that

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COVER STORY

(from page 3, KAUAI'S...)

construction for Phase I will take some 18 months to complete.

Phase II will include the main hall comprising 11,658 square feet of hall space that can accommodate 380 people with party-style seating or 480 people in theatre-style seating. It can also be partitioned off into three 3,800 square feet spaces.

The halls for Phases I and II are intended for use by the community for public and private events. However, when Phase II is completed, the hall space in Phase I will be converted into office space which officials hope will generate income to help offset maintenance costs and upkeep the facility.

KPCC vice president Sonia Topenio says the center's goal is to be self-sustaining by renting office space, multi-purpose rooms and recruiting volunteers. KPCC's board members plan to launch a capital fundraising campaign during the first quarter of 2016.

Calipjo says the center is estimated to cost several million, with the low bid for construction coming in at \$4.2 million. So far, about less than half that amount has been raised.

Future Site of KPCC

The KPCC property sits at an ideal location. It is situated at the southwest corner of Kaunualii Highway and Nuhou Street at the Western outskirts of Lihue Town. The Kauai YMCA is northeast of the site, while Chiefess Kamakahelei Middle School lies to the south.

Kilohana Plantation, a popular spot for tourists, sits across Kaunualii Highway. One mile away is the Kukui Grove Shopping Center with its restaurants and shops, as well as the new Hokulei Village Shopping Center which is anchored by Safeway and various local and national retail tenants and service providers.

Police, fire, ambulance and Kauai's main hospital, Wilcox Memorial Hospital, are all less than three miles away from KPCC.

Overcoming Challenges

KPCC would be the state's third Filipino cultural center, following Oahu's Filipino Community Center (FilCom), which opened in June 2002, and Maui's Binhi At Ani Filipino Community Center, which opened in January 2005. Both facilities have provided inspiration and templates from which KPCC officials have looked to for potential models and best practices.

FilCom's founding president, Roland Casamina, recalls the financial obstacles that faced him and a small but visionary group of Oahu business executives who began laying plans for the center in 1992. At the very outset, Casamina donated \$50,000 for the project, which was matched by L&L owner Eddie Flores, Group Builders president Lito Alcantra and other leaders in the Filipino community.

"Once we did that, businesses and corporations began approaching us with matching funds, says Casamina. "We



▲ KPCC board members display the \$1.5 million check from the State for construction of the center. The grant was made possible with the support of former Gov. Neil Abercrombie.

didn't go to them—they came to us. They were more willing to donate when they saw our commitment and how the community rallied behind the project. That was the winning formula."

Casamina plans to attend a future fundraiser but has yet to be consulted by KPCC officials. He says grassroots support is vital for the success of KPCC and that Filipinos on Kauai need to commit to donating what they can before relying on government and private grants.

"It's not just money, but the number of people who come out in support," says Casamina. "When there is a lot of grassroots support, it sends a clear signal to government and the business sector that the community is not only standing behind the project but will also use it."

That was the case for FilCom, which has been well-used by the community. Although there is still debt to pay off, FilCom officials have enough income from current fundraisers and rentals it receives on a monthly basis to sustain payments. The challenge now, Casamina says, is to save money for new carpeting,



▲ (from left): Regina Carvalho, Kauai Mayor Bernard Carvalho and former governor's liaison Wanda Shibata at KPCC's annual fundraising dinner at the Kauai Marriott Grand Ballroom.



▲ KPCC Board and Board of Governors members visit the site of the center's future home. Photos courtesy of Marynel Valenzuela

air conditioning repair and other maintenance projects as the facility ages.

Bryan Andaya, a member of KPCC's Board of Govern-

nors, says Calipjo and his officers have done an outstanding job of organizing fundraisers and rallying community-wide

(continued on page 6)

Who's Who at the Kauai Philippine Cultural Center

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COMMENTARY

Government Needs to Work Better

By Lee H. Hamilton

It's a sure bet that whoever wins the November presidential election at some point will vow to set the federal government on the straight and narrow. The new president may even resort to the time-honored pledge to create a government "as good as the people." It's a bracing sentiment but one that you'll want to take it with a grain of salt.

Our history is filled with remarkable government accomplishments. Our involvement in World War II and hands-on approach to the post-war reconstruction of Europe and Japan, our role in ending the Cold War, the interstate highway system, extending the right to vote to all citizens, federal research and support for ending diseases such as polio... There's a long list of crucially important efforts the federal government has executed well.

Yet, Americans ought to be alarmed by an expanding list of

missteps and blunders. In a report last month for the highly capable and too-little-noticed Volcker Alliance—whose goal is to improve government effectiveness—NYU Professor Paul C. Light drew attention to what he calls a "shocking acceleration in the federal government's production of highly visible mistakes, miscalculations, and maladministration."

He went on to say, "[T]he aging bureaucracy can no longer guarantee faithful execution of all the laws, and it has become increasingly unpredictable in where and how it will err."

A moment's reflection will call to mind a sobering litany of failures—the inability to stop the 9/11 attacks; the confused, inadequate response to Hurricane Katrina; the even more confused response to the 2008 financial collapse; shortfalls in the care of our veterans; bridge collapses, mining accidents, and other failures caused by inadequate funding for inspection and regulation; breaches in White House security; the fact that we've now been fighting a

war on terror for nearly 15 years with no end in sight... It's enough to make the staunchest champion of government action lose hope.

Such failures occur for many reasons—muddled policy, insufficient resources, poor organization, lack of leadership, lack of skills and sometimes even outright misconduct. The question isn't really what or who is to blame. It's how we turn things around and reverse the accelerating pace of breakdowns.

To start, the executive and the legislative branches need to focus on the implementation of policy. A lot of hard work goes into its creation, both on Capitol Hill and in the agencies, but the sad truth is that much less attention goes to how it's going to be carried out. This is largely in the hands of the president, but Congress has a crucial role to play both in crafting the law to account for how it will be implemented, and then in pursuing oversight afterward. Both

branches need to pay attention to how they will assess effectiveness, anticipate problems, make sure that staffing is adequate and provide necessary resources.

Second, if making policy today is complicated, so is implementing it. This means that we need skillful people within government to carry it out. Let's be blunt. You don't want a second-rate lawyer negotiating arms control or trade agreements. You don't want third-rate scientists defining drinking water requirements. Getting things right means hiring good people, retaining them and then making sure they're held accountable by well-conceived metrics.

Finally, we have to put an end to the politics that so often stymies policy. Too often these days, the losers of a policy debate immediately turn to torpedoing it. They block the filling of key positions, cut funding, twist the objectives or impose hiring freezes. They block pol-

icy changes that would improve implementation, put unqualified executives in control, or tolerate misconduct and confusion. Some government failures aren't the result of muddled policy, lack of leadership, or incompetence. They're the result of what amounts to calculated sabotage.

Most Americans want government to work well. We want it to enhance the quality of our lives and our communities. Arguments over the appropriate size of government are important, but that's not the issue here. The issue is that when a policy is adopted, it needs to be executed effectively. Whoever our next president turns out to be, let's hope he or she takes that charge seriously.

LEE HAMILTON is a Distinguished Scholar, Indiana University School of Global and International Studies; and a Professor of Practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

(COVER STORY from page 4, KAUAI'S ...)

support. Calipjo frequently travels to Oahu and the neighbor islands to market the project and raise awareness.

"They need to continue with those types of events and keep the community excited," Andaya says. "Fundraising is a challenge in this day and age, especially with the high cost of construction and a lack of available government funds. Government is no longer giving away money. Before giving money to a project, they want to see that it will be self-sustaining."

Andaya suggests that KPCC approach organizations like the Weinberg Foundation or Consuelo Foundation and pursue naming opportunities. As vice president and chief operating officer of L&L Hawaiian Barbecue, Andaya has put his money where his mouth is, donating not only his own funds, but also pushing his company to support the effort financially and reaching out to his personal and business contacts.

He encourages Filipinos



Employees from Dow AgroSciences initiate the first clean-up at the future site of KPCC in Lihue. Photo credit: Marynel Valenzuela

across Hawaii to support their *kababayans* on Kauai.

"It's important for Filipinos to look beyond their own backyard and really see the importance of a community center," Andaya says. "The center will not just be a source of ethnic pride or a symbolic monument. It will provide much-needed opportunities and services for those who really need it. That's why I support this project 110 percent."

"Just look at all of the good things that the FilCom Center and Binhi At Ani on Maui have done for their communities. The same thing is needed for Kauai."

When completed, Wellington says KPCC will reflect the

amazing cultural contributions of Filipinos.

"KPCC symbolizes the amazing cultural contributions of the last immigrants to arrive in the era of the sugar industry but the first to establish a place for all," she says. "All cultures will be welcomed to teach, foster and present events in a vibrant and thriving facility."

Individuals and businesses interested in financially supporting KPCC are advised to contact Calipjo at 645-0257. Donations can also be made online at: www.kauaiphilippineculturalcenter.org/donate/.

(Managing Editor Chona Arcigal Montesinos-Sonido also contributed to this report)

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ASK A DOCTOR

Is It Safe To Use Expired Medications?



By Rainier Dennis Bautista, M.D.



What does EXPIRATION DATE of a medication mean?

This is a date set by the manufacturer that guarantees that the drug is still 100% effective. The expiration date is NOT the point that the drug becomes less potent, less effective or becomes harmful.

In short, a drug could actually still be safe and effective for many years beyond its expiration date.

So "expired" drugs can still be potent and efficacious?

YES. Ongoing research has shown that many drugs, if stored under optimal conditions, retain 90% of their po-

tency for at least 5 years after their expiration date, some even as long as 10 years!

One such study is the Shelf Life Extension Program or SLEP undertaken by the FDA for the Department of Defense, which

aimed to reduce medication costs for the military. They studied 122 different drugs, and have found that 88% of them, on the average, can have their expiration dates extended by 66 months (range of 12 months to 278 months).

Can "expired" drugs still be safe?

YES. Drugs do not instantly turn into poison when they become expired. There has only been one report regarding toxicity from an expired drug-- Expired tetracycline was shown to cause kidney damage in the



past, but the product was changed to eliminate this problem.

That being said, there are not many studies done specifically to test the toxicity of expired drugs.

Are ALL kinds expired drugs safe to use then?

NO. Liquid drugs are more unstable than solid forms (tablet, capsule, powder), and are susceptible to freezing. Eye drops can eventually grow bacteria.

Injectables that have become discolored or cloudy should not be used as well.

Which drugs should NEVER be used past its expiration date?

For certain drugs, even small changes to its effectivity can have dire consequences. These are:

- Anti-seizure medications such as Dilantin
- Nitroglycerin
- Warfarin and other blood thinners
- Theophylline
- Digoxin
- Thyroid medications (e.g. Synthroid)
- Paraldehyde
- Oral Contraceptives
- Epinephrine
- Insulin
- Eye Drops

How do you properly store drugs?

You should keep your medications away from light (especially sunlight), open air, moisture, and extreme heat or cold.

So can I take expired medications or not?

YES, except for the drugs listed above, it is generally safe to use expired medications, especially when stored properly.

As a precaution, you shouldn't take the medication if there are suspicious signs like:

- discoloration
- bad odor.
- Tablets or capsules are breaking apart, have become soft, or lost their sheen
- If liquid suspensions stay separate despite shaking
- If injectables become cloudy or crystallized

It is always a good practice to check with your personal physician or pharmacist regarding your own particular situation.

DR. BAUTISTA is Board Certified Family Medicine Physician who recently joined the practice of Dr. Charlie Sonido in Lihue, Kauai, HI. For questions, you may call him at (808) 246-3800 or email at bigbote@gmail.com

HAWAII-FILIPINO NEWS

PMAH, OMM and BCWW Induct 2016 Officers and Directors

In one fell swoop, officers and directors for the Philippine Medical Association of Hawaii (PMAH) and its affiliate organizations were inducted at PMAH's 38th Anniversary and Installation of Officers ceremony held on January 23, 2016 at the Hilton Hawaiian Village.

State Sen. William Espero was the keynote speaker and Philippine Consul General Gina Jamoralin served as the installing officer.

PMAH installed the following officers for 2016: Michael Castro, MD, president; Josephine Waite, MD, president-elect; Melvin Palalay, MD, secretary; Christopher Regala, MD, treasurer; Carolina Davide, MD, immediate past president. Its Board of Governors include: Joseph Manlolo, MD (membership); Deryll Ambrosio, MD (by-laws);

Raquel Bueno, MD (communications); Nestor Del Rosario, MD (entertainment); Kahealani Rivera, MD (CME & education); Maria Ver, MD (sports) and Jerald Garcia, MD (perks project).

PMAH's affiliate organization, the Ohana Medical Mission (OMM) also inducted its 2016 officers, Board of Directors and Board of Advisers. The list of officers includes Romeo Perez, MD, president; Vernon Ansdell, MD, vice-president; Tess Bernales, PhD, secretary; and Aurora Mariani, MD, treasurer. Board of directors are Dennis Bautista, MD; Salvador Cecilio, MD; Carol Davide, MD; Melissa Fletcher, RN; Darlene Ramones, MD; Josephine Waite, MD; Cathy Wilson; Russell Kelly, MD, (IPP); and Michael Castro, MD,

PMAH president. Advisers are Elenita Alvarez, MD; Erlinda Cachola, MD; Ralph Curiano, MD; Armie Dela Cruz, RN; Eduardo Dela Cruz, MD; Jose De Leon, MD; Amelia Jacang, MD; Charlie Sonido, MD and Seiji Yamada, MD.

A second affiliate organization, Bayanihan Clinic Without Walls (BCWW), also inducted its 2016 officers and directors, including President Russell Tacata, MD; Vice President Jay Flores, DPT; Secretary Imelda Joaquin; Treasurer Dennis Bautista, MD and PRO Chona Montesines-Sonido. BCWW's Board of Directors include Elizabeth Abinsay, MD; Carolina Davide, MD; Benilda Luz-Llena, MD; Sorbella Guillermo, MD; Perlita Lampitoc, MD; Josephine Waite, MD; Nicanor Joaquin, MD; Adora

Pomonto, DDS and PMAH President Michael Castro, MD. Ex-Oficio Directors include Charlie Sonido, MD; Arnold

Villafuerte, MD; Chair Auxiliary Committee Dory Villafuerte; Co-Chair Auxiliary Committee Tim Llena; and Executive Secretary JP Orias.

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UH Scientists Discover Pathway to Re-Energize Immune Cells to Eliminate HIV

Researchers at the University of Hawaii-Manoa and Oregon Health Sciences University (OHSU) have discovered a novel new immune pathway that can be targeted to increase the immune system's ability to eliminate HIV, the virus that can lead to AIDS.

The discovery, published in the January 2016 issue of the scientific journal PLoS Pathogens, will give new directions to vaccines and therapies that can potentially reverse these exhausted cells and allow them to control HIV-1 replication, but also serve in "Shock and Kill" HIV curative strategies.

The team is led by Dr. Lishomwa Ndhlovu from the UH John A. Burns School of Medicine (JABSOM) and OHSU's Dr. Jonah Sacha.

Background

When a person becomes infected with HIV, starting combination antiretroviral drug treatment will, in most cases, successfully suppress HIV in the blood. However, the treatment is powerless to clear infection and restore full health. Furthermore, patients who stop taking antiretroviral drugs experience a rapid, aggressive rebound of the virus in the blood, indicating that HIV has found a way to hide, establish a "dormant reservoir" and evade elimination by the immune system.

In the absence of treatment, HIV infection is brought partially under control by the infected person's

immune system, specifically by an immune system cell called a CD8+ Killer T cell. The response of these CD8+ T cells and HIV during the early stages of infection is crucial and will determine the disease's progression. Over time, however, the immune damage mediated by HIV infection will affect the function of the CD8+ T cells even if with the addition of anti-retroviral drugs.

These immune cells are key players in eliminating HIV infected reservoir cells. One proposed strategy to eradicate HIV being considered is the 'Shock and Kill' approach which "shocks" the infected cells with agents that will awaken the dormant virus and then allow the immune system to 'kill' the reactivated virus. A major obstacle is that although CD8+ Killer T cells can recognize HIV-1 infected cells, these T cells are unable to eliminate the reactivated HIV viral reservoir.

"A preponderance of emerging evidence indicates that the functions of the HIV-specific CD8+ Killer T cells are severely compromised and enters a state of exhaustion, rendering the cells less effective at eliminating HIV infected cells" says Glen Chew, a PhD candidate in Immunology at UH-JABSOM and lead author of the study.

Researchers observed an expansion of CD8+ T cells expressing a negative immune checkpoint receptor, TIGIT, which was associated



with clinical markers of HIV disease progression in a diverse group of HIV infected persons. Researchers also found the large fraction of the HIV-specific CD8+ T cells simultaneously expressed both TIGIT and another negative checkpoint receptor, PD-1, and these cells retained several features of exhausted T cells.

Evaluating Simian Immunodeficiency Virus (SIV) infection of the rhesus macaque non-human primate has served as an indispensable animal model for studying HIV/AIDS. The authors next

defined the TIGIT pathway in this model.

The research team reasoned that by interfering with the TIGIT and PD-1 pathway, they could rejuvenate the HIV-specific CD8+ T cell responses to clear HIV infection. By blocking both the TIGIT and PD-1 pathways with novel targeted monoclonal antibodies, the researchers were able to reverse the defects of these viral specific CD8+ T cells.

"Because the results were recapitulated in monkeys infected with SIV, the route into HIV clinical use should be

much more rapid, since the pre-clinical studies can be done immediately" says Dr. Sacha.

According to the World Health Organization, since the beginning of the epidemic, almost 78 million people have been infected with virus and about 39 million people have died of HIV. Globally, approximately 35 million people were living with HIV at the end of 2013 and an estimated 0.8 percent of adults aged 15-49 years worldwide are living with HIV. There is no approved vaccine or curative treatment.

An estimated 2,900 people in Hawaii are currently living with HIV/AIDS with many others unaware of their HIV status. The Hawaii Center for AIDS has launched a fundraising campaign, "Hawaii to Zero" (H20) Initiative, to raise additional resources in its mission to discover a cure for HIV.

Over 11 Million Enrolled in Health Coverage Nationwide

Consumers in Hawaii are actively engaged in selecting health insurance coverage for 2016, according to statistics from the U.S. Department of Health and Human Services.

For re-enrolling customers in Hawaii, 100 percent came back, reviewed their information and actively selected a Marketplace plan. Studies that looked at Open Enrollment for Medicare Part D and the Federal Employee Health Benefits program found that less than



15 percent of enrollees change plans in any given year.

"We're seeing unprecedented demand for Marketplace coverage," says DHHS Secretary Sylvia M. Burwell. "We're encouraged that Marketplace consumers are increasingly young, engaged and shopping for the best plan. Our focus continues to be the consumer experience and educating consumers about available financial assistance and their choices."

Nationally, more than 11.3 million people signed up for coverage through the Health Insurance Marketplaces in all 50 states and the District of Columbia. That includes 8.6 million people (76 percent) in the 38 states that use the HealthCare.gov platform

through January 2, 2016 and 2.7 million people (24 percent) in the remaining 13 State-based Marketplaces through December 26, 2015.

The final number of plan selections associated with enrollment activity to date could fluctuate as plan changes or cancellations occur, such as in response to events like starting a new job, getting married or other life changes. In addition, the report only looks at plan selections and does not include the number of consumers who paid their premiums to effectuate their enrollment.

Open Enrollment ends January 31, 2016. For coverage starting on February 1st, people must sign up by the January 15, 2016 deadline.

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HAWAII-FILIPINO NEWS

Survey Shows Young Adults Believe Gov't to Pay Long Term Care Costs

The majority of people in Hawaii erroneously believe their health insurance plan and government programs will be able to cover the costs for long term care services, according to a recent survey by of the State Executive Office on Aging.

The survey, conducted by Market Trends Pacific as part of a long term care services and supports public awareness campaign, showed that 54 percent of respondents are very or fairly familiar with long term care, while about 24 percent have any familiarity. Those who are least aware of long term care are younger residents who have been in Hawaii for



20 years or fewer, non-home owners, persons without a college degree and males.

The survey showed that many Hawaii residents are unclear about who pays for long term care: 39 percent think that their health insurance covers long term care, and 24 per-

cent trust that the government will help them. The majority of respondents identified health insurance, personal savings, Medicaid or Medicare as funding sources.

“Many in Hawaii may be aware of the need for long term care, but there is clearly

a smaller percentage who are aware of the need to prepare for the costs associated with that care,” says Terri Byers, director of the Executive Office on Aging. “We know that we should save and plan for college or retirement, but long term care is not often part of the picture, despite the fact that 70 percent of us will use long term services and supports at some point in our lives. We recognize that we must begin to change this.”

Hawaii's Younger Population Most Vulnerable

The cost of long term care is one of the obstacles to preparing for long term services and supports. Young adults may have other finan-

cial obligations and may already have difficulty making ends meet.

The Executive Office on Aging is launching a public awareness campaign in early 2016 to help people understand their options and the need to plan ahead to enjoy more choices, and to avoid the risks of not being financially prepared.

“Our ultimate goal is to initiate a conversation and inspire more people to find out all they can to be prepared mentally, emotionally and financially to create a personal plan for care that is sustainable and adaptable,” Byers says.

The survey results are available online at: www.hawaiiadrc.org.

Sen. Baker Introduces Bill For Long Term Care Social Insurance

State Sen. Roz Baker has introduced a bill that proposes long-term care benefits of \$70 a day for one year and ensures that family caregivers have access to basic resources needed to provide care for their loved ones at home.

“The demographic makeup of our state is changing, so we need to change the way we provide for our *kupuna*,” Baker says. “Hawaii needs a long term plan for long-term care which is why I introduced this measure.”

Baker cited studies that show health outcomes are significantly improved when peo-

ple recuperate at home versus in a hospital or long-term external care facility. Additionally, 90 percent of people over age 65 prefer to remain in their homes for as long as possible.

Baker says the measure isn't meant to cover a stay in a long-term care facility like a nursing home or an assisted living home.

“This bill would fund the support that family caregivers need to successfully offer long-term care to their family members at home, like hiring home care aides to help make sure that seniors can stay at home comfortably, or offset the cost of safety equipment like walkers and ramps,” she says.

At a press conference, bill supporter Clementina Ceria-Ulep from Faith Action for Community Equity (FACE) brought several family caregivers who shared their experiences in trying to manage the costs of giving their loved ones quality care in their homes.

Rev. Samuel Domingo of Kilohana United Methodist Church also shared his parishioners' stories as well as his own.

“The members of my church who are part of our Alzheimer's group know the importance of caring for their family members at home,” he says. “I am one of them. My in-laws live with my family and

we recently had to bring outside hospice care assistance into our home to help us care for my father-in-law.

“My family does an enormous amount of work to keep ‘Pops’ at home with us and we also know the costs involved. But we share a cultural understanding about the role of elders in our communities and the importance of shared responsibility as residents of Hawaii and as people of faith. Our policy makers need to recognize their kuleana to help everyone take better care of their loved

ones by passing this bill.”

Family caregiver Darlene Rodrigues also spoke about caring for her elderly mother who suffers from Alzheimer's. She is unsure of what the future holds for her mom.

“What saddens me the most is that I am getting a clear message that society doesn't value caregivers,” she says. “This legislation is inspiring because it brings value to caregiving. It recognizes that we all need to come together and pool our resources to support our ability to care for our elders.”

ACLU, City Sign Agreement on Stored Property Ordinance

The City and the American Civil Liberties Union of Hawaii Foundation have signed an amended stipulation that addresses a significant part of the lawsuit filed by the ACLU and co-counsel Alston Hunt Floyd & Ing that alleges the City's enforcement of its Stored Property Ordinance and Sidewalk Nuisance Ordinance violated the U.S. Constitution.

Under the amended stipulation, the City has agreed that

it will not immediately dispose of certain personal property, including tents, bicycles, clothing and household goods. In turn, the ACLU has agreed the City can immediately dispose of items such as combustible or hazardous items, weapons, illicit drugs, items that contain urine or feces or that are infested with rodents or insects and items “that cannot reasonably be construed as anything other than trash.”

The City has also agreed

that it will improve its impoundment and storage procedures by providing more notices (translated into various languages) to persons who have left personal belongings on City property before it impounds and stores any personal property.

The City will also perform more detailed video recording of future enforcement actions and simplify the process for retrieval of stored property and obtaining a waiver of the storage fee.

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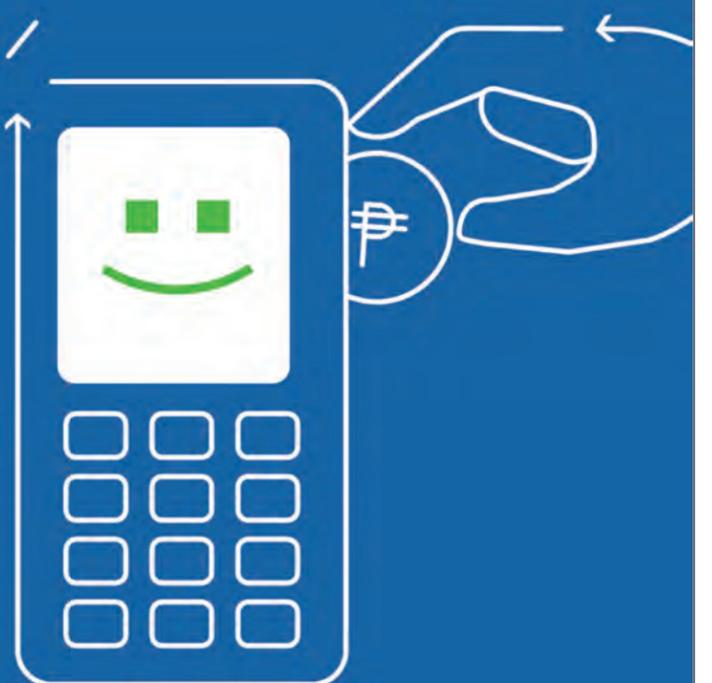


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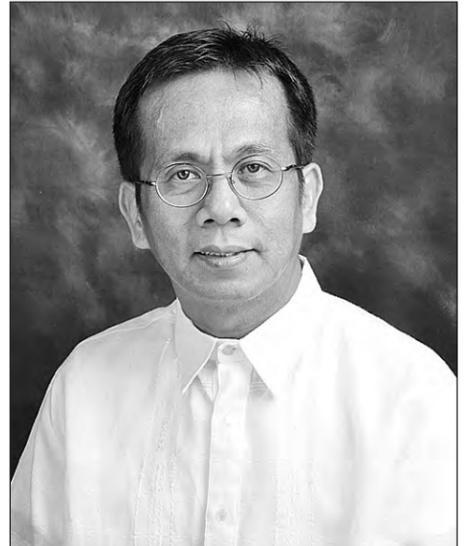
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HAWAII-FILIPINO NEWS

EWC Honors Filipino Economist at Manila Conference

Arsenio M. Balisacan, the Philippine government's Secretary of Socioeconomic Planning and Director-General of the National Economic and Development Authority, was among several distinguished alumni honored by the East-West Center at an international conference held January 15-16, 2016 in Manila.



Sec. Arsenio M. Balisacan

Balisacan was recognized for his outstanding accomplishments and service that helped the Center's to meet its mission of promoting better relations and understanding among the peoples of Asia, the Pacific and the U.S. He was one of two recipients of the Distinguished Alumni Award, which was established by Dr. Dai Ho Chun, former Director of the East-West Center's Institute for Technical Interchange.

Balisacan was a research intern at EWC and a Fellow in the Resource Systems Institute during the 1980s. He also earned his Ph.D. in economics at the University of Hawaii-Manoa in 1985 as an East West Center grantee. He later worked as an economist at the World Bank, as dean and professor of economics at the University of the Philippines-Diliman and appointed to his current position by President Noynoy Aquino in June 2012. Balisacan is a recognized and widely-published scholar on poverty, food security, rural and regional development, natural resource use and management, and governance issues in Asia.

Hundreds of notable international scholars, officials, educators and business leaders attended the conference, which was themed "Bridging Diverse Cultures towards an Inclusive Asia Pacific Community." Among the attendees from Hawaii were scholars who presented academic papers, including Dr. Amy Agbayani who moderated a Consuelo Foundation panel discussion on Haiyan.

The conference was co-sponsored by the EWC, an internationally-recognized education and research institution headquartered in Hawaii, and the East-West Center Association, the organization that represents the Center's more than 62,000 alumni throughout Asia, the Pacific and the U.S., many of whom now serve in positions of responsibility in their respective fields.

PHILIPPINE NEWS

Taxpayers to Subsidize P20 B for AFP, PNP Pension Hike?



The Department of Budget and Management is now scrounging for fund sources in the 2016 national budget to finance a higher pension rate for retired soldiers and policemen.

by **Jess Diaz**
Friday, January 22, 2016

MANILA, Philippines - Unlike the vetoed P2,000 Social Security System (SSS) pension increase, for which President Aquino does

not want to use public funds, taxpayers would be asked to subsidize a higher pension rate for retired soldiers and policemen.

(continued on page 13)

LEGAL NOTES

K-1 Visa Under Scrutiny



By Reuben S. Seguritan

Earlier last month, news broke out that 14 innocent civilians were killed in a company party in San Bernardino, California. As a result of the mass shooting, the K-1 fiancé(e) visa process is being looked into because Tashfeen Malik, a Pakistani citizen, and one of the terrorists who carried out said shooting came to the US on a K-1 visa and later became a lawful permanent resident.

Several members of the US Congress have expressed concern over the fact that Malik was able to obtain her K-1 visa despite giving fingerprints and other information that were checked and cross-referenced

against US immigration, terrorism and criminal databases. As a result, the USCIS is now looking into enforcing stricter guidelines.

The US government has a stringent process currently in place to ensure that marriages are made in good faith and is not 'sham marriage' or 'fake marriage'. Under the program, the two people involved—the US citizen and his foreigner fiancé(e)—must genuinely love each other and have the sincere intent to get married within 90 days of the fiancé(e)'s arrival in the US. Both of them must be legally free to marry at the time a fiancé(e) petition is submitted to USCIS by the US citizen sponsor and must remain so thereafter. The couple must have met in person within the past two years. Proof of the relationship must likewise be shown.

Once the USCIS approves the K1 visa petition, it is forwarded to the National Visa

Center where background checks are performed on the foreigner fiancé(e). The NVC will forward the petition to the Consulate that will conduct the interview. During the foreigner fiancé(e)'s interview before the Consulate, he/she is required to show proof of their intent to get married like pictures, letters, travel and hotel records and instant messages to the interviewing officer. Even during this stage, an application can be turned down if it cannot show enough proof of the relationship's genuineness. In addition, it can be turned down on account of the foreigner fiancé(e)'s police or criminal record. The foreigner fiancé(e) also has to undergo a thorough medical examination.

Upon arrival in the US, the couple has 90 days to get married otherwise the foreigner fiancé(e) can be deported. When he/she applies for Adjustment of Status, they also have to show proof like pictures and

joint documents. This is another step the couple needs to hurdle as it usually takes another six months before the 'green card' will be released, if at all.

The foreigner wife/husband has to go through another round of fingerprinting and facial recognition and another round of interview by the USCIS before the 'green card' is approved. Questions like "Do you seek to engage in terrorist activities while in the US or have you ever engaged in terroristic activities?" need to be answered.

From 1989 to 2014, 512,164 K-1 visas were given following these layers of processes placed to ensure that nobody thwarts the security measures of the United States and to ensure that the couple are really who they purport to be.

It is also important to note that depending on which country the fiancé(e) is from, the process can be even more

daunting. The Philippines, for instance, has the largest K-1 visa applicants with over 7,228 Filipinos entering the US in fiscal year 2014, but at the same token, it also has the most difficult process. US citizens often go to the Philippines to meet their fiancé(e) because it is logistically hard for Filipinos to obtain a tourist visa to the US to visit the American fiancé(e).

Needless to say, while we want our borders secure and free from anybody who wishes to cause harm, it is not fair to single out a particular type of visa. US citizens must likewise be free to marry foreign spouses of their choosing. And while more scrutiny and additional screening for the K-1 visa is inevitable, holders of K-1 visa have obtained the privilege to be on American soil by following a long and difficult process.

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

PHILIPPINE NEWS(from page 12, TAXPAYERS....)

The Department of Budget and Management (DBM) is now scrounging for fund sources in the 2016 national budget to finance the hiked pension, which is part of the Senate version of the proposed Salary Standardization Law (SSL) 4 or the fourth multi-year government-wide salary increase program supposed to take effect last Jan. 1.

But government nurses and other health workers, along with state science and technology employees, are not happy with this development as they criticized the proposed repeal of the Magna Carta for Health Workers and the Magna Carta for Science and Technology Workers.

The health group also scheduled a national protest on Jan. 28.

Robert Mendoza, Alliance of Health Workers president, explained that an SSL approval would repeal the Magna Carta and eventually give workers lower income.

"While SSL passage provides for a P2,000 increase in the monthly pay of health

workers, it would also mean losing P10,000 to P15,000 in benefits that are provided under the Magna Carta," he explained.

Angelo Palmones, president of Alyansa ng mga Grupong Haligi ng Agham at Teknolohiya para sa Mamanayan, gave the same argument, stressing that a repeal shows how the government fails to appreciate science and technology workers and to encourage them to stay and serve the country.

He pointed out that science and technology workers fought hard for the Magna Carta, which was enacted in 1997 but funded only in 2012. Before that, the benefits given them were funded through savings the department made.

The House of Representatives and the Senate are determined to pass the proposed SSL 4 before the Feb. 6 adjournment for the election campaign, said Speaker Feliciano Belmonte Jr.

SSL 4 contains the planned four-year salary increases for the 1.5 million

government personnel, although the House and Senate versions still need to be reconciled.

The House version does not provide for an increase in the pension rates of military and police retirees while the Senate version has it indexed in the salary increases for active members.

Belmonte said he would have preferred that the Senate tackled its indexation proposal in another bill, since funding for the House version has already been included in the 2016 budget.

Reconciling the two versions would mean convening a conference committee to look again into the salary increase law.

Davao City Rep. Isidro Ungab, chairman of the House appropriations committee, said an initial estimate of P20 billion is needed to increase the military and police pensions.

The amount, he said, was not included in the 2016 national budget and would force the DBM to look for fund sources. (www.philstar.com)



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Dispatches: Backward Step for Philippine Women

By Phelim Kine

The Philippine government has taken a serious step backward in its obligation to protect maternal health, reduce infant mortality and prevent the spread of HIV.

Last week, the Philippine Congress eliminated funding in the 2016 national budget for contraception, cutting vital support for lower-income Filipinos who rely on state-provided contraceptive services for protection from sexually transmitted infections, and for safe birth-spacing and family

planning. Research indicates that up to 50 percent of pregnancies in the Philippines are unplanned, largely due to lack of availability of modern contraception.

The budget cut threatens to roll back hard-fought gains in maternal health and reductions in infant mortality over the past decade made possible by government-subsidized or free contraceptive services. The United Nations Population Fund has criticized the congressional action as a threat to “the basic human right to health as well as the right to reproductive choices.”

It also risks exacerbating the country’s HIV crisis. Ac-

ording to UNAIDS, the Philippines is “one of only a handful of countries at risk of a full-blown AIDS epidemic.” The budget cut also undermines provisions of the Responsible Parenthood and Reproductive Health Law that guarantee government distribution of free contraceptives and access to reproductive health services at government hospitals.

Congress’s slashing of the budget for contraception is a victory for elements in the Roman Catholic Church in the Philippines that have bitterly opposed the free contraceptive services. That opposition has included false claims about the safety and

reliability of contraceptive methods such as condoms.

International human rights law ensures access to condoms and related HIV prevention services as part of the right to the highest attainable standard of health. The International Covenant on Economic, Social and Cultural Rights, ratified by the Philippines, obligates governments to take steps “necessary for ... the prevention, treatment and control of epidemic ... diseases,” including sexually transmitted diseases. Under the covenant, the Philippine government must progressively realize the right to health to the maximum of its available resources.

President Benigno Aquino’s administration demonstrated political courage in supporting the Responsible Parenthood and Reproductive Health Law in 2012 in the face of opposition from groups willing to sacrifice women’s rights and the right to health on specious justifications of morality. Congress has pandered to those groups, betraying the government’s commitments to those rights and the vital role they play in protecting women’s lives and health. Aquino should press Congress to immediately restore those funds or be held accountable for the suffering that their ill-conceived actions incur. (*Human Rights Watch*)

PHILIPPINE NEWS

Noy to Youths: Choose Selfless, Clean, Competent Leaders

by Aurea Calica
Friday, January 22, 2016

MANILA, Philippines - President Aquino told young people yesterday that corruption would be a thing of the past if Filipinos would choose selfless and competent leaders in this year’s elections.

“I am confident that our bosses will choose whoever is honest, clean, honorable and will undoubtedly continue the straight path. Our message: there is no forever for the corrupt and our suffering,” Aquino said in a speech delivered by Presidential Communications Operations Office Secretary Herminio Coloma Jr. during the Ten Accomplished Youth Organizations (TAYO) Year 13

awarding ceremony at Malacañang.

The President reiterated that his dream was to pass on to the next generation a country that would be more progressive, peaceful and stronger than what they found.

Aquino recognized the role of the youth in nation-building and as hope of the motherland.

He also praised the awardees, saying that instead of complaining and doing nothing, they volunteered to help others and uplift the condition of the country.

“That is why my challenge and call to everyone of us: follow the example of the awardees and other fellowmen who truly have compassion and care for the country,” the President said.

“Do not get tired of serving and doing good,” Aquino said.

The TAYO winners were the School of Law and Community Enrichment of the University of San Jose Recoletos in Cebu City; I Am M.A.D. (Making A Difference) Inc. of Mandaluyong City; Tanay

Mountaineers of Tanay, Rizal; Kanlaon Theater Guild of Bacolod City; Environment and Climate Change Research Institute of the De La Salle Araneta University in Malabon City; Keep Hope Alive of Mansalay, Oriental Mindoro; Youth Sports Advocacy of

Quezon City; Bayugan National Comprehensive High School-YECS of Bayugan City, Agusan del Sur; Tobog Youth Organization of Oas, Albay; and UP ALCHEMES (Academic League of Chemical Engineering Students) of Quezon City. (www.philstar.com)

Effect of El Niño, Natural Calamities: Farm Sector Barely Grows in 2015

by Louise Maureen Simeon
Friday, January 22, 2016

MANILA, Philippines - The long dry spell and calamities severely affected the Philippine agriculture sector last year as it posted flat growth in volume and a further decline in value, the Philippine Statistics Au-

thority (PSA) reported.

The farm sector grew a measly 0.11 percent in 2015 in terms of production volume compared to the 1.39 percent growth in 2014.

The agricultural sector grossed P1.42 trillion at current prices, down almost five percent from P1.49 trillion in 2014.

The Philippine Atmospheric, Geophysical and Astronomical Services Administration (Pagasa) said El Niño is expected to reach its peak in the first quarter of this year with effects to be felt by 85 percent of the country until the latter part of April.

Furthermore, the crops sub-sector, which comprised 51.83 percent of farm production, dropped almost two percent last year. Production of palay and corn decreased 4.31

percent and 3.24 percent, respectively.

Significant losses were recorded in the production of rubber, onion, tobacco and sugarcane. Gains in production, however, were noted in garlic and cassava production.

Production in the fisheries sub-sector, which accounted for 16.38 percent of total farm output, further declined two percent in 2015 from the 0.45 percent decrease in 2014.

On the other hand, the poultry sub-sector which shared 14.72 percent in the total production expanded 5.7 percent in 2015 against a minimal 0.27 percent expansion in 2014.

Meanwhile, average farm-gate prices in 2015 decreased 4.78 percent with all sub-sectors posting declines. (www.philstar.com)

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Q & A

CASTRO READY TO LEAD PMAH

By Dennis Galolo

The Philippine Medical Association of Hawaii (PMAH) will ring in the New Year with a new president—oncologist Dr. Michael Castro who was born and raised on the East Coast. Castro will officially succeed Dr. Carolina Davide at PMAH's 38th Anniversary and Installation of Officers ceremony scheduled for January 23, 2016 at the Hilton Hawaiian Village.

Founded in 1978, PMAH is an association of doctors with about 130 members. The organization, which is open to both Filipino and non-Filipino physicians, exists to make a difference in the community and beyond through its three affiliate organizations—the Bayanihan Clinic Without Walls (BCWW), the Ohana Medical Mission (OMM) and the PMAH Foundation.

Castro shared a few minutes with the Chronicle to outline his plans and priorities for his upcoming term. His responses were edited for space and clarity.

Q: Congratulations on being elected president of PMAH! How does it feel to lead the premiere organization for Filipino doctors in Hawaii?

A: It's both daunting and exciting. In fact, I have no other qualifications except my Filipino blood and being a physician. And I have never had any political ambitions. So it was quite a surprise even to be nominated last year. During the course of the year as president-elect, I came to realize that the presidency is about using the same kinds of skills and positive intentions we bring to our work in the clinic and employing those things for the organization's well-being. I've overcome a few layers of anxiety during the last year and gradually have grown into the idea of being president.

Q: Why did you accept the position?

A: Coming to Honolulu from the East Coast less than four years ago was like arriving in no-man's land without a map or a plan. PMAH provided me with the networking that made it possible to get a medical practice off the ground in spite of not knowing anyone in Hawaii. And in the process, I have met some wonderful people, both medically and personally speaking. I am enormously grateful for the chance to care for our mutual patients and for the trust that has been placed in me by people who are PMAH members. I'm fairly certain that I would not have survived a year in Hawaii without their support. I must say that I have an even greater appreciation for my father immigrating from the Philippines to the States 50 years ago as a result of this experience coming to Hawaii. Though I am still in the States, I am a kind of immigrant in Hawaii.

Beyond that, I have come to understand that the mission of PMAH of providing support for Filipino physicians and encouraging physicians to provide that support for each other really serves an essential element in our professional lives. An individual may be able to get along without this community connection, but it is so much easier in life to be part of an organization than a loner.

Additionally, PMAH's affiliates have their individual humanitarian goals of providing service to the needy and that tends to bring out the best in all of us. There is a lot of pulling together that happens at PMAH and it has been rewarding to be part of that. All in all, I think it is a great honor that I can serve as president.

Q: What initiatives will you focus on during your term?

A: I hope that we will do something special related to establishing a cancer screening program in West Oahu



that can overcome the barrier of making an early diagnosis of curable cancers rather than the late diagnoses which are much too frequent in the Filipino community. I am counting on not only our membership but also The Filipino Chronicle to help with promoting that program, which you will hear more about at a later time.

Q: What are some of the bigger challenges facing PMAH? What are your plans to meet these challenges?

A: Keeping membership relevant and making it a valuable experience for participants is a priority of every president. We have some unique needs at this time in history. Consider for example, the ICD10 transition last year and the resources and activities PMAH provided. I think we should do more of that sort of thing and try to identify the needs and challenges that we are facing as a profession as well as the changes that we are confronting locally, and see what kind of support we can bring to bear for the membership. I am open to hearing from everyone and to all proposals along these lines.

Q: Tell us about yourself—where were you born and raised? Where did you attend high school and college? When did you come to Hawaii? Are you married? How many children?

A: I was born in Baltimore in 1957. My father emigrated from Manila just out of medical school at the University of the Philippines in 1955 to complete his medical

training in the States. He wound up falling in love, getting married and staying in Baltimore where he and my mother still live.

From grades 1-8, I attended a military school run by nuns, The Sisters of Mercy, followed by Loyola High School, a Jesuit high school in Baltimore, and then attended college at Brandeis University as an English and American literature major in the Boston area. Subsequently, I decided to go to medical school with the purpose of becoming a psychiatrist, and then fell for internal medicine as a student at Columbia University in New York after honestly considering every field from pediatrics to neurosurgery. I decided to pursue oncology rather late in my medical residency in New York City at St. Luke's Hospital, and then was very fortunate to be trained at Mt. Sinai in New York by Dr. James Holland, a mentor and friend and one of the greatest oncologists the field has known.

I married Sophie rather late in life, so I'm afraid the prospect of children passed us by. But instead of raising a family, I have had the freedom to put all my energy into patient care and never struggle with neglecting family for

work. This outcome has disadvantages of course, but perhaps there have been a few advantages as well. I didn't start out with this plan, but that's just the way things turned out.

Q: What attracted you to the medical profession?

A: I was raised from the cradle to be a physician. I grew up in it. There really never was anything else. I was surrounded by physicians—mostly Filipino physicians. I had a pretty good grasp of basic anatomy and quite a lot of medical vocabulary by age 6 or 7. There was no doubt in anyone's mind, expect briefly my own, that I would do anything else. I had models of body parts as a kid, all kinds of medical books, and hung out in hospital cafeterias and waiting areas while my father made rounds. Everything in my family revolved around the medical life. I was interested in almost every subject and profession growing up, and I eventually needed to make my own choice about entering medicine. But all in all, I think medicine has always been my destiny, as if it were in the family genes. Though I considered every other path, nothing else ever competed with becoming a doctor.

Q: Why did you choose on-
(continued on page 17)



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FEATURE

THE 50TH ANNIVERSARY OF THE MARCH FROM SELMA

By Sheryll Bonilla, Esq.

When attorney Sheila Thompson retells the events of the civil rights movement, the passion in her stirs you into action. In 1896, the U.S. Supreme Court handed down its now notorious decision in *Plessy v. Ferguson*, which legalized segregation in public schools under its “separate but equal” policy. As recently as fifty years ago, blacks had to give up their seats on the bus for whites and sit in the back of the bus. Civil rights leader E.D. Nixon, a Pullman porter who had sought the assistance of, and was befriended by First Lady Eleanor Roosevelt, recruited the charismatic young, new pastor Reverend Martin Luther King, Jr. to unify and energize the populace. Committed lawyers worked beside them in the trenches, defending more than 3,400 people who were arrested time and time again for acts of civil disobedience as innocuous as not giving up their bus seats to white people or eating in a restaurant of the other race.

From the depths of her heart, Thompson points out that lawyers were the agents of change in the struggle for racial equality. Nixon and Rev. King consulted closely with a team of dedicated attorneys to develop strategies, making sure that the actions taken were legal and the cases filed



Alabamian policemen prepare to assault peaceful demonstrators at the Edmund Pettus Bridge during Bloody Sunday in 1965. Photo source: www.wikipedia.com

would advance the cause by specifically bringing them before judges who would rule in their favor to chip away and eliminate Jim Crow. Not only did they defend those who had been arrested, the lawyers involved in the civil rights movement carefully chose the plaintiffs, cases, and courts to end discrimination against blacks. The team included Thurgood Marshall, Fred Gray, Jack Greenberg, Solomon Seay, Jr., Peter Hall, and Clifford Durr, among others.

The Montgomery Bus Boycott began in December 1955, to protest the city’s “blacks in the back of the bus” law. The legal strategists sought a case that could be taken to federal court to challenge it, and pondered which of the many they’d defended

presented the optimal facts and plaintiffs. Fred Gray wanted the court to have only one issue to decide – the constitutionality of laws requiring segregation on buses. Gray had defended 15-year-old Claudette Colvin, the first person to be arrested for refusing to move to the back of the bus, nine months before Rosa Parks’ well-known act of disobedience. Four other women were arrested after Claudette - Aurelia Browder, Susie McDonald, Mary Louise Smith, and Jeanette Reese.

The Montgomery Bus Boycott was declared to be illegal, and Gray represented it in its legal battles. He carefully researched the case facts and legal issues involved. With housewife Aurelia Browder as the lead plaintiff, he filed the critical case of *Browder v. Gayle* in federal court in February 1956. The case was heard by three judges: Judge Frank Minis Johnson of the Middle District of Alabama, who was a foe of segregation, Judge Seybourn Lynne of the Northern District of Alabama, and Judge Richard Rives of the Fifth Circuit Court of Appeals. Judges Johnson and Rives ruled in favor of the women on the grounds that the law was unconstitutional

under the equal treatment protection of the Fourteenth Amendment. Five months later, in November 1956, the U.S. Supreme Court affirmed the decision, effectively striking down segregation in public transportation.

Voter rights came next. The attorneys specifically chose Montgomery because it would put any legal challenges squarely within the jurisdiction of Judge Frank Johnson, who issued the landmark *Browder v. Gayle* decision. They knew he was sympathetic to the injustices suffered and would issue rulings protecting participants. Johnson was a white WWII veteran and had organized his fellow veterans in Alabama to support General Eisenhower in his presidential campaign. President Eisenhower first appointed Johnson as a U.S. District Attorney, then in 1955, elevated him to a post as a federal judge for the Middle District of Alabama.

By 1965, Judge Johnson’s rulings had already struck down discrimination in transportation, schools, public facilities, and voting issues. Three critical marches from Selma to Montgomery were planned -- March 7,

March 9, and March 21. Governor Wallace – Johnson’s nemesis -- tried to keep segregation in place, banning the NAACP from operating in the state for eight years and prohibiting the march on the grounds that it posed an issue of public safety. Fred Gray, Peter Hall (who later became Birmingham’s first black judge), Jack Greenberg, and Solomon Seay, Jr. filed *Williams v. Wallace* at 10:30 a.m. on March 19, 1965 in the federal Middle District of Alabama, where Johnson presided. The whole path of the march was outlined, complete with logistics such as food and recesses for the protesters, all carefully set forth so that the walk complied fully with the law. Judge Johnson heard the case and ordered Governor George Wallace to permit the 54-mile walk from Selma to Montgomery to take place. The marchers crossed over the Edmund Pettus Bridge into the city, fully protected by the law, with Judge Johnson’s authority backing them.

Legal reform works best, Thompson reminds us, when actions that win the hearts and minds of people both move the lawsuits along and help people understand the impact of law. The success of the civil rights movement is a tribute to working within the system to change the system. Thurgood Marshall (whose wife is from Kauai), was the Director of the NAACP Legal Defense Fund. He argued equal rights cases before the U.S. Supreme Court and won landmark decisions that changed our way of life. Marshall became the first African-American justice on the U.S. Supreme Court. These are a few of the committed lawyers who worked along with Rev. King, E.D. Nixon, and Thurgood Marshall, defending those in the trenches and successfully developing the legal strategies that advanced reforms in racial equality.

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PERSONAL REFLECTIONS

GOODBYE 2015, HELLO 2016!

By Seneca Moraleda-Puguan

5

...4...3...2...1...
Goodbye 2015!

While the rest of the world welcomed the year with noise, fireworks and grandiose celebration, our family had a quiet and simple one in South Korea with some of our friends. We just had a small but sumptuous boodle fight to end the year. Welcoming the New Year in a foreign land wasn't as fun and festive as what we were used to in the Philippines but despite the simplicity of our celebration, we started the year with a bang! It was one of the most meaningful and joyful New Year celebrations yet...

We started the year praying and praising God for the year that we left behind. We looked back at the many things God has blessed us with the past year and we remembered His generosity, goodness and faithfulness in our lives.

The past year had been an amazing year for me and my family. I spent nine months of the past year carrying a baby inside my womb and it was



one of the most difficult but greatest things to happen in my life. It was a season of mood swings and body aches, anxiety and uncertainty, but it was also one of excitement, grace and faith.

2015 will forever be etched as the year that my husband and I became first time parents. It was a year of new things and new beginnings. As beautiful as it was, it was challenging for us as we tried to learn new things and adjust in becoming a mom and dad to a fragile human being. Our daughter's arrival messed our once quiet lives. She caused us to lose precious sleep. She ruined our budget and took over

our house with all her things. She made our schedule erratic. She made us give up a lot of things we used to do and want. She has changed our lives for good and made it better. She added joy and color, laughter and excitement to our marriage and to our lives. She made our relationship stronger. She taught us what sacrifice is and what it means to be selfless. She helped us realize that life is beautiful, it's worth living.

It was also the year where we have experienced God's miracle in our lives. When I was on my 11th week of pregnancy, my daughter's ultrasound scan showed a thick

nuchal translucency which indicates an abnormality. We were advised to abort her but we didn't want to. It was and will never be an option. We went from one specialist to another and we received the same diagnosis. My husband and I were heartbroken but we looked to God and not on our circumstance. Every night for several days, we cried and laid our hands on my tummy and declared by faith that our baby was going to be normal and healthy. Despite the uncertainty, we kept her. And when she came out, she was perfectly normal so we called her 'Keejeok', Korean for miracle because she has shown us that God indeed is a miracle worker.

Our little 'Keejeok', our miracle had been the highlight of our 2015. It is not easy being her parents but it is the most beautiful thing that happened to our marriage so far.

Indeed, we praise God for the year that said we said goodbye to. It was a year of provision and favor. But it is now time to look forward to the future and stop dwelling on the past. We know that this year we said hello to is going to be bet-

ter and greater. We can look forward with expectant hearts to receive the beautiful promises God has for our family and friends this new year.

Uncertain as it may seem and we don't know what lies ahead, but one thing we do know and believe, God is sovereign and He has gone before us. He is the God of time and seasons. We face 2016 with confidence, that no matter what challenges we encounter along the way, we are not going to be alone because God is with us. He has proven Himself faithful and good the past years and seasons, and He will remain the same.

Because of the many blessings we have received the past year, we are gearing ourselves to receive even greater things this year.

May this be an encouragement to you, my dear friend, you can expect great things because God is good and He is in control. You can go through this year with confidence, hope and with a big smile on your face. So come on, take the plunge!

5...4...3...2...1...

Hello 2016! You are going to be one fabulous year!

Q & A (from page 15, CASTRO....)

cology as your specialty?

A: A diagnosis of cancer usually represents a moment of crisis in the lives of individual patients that not only brings a potential threat to survival, but many losses and the need for a great many accommodations. I was attracted to the human drama in oncology and the possibility of playing a role where I could make a meaningful difference in the lives of patients. There are thousands opportunities for doing good deeds as an oncologist that can make for some very rewarding moments, in spite of the fact that the field of cancer medicine still has a long way to go. What we cannot achieve with medicine, we try to make up with kindness and understanding. After I learned the value of providing service

to patients, I was hooked on oncology and have never looked back.

Q: From whom or what do you draw your inspiration from?

A: I have been inspired by a great many individuals over the course of my life. My father, a family physician for 40 years until forced into retirement by health issues, set the striking example of not only being a crackerjack diagnostician, but a marvelously compassionate bedside clinician who had a talent for relating to his patients and providing them hope and the credible figure of someone they could trust. He was the Filipino Marcus Welby, MD. On the day he retired, several thousand people stood in line wrapped around the block for 10 hours to say goodbye to

him and he greeted and said farewell to each of them.

But I must admit that there are scores of people throughout my life who have impressed me and continue to impress me by the way they do things. From each of them I have stolen a little something, a gesture, or turn of phrase, a piece of knowledge, sometimes a joke for my own use in practice or in life in order to be a better physician or a better person. Of course, I am still learning and have a long way to go in being a perfect clinician, but I am so grateful for all my influences, and it is impossible to imagine who I would be or what life would be like without them.

Q: What do you like to do during your free time?

A: I've been a musician

since I was 5 years old, and I still give a majority of my free time to learning and brushing up my repertoire of Brazilian guitar music. The guitar has been my jealous mistress for most of my life; just ask my wife. Music has been good for my head and keeps me balanced, or almost balanced most of the time.

Q: What legacy do you want to leave behind when your term as PMAH president is over?

A: Medicine is already both the most demanding and humbling of professions but the medical delivery system is going through some uncharted waters and extraordinarily tough times, such that physicians are for the most part highly stressed in both their professional and personal lives. I hope that

PMAH will continue to thrive during my presidency and represent a place where its members feel understood, supported and appreciated by their colleagues. Having the life and career of being a Filipino physician sets out quite a unique set of experiences for each of us, and I think our association at its best provides the comfort and support of a group who knows where each other comes from, what values we share in common, and the unique kinds of struggles each of us has had to endure.

My background differs from most of the membership in that my own Filipino heritage as an American-born mestizo in a time and place where there really was no such thing gave me special understanding and sensitivity for

(continued on page 18)

PHILIPPINE LANGUAGE



DAYASADAS
By Pacita Saludes

Fiesta Ti Kailokuan Maselebraran A Tinawen Iti Hawaii Ken Idiay Filipinas

dagiti aniaman a mangnayon ti ragragsak iti panagtitipon dagiti umili. Ket iti maudi a rabii ti piesta isu met ti pannakakorona ti mutya wenno reyna a napili iti daya a tawen.

Manipud idi 1975 nairugi met ditoy Hawaii iti FIESTA TI KAILOKUAN nga inrusat ti ANNAK TI KAILOKUAN nga isu met ita ti kankanayon a maselebraran iti tinawen a panaggiesta dagiti Ilokano iti Hawaii. Ita a tawen, Enero 30 maselebraran manen baben iti AKA ken GUMIL HAWAII a maaramid idiay August Ahrens School iti Waipahu. Maipabuya ti ababa a drama a napauluan ti "NAPUGSAT A TANIKALA" a pagakeman dagiti kamkameng. Sinurat ken idireksion ti pundador ti AKA, ni Pacita C. Saludes.

Sumaruno met ti pannaka-

balangat dagiti reyna ti AKA 2016 ni Gloria Raquedan, ken reyna ti Kailokuan ni Jovelyn Terrado. Kasta met ti Mrs. GUMIL - ni Jackie Espiritu Pasion, Miss GH Marylee Corpuz ken Miss Press Carmen Tolentino. Kas idiay Kailokuan, balanganan ida dagiti opisyaales ti komunidad, da Maria Etrata, ti Presidente ti United Filipino Council of Hawaii, Rev. Alex Vergara-Presidente ti Oahu Filipino Community Council, ken ni Senator Will Espero ken dagiti dadduma pay a mangipatpateg ti komunidad ken grupo ditoy Estado ti Hawaii.

Koronasyon ken wagas ti pannakabalangat dagiti reyna a kas idiay KAILOKUAN. Tuk-tukar met idiay Kailokuan ti maaramat nga ipatayab ti grupo dagiti Ilokano nga musiko nga idauluan ti Jessie Badua Band. Adu met dagiti salsala nga idauluan da Roland ken Edith Pascua, dagiti advisor ti ANNAK TI KAILOKUAN ITI AMERICA ken kankanayon a mangiwanwanwan ti programa a tinawen.

ITA TA NASAPA PAY

Bukraem sinirutan a siglot ti napalabas
Usisaem dagiti benneg a siannad
Dika agsarimadeng idatagmo a sipapalanas
No aniat' namsaakam aldaw a naglabas

Saggaysaen nga anagem dagiti bilin
Adda man nalibtawan ken saan
Awan ti rason ta surotem ti pagalagadan
Bayat ti panagbiag di paginsasaan.

Lagipen a ti biag saan a kukua
Naipabulod laeng aywanan koma
Amin a nagapuanam masaminarka
No nakaibaonam naaramid met la ida.

Inayaden a lukiben binulong ti listaan
No adut' nagkurangan nakaisangratam
Ita met laeng rugianen a sulnitan
Amangan madanon panawen adut' pagkurangam.

Awan makapaglibak uray pugedan
Amin a paddak di ammo a masipsiputan
Uray dimo nayebkas dimo mapaglibakan
Ta ti langit adda latta nga agwanwanawan.

Kada maysa naikkan ti naan-anay a panawen
Mangiringpas naited gundaway
Tapno itungplna a siwayawayaya
Dagiti naisangrat a para kenkuana.

Q & A (from page 17, CASTRO....)

what immigrant people and mixed blood individuals must endure in making a life. It is a unique experience. So for me personally, it would be meaningful for PMAH to represent an organization where people who are only part Filipino also can feel that they belong and want to be part of. I'm not sure we need a special committee for that, but I hope that my being president will create a precedent and example that others will be encouraged by. There are quite a few children from mixed marriages, with some of these offspring in medical school. I feel a deep connection with those kids and with their parents who

are having a unique experience.

Other than that, I have no special agenda for making a legacy at PMAH. I think that trying to serve the needs of the membership and the Filipino patients we are all responsible for is already quite a big ambition. My goal and style as president will be to make each program and event we sponsor feel like something that the membership wants to come to, participate in and get value out of, rather than just being another obligation to get through. In any case, it is really the board, not just the president, that gets things done in the PMAH, and my leadership will be about valuing their talents and involvement, and supporting what we can all do together.

No madanon ti kalgaw adu dagiti Ilokano nga agplano nga agawid idiay Ilokos ta ranaenda ti piesta. Inkami makipiesta Mare kuna ni Mare Dora. Naragsak ngamin ti piesta idiay Ilocos. Agmalem, dua nga aldaw, wenno dua a rabii ket agpaili amin a taga away tapno mapanda makipiesta. Isu met ti panawen a panagtagtagda ti sapatos ken baro a bado a pakipiestada. Ania ngamin ket maminsan laeng ti makatawen iti piesta ti Ili. Adu met ti sagana dagiti agtuturay ken uray pay dagiti taga bario. Isaganada met

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COMMUNITY CALENDAR OF EVENTS

PHILIPPINE MEDICAL ASSOCIATION OF HAWAII (PMAH) 38TH ANNIVERSARY AND INSTALLATION OF 2016 OFFICERS | January 23, 2016 | 5:30 PM | CORAL BALLROOM, HILTON HAWAIIAN VILLAGE | For reservations & details, call JP Orias at 387-8297 or email jporias808@gmail.com or pmahinfo@gmail.com

UNITED PANGASINAN OF HAWAII VALENTINES ANNIVERSARY DINNER & DANCE | January 30, 2016 | 5:30 PM | KAUAI MARRIOTT RESORT AND BEACH CLUB | For reservations, contact 808-651-9139 or email: filipinochamber@aol.com

RECOGNITION OF 2016 AWARDEES AND INSTALLATION OF NEW BOARD MEMBERS, KAUAI FILIPINO CHAMBER OF COMMERCE | February 13, 2016 | 5:30 PM | KAUAI MARRIOTT RESORT AND BEACH CLUB | For reservations, contact 808-651-9139 or email:

PHILIPPINE NURSES ASSOCIATION OF HAWAII (PNAH) VALENTINE'S DANCE FUNDRAISER | February 14, 2016 | 5:00 PM | RUMOURS NIGHT CLUB, ALA MOANA HOTEL | For more info, call Ramon Sumibcay @ 489-7148 or Tina Salvador @ 426-6183

FILIPINO CHAMBER OF COMMERCE OF HAWAII

OFFICIAL 2016 TRADE MISSION TO THE PHILIPPINES | February 16-21, 2016 | \$1,398 per person. Tour includes air and ground, hotel accommodation, meals, business meetings and more. Optional extended tour to Cebu available at an additional cost | Contact: Sam Acosta @ 306-1428 or email: samacosta@employeebenefitservices.com

HELPING HANDS HAWAII 11TH ANNUAL FUNDRAISING DINNER | March 10, 2016 | 5:30 PM | TAPA BALLROOM HILTON HAWAIIAN VILLAGE, Cocktails & Live Hawaiian Music at 5:30 PM ; Dinner & Program at 6:30 pm; RSVP by February 29, 2016 | For more information, contact Jan Harada, President & CEO at 440-3820 or at jharada@helpinghandshawaii.org

SARILING GAWA YOUTH COUNCIL'S 36TH ANNUAL LEADERSHIP CONFERENCE CAMP | March 19-21, 2016 | YMCA CAMP ERDMAN IN MOKULEIA FOR HIGH SCHOOL AND COLLEGE STUDENTS; COST: \$140.00 per person | Contact Rouel Velasco, rouel.velasco@sarilinggawa.org/218-0833 for more information.

ANNUAL TERNO BALL, HAWAII FILIPINO WOMEN'S CLUB (HFWC) | April 30, 2016 | 6:00 PM | ALA MOANA HOTEL, HIBISCUS BALLROOM | Contact Nelly Pongco Liu @ 228-7808 or Carlota Ader @ 688-3215

GLOBAL NEWS

Filipina Named Asia's Best Female Chef

Chef Margarita Forés has been named Asia's Best Female Chef, the first time a Filipino is given the award by Asia's 50 Best Restaurants. Forés has impressed local and international diners for her primarily Italian cuisine, despite never undergoing any formal training.

Her exploration of Italian cuisine began in 1986 with a crash course in cooking and the language. The former certified public accountant thereafter turned her expertise to cooking and brought forth a chain of successful Italian restaurants including Cibo, Lusso, Grace Park and Alta.

Her catering company Cibo di Mi has catered to both local and foreign dignitaries visiting the Philippines. Forés was also selected to help prepare the welcome dinner for the heads of state at last year's APEC meetings in Manila.

The region's food and beverage

industry leaders also noted the Filipina chef's advocating the farm-to-table market and helping Filipino farmers by using homegrown ingredients in her restaurants.

Her expertise in Italian cuisine has also made Forés a proud advocate of Filipino dishes. She has co-authored Kulinarya, which features a wide selection of popular regional dishes.

"Studying Italian cuisine has given me a high respect for ingredients, which has influenced the cooking that I do," Forés says. "Through the years, a lot of Italian technique has guided my work and this has reawakened an appreciation for my own Philippine cuisine."

William Drew of Asia's 50 Best Restaurants describes Forés as a "true leader in her country's restaurant sector. Her dedication, culinary skills and pioneering efforts have elevated the dining scene in the Philippines and set a new benchmark for other

chefs and restaurateurs to follow."

Forés and her colleagues in the industry have been making efforts to bring more international attention to Filipino cuisine. Last year, Antonio's in Tagaytay became the first Filipino restaurant to be listed in the Asia's 50 Best Restaurants list.

"I think what's great about it is it validates this whole effort. We've been sort of pushing in the industry to bring our cuisine forward," Forés said in a media statement. "And what surprises me is that we were on the radar as far as the region and people in the industry are concerned."

Forés recently opened Casa Artusi Philippines, the first Asian campus of the Italian culinary school. She will receive the Asia's Best Female Chef 2016 award at the 4th annual Asia's Best 50 Best Restaurants awards ceremonies to be held February 29, 2016 in Thailand. (Good News Pilipinas)



Pope Francis kneels to wash the foot of a man at the Don Gnocchi Foundation Center in Rome, Thursday, April 17, 2014. The Vatican published a decree Thursday from the Vatican's liturgy office announcing that the rite can now be performed on anyone "chosen from among the people of God." It makes no mention of gender or religious affiliation. AP file photo/Riccardo De Luca

Pope Changes Church Law for Gender-friendly Pre-Easter Rite

VATICAN CITY — Pope Francis is changing church law to correspond to his rule-breaking celebration of the Easter Week ritual of washing the feet of men and women, Christians and not, in a sign of universal service.

Vatican rules for the

Holy Thursday rite had long called for only men to participate. Popes past traditionally performed the ritual on 12 Christian men, recalling Jesus' 12 apostles.

Shortly after he was elected, Francis raised conservative eyebrows by performing the rite on men and women, Christians as well

as Muslims, at a jail.

The Vatican published a decree Thursday from the Vatican's liturgy office announcing that the rite can now be performed on anyone "chosen from among the people of God." It makes no mention of gender or religious affiliation. (www.philstar.com)

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