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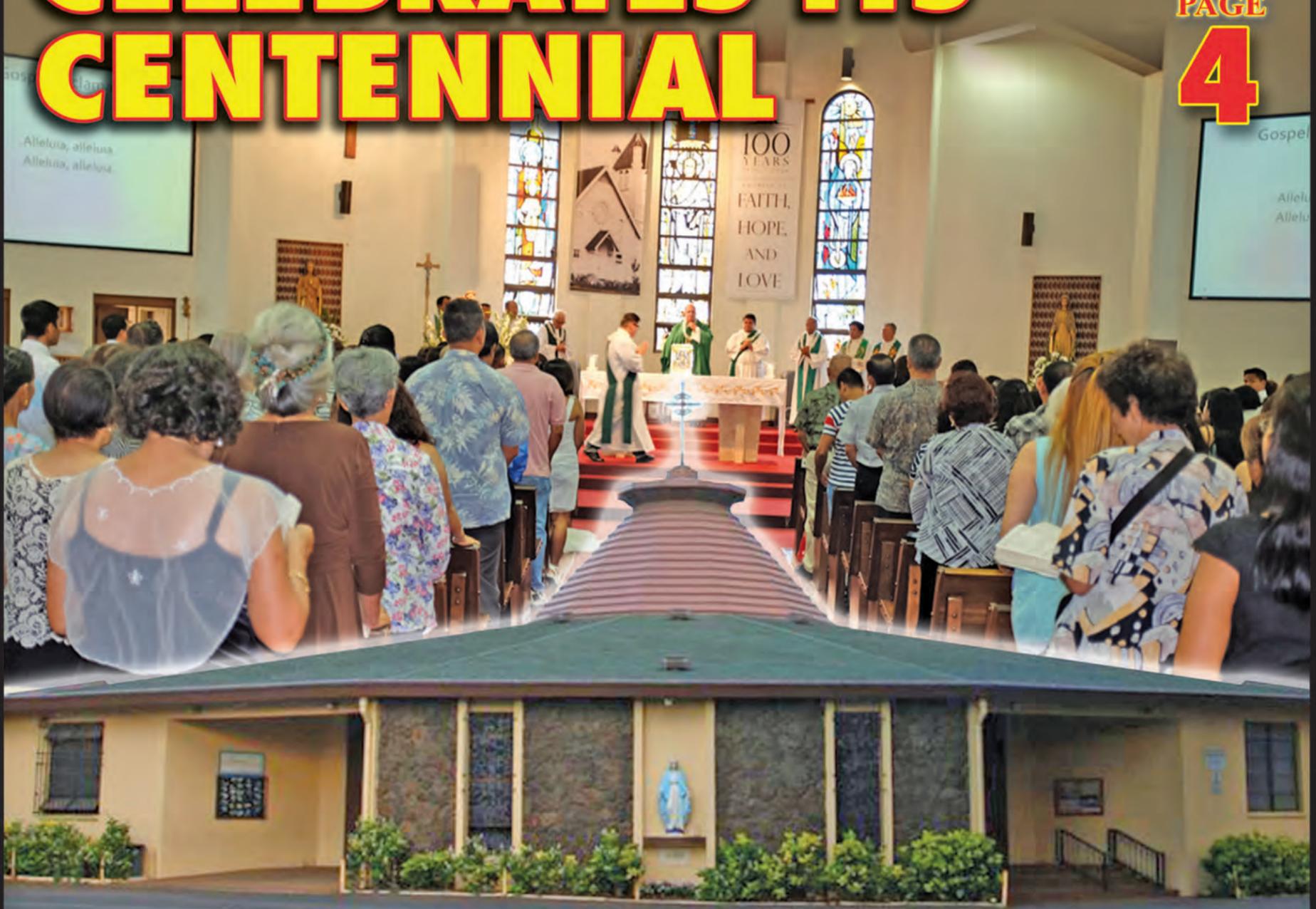
FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ JULY 2, 2016 ◆

ST. ANTHONY KALIHI CELEBRATES ITS CENTENNIAL

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Happy Fourth of July Celebration!

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EDITORIAL

Congratulations to St. Anthony's Kalihi

One hundred years is a long time to be doing anything—much less serving as a beacon of light and hope for the community. But that's exactly what St. Anthony Catholic Church in Kalihi has done for the past century. The church's pastoral staff and members of the congregation have dedicated their lives to meeting the emotional and spiritual needs of parishioners with a wide range of ministries and outreach programs. The church is located in Kalihi Kai, an older, blue collar community that is home to many immigrant families and lower income households. The church also runs St. Anthony School, which currently serves children in kindergarten through the eighth grade. The school provides not only a good education but also teaches moral values and Christian living.

Although the majority of St. Anthony's members are Filipino, there are also other ethnic groups represented—Samoans, Hawaiians, Portuguese, Japanese, Chinese and lately Micronesians. But its look and feel are much like a Catholic church in the Philippines, which explains why many Filipinos flock to St. Anthony. Filipinos are a deeply religious people and a good part of that devotion is to their local church. Filipinos' religious faith has deep historical roots that can be traced back to three centuries of Spanish occupation and the spread of the Catholic faith. It is said that Spaniards conquered the Philippines with the sword but captured the people's hearts with the cross.

St. Anthony celebrated its 100th anniversary with a special mass on June 12. The fact that this Catholic Church on Puuhale Road has thrived over the past 100 years is a testament to the incredible dedication of its early parishioners who toiled anonymously doing the Lord's work. Today's parishioners enjoy what they have today simply because they have stood on the shoulders of giants—men and women of faith who heeded the call of God in their lives to reach the lost and dying of their world. Congratulations to St. Anthony Kalihi on its Centennial Celebration. May the next century bring many more blessings and the continued favor of the Lord.

Taking Aim at Gun Control

On June 12, 50 people were killed and dozens more injured in a murderous Orlando, Florida nightclub rampage. The shooter, an American-born man who had pledged allegiance to ISIS, used an AR-15-type assault-style rifle. In the aftermath, politicians renewed calls for stricter gun control laws. Congressional Democrats later held a day-long sit-in on the House floor in a push for a vote on two pieces of gun control legislation—one for expanded background checks and the other for restricting gun sales to terror suspects. The sit-in lit up social media but failed to spur legislative action. If the deadliest mass shooting in U.S. history was not enough to enact meaningful gun control legislation, it's hard to imagine what possibly could.

On the flip side, gun rights advocates say efforts to curb access to firearms simply does not work. Despite a strict ban on guns in all school zones, campuses are still deadly targets for mass killings. Gun supporters also point to the fact that the one place where shootings in the U.S. don't take place is at police stations because any person wishing to inflict harm on a large group of people will not target a place where they know everyone is armed.

The answer lies somewhere in the middle. We believe that there is a reasonable middle ground which both limits and protects our Second Amendment rights in fairness to all. Lawful

FROM THE PUBLISHER

Ot's now July which means the hot summer is in full force. The weather here in paradise has been hot and humid of late, so take extra precautions, stay hydrated and avoid venturing out if at all possible during the hottest times of the day. Speaking of summer, Philippine Airlines is warning travelers of unscrupulous travel agents. Turn to page 3 for a few reminders on how to avoid becoming a victim.



Our cover story for this issue is about St. Anthony Church in Kalihi which recently celebrated its landmark 100th anniversary (see page 4). Much of the church's longevity can be credited to the efforts of scores of volunteers from the Parish Pastoral Council, the Knights of Columbus, St. Anthony's Filipino Catholic Club and 20 or so other organizations that are either Filipino-led or youth-based. These unsung heroes toil anonymously behind the scenes and do whatever is needed to ease the load of the parish leadership. Such tasks range from cleaning rooms and assisting during mass to administrative responsibilities and event planning. As the old saying goes: "Many hands make light work." Best wishes from the Chronicle for another successful 100 years!

In other news, the 3rd Rizal Youth Leadership Institute was just completed. Dozens of youth learned about the Philippines' national hero and how his ideals are still pertinent to life in the 21st century. Organizers of the two day event held at Leeward Community College hope that the young participants will carry on Dr. Rizal's calls for leadership and take greater personal pride in being a Filipino. Read more on this event on page 6.

On a much lighter note, if you need a little more laughter in your life, consider seeing Filipino comedian Rex Navarette live in person at the historic Hawaii Theatre on July 30. His last two shows in Hawaii in 2012 and 2013 were sold out, so buy your tickets early. For more details and ticket information, turn to page 3.

In closing, thank you once again for your faithful support. I encourage you to read the informative articles in this issue and to also email us at: filipinochronicle@gmail.com with story ideas, suggestions or concerns you may have. We would love to hear from you!

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

Chona A. Montesines-Sonido

gun owners should be allowed to continue using their guns for sport, hunting and self-protection. While it is uncertain whether any legislation would prevent mass shootings, there are some gun control ideas that make common sense and should be considered, such as advocating for safer, "smarter" firearms that can only be fired by authorized users, passing laws that allows firearms to be removed in domestic-violence situations and promoting the use of safer gun storage—which reduces theft of and access to lethal firearms. What is needed first and foremost is an outright ban on all assault weapons and on large-volume ammunition magazines, along with a more thorough and enhanced national background check system.

The bottom line is that gun violence in America has claimed far too many innocent lives. The time for change is now, yet partisan gridlock in Congress continues to block any meaningful solutions to gun violence. Let's not wait for yet another mass shooting before we realize that gun violence is out of control.

ADDITIONAL INFORMATION

Floral arrangements on the photos that appeared on page S6 of our Wedding & Bridal Supplement, June 25 issue, were designed by Passion Roots.

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OP-ED



By Senator Will Espero

Why We Must Build the Rail System from West Oahu to U.H. Manoa

On the next 50 years, Oahu's population could have an additional 500,000 people living on our island.

Where these individuals live, work, and play will determine the quality of life for all us. The rail transit system is a significant project for the planning and growth of our population. Thus, it would be short-sighted to change the original rail plan and stop the construction at Middle Street, only to re-evaluate the situation and see what to do next. That is a bad idea which will only add billions of dollars to future rail costs. The original plan to build the rail system to Ala Moana Shopping Center and eventually to U.H. Manoa must move forward and be completed as soon as possible. To do less would be an injustice

to future generations who expected their leaders to help deal with the growing traffic congestion on our roads and to find alternatives to riding in a car. The rail transit system is one of the needed options for commuters, and more importantly, a mandatory component to successfully create transit-oriented developments (TODs).

TODs will transform Oahu as communities are built around the rail system. High density housing along the rail will provide tens of thousands of families with homes. Entrepreneurs will have countless opportunities to provide products and services. Restaurants and retail establishments will do well along the rail. Government offices and non-profits will also benefit as the rail system provides a steady number of customers and consumers.

Providing the transportation infrastructure for Oahu's residents is a daunting and expensive task. From building new roads to repairing existing

streets to building a rail system, tax payers will always be paying for their transportation infrastructure to deal with a growing population and growing economy. A weak and inadequate transportation system would hurt the economy and be a detriment to business and commerce.

Expanding the general excise tax to complete the rail system may be necessary. A half percent dedicated to future transportation costs on Oahu could be a wise decision, as our crumbling sewer system is an example of how not investing resources in a particular area can lead to expensive repairs and improvements down the road.

Investing in a rail system is the right decision which will garner positive benefits. An option to commute on a modern high-tech train will be a convenience for many. Millions of tourists exploring Oahu will use the rail. Future generations will use the rail into the

next 150 years. We must finish what we have started, and not let another generation of leaders do the job we know we should have done.

Building the rail transit system is about planning and preparing for the future. Frustration due to the rising costs is expected. But keeping costs down is paramount, and auditors should be watching, and where necessary, questioning costs at all times.

The rail transit system is also about mobility and building an efficient seamless transportation system that will include feeder buses, bicycles, and other transportation options. Investing in rail now will save billions of dollars in the future as usage and demand increases, and as transit-oriented developments prosper benefiting all Oahu residents.

One day thanks to the rail,

UH Manoa will be connected to UH West Oahu; Leeward Community College will be connected to Honolulu Community college; Ala Moana Shopping Center will be connected to Pearlridge Shopping Center and Ka Makana Alii mall in Kapolei. Kailhi will have a direct connection to Waipahu and Kapolei will have a path to Kakaako via the rail. West Oahu to Waikiki will be a more comfortable trip as well. The rail transit corridor will bustle with activity and be the place to engage with Oahu's residents. The need for parking and getting gas will decrease for many, and the ability to travel with minimal disruptions will be available. The renaissance of Honolulu has begun, and the Honolulu Authority for Rapid Transportation (HART) will play an integral role in the success of this new era.

HAWAII-FILIPINO NEWS

PAL Issues Scam Alert to Passengers

With the busy summer travel season in full swing, Philippine Airlines officials are reminding passengers to beware of unscrupulous travel agents. One such travel agency was found to have mis-

led passengers into believing that actual tickets were issued against existing PAL flight bookings when no such ticket issuances were made.

Passengers are advised to transact only with well-known agents who have a proven industry track record and to check the documents given to

them by their agent. Passengers should also verify the status of all bookings and tickets by calling PAL reservations toll free at 1-800-IFLYPAL.

PAL urges those who have fallen victim to unscrupulous agents to report the matter immediately to the police and Better Business Bureau for appropriate action.

Comedian Rex Navarrete Returns to Hawaii Theatre

Comedian extraordinaire Rex Navarrete will appear live at the historic Hawaii Theatre Center on July 30, 2016 at 7 pm. He will be joined by special guest David Lee.

Though much of Navarrete's material is geared toward a Filipino audience, his comedy, touching as it does on universal themes and struggling underdogs, resonates with all audience members.



"Look at the comedy traditions of Jewish and African American comics which are now the mainstream through

Seinfeld, Bruce, Allen, Rock, Pryor and Murphy. Our struggles become our comedy," he says.

Navarrete has appeared alongside national headliners George Lopez, DL Hughley and Paul Mooney, among others, and is a household name in Filipino American homes. He has released four comedy albums since 1998. "Badly Browned" (1998) and "Husky Boy" (1999) are bestsellers on the Classified Records label

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COVER STORY

St. Anthony Kalihi Celebrates 100th Anniversary

By Dennis Galolo

In 1916, Albert Einstein presented his “Theory of General Relativity” to the public, Coca-Cola bottles hit store shelves and the first blood transfusion was successfully done using refrigerated blood. On the economic front, a loaf of bread cost 7 cents, a car was \$400 and a house could be purchased for \$5,000.



St. Anthony Kalihi's Centennial Celebration mass on June 12 drew a standing room only congregation as well as a packed parking lot. The church is located in Kalihi Kai, a blue collar community which is home to many immigrant families.

Locally, Hawaii Volcanoes National Park was established, legendary ukulele maker Samuel K. Kamaka began making the instrument as a hobby in his Kaimuki basement and perhaps most importantly, St. Anthony's Church held its first ever mass in the heart of Kalihi.

Fast forward 100 years later to June 12, 2016. "St. Anthony's Kalihi is celebrating its Centennial Anniversary with the theme "100 Years: Growing in Faith, Hope and Love." Between 400-500 people usually attend the Sunday 8:30 am mid-morning mass but on that particular morning, the church was packed. According to one estimate, the congregation

swelled to nearly 1,000 for a special 9 am Centennial Mass Celebration. Vicar General Father Gary Secor celebrated the mass, which recognized the following day's Feast of St. Anthony of Padua.

After the mass, parishioners later enjoyed festivities at Dole Cannery's Pomaikai Ballroom where there was good food, entertainment, service awards and the recognition of parish ministry volunteers and organizations. The program included the coronation of the Centennial Court—Centennial Queen Luzviminda Bacilig-Ramelb, Princess of Faith Norma Jacinto, Princess of Hope Justine Pitpit and Princess of Love Beth Pisbe.

Church member Leeza Agpaoa says it felt good to be a part of the Centennial Celebration, especially knowing the history of the church and the countless hours of service and numerous sacrifices that members throughout the past century made to reach the lost and to uplift one another.

"We're able to celebrate today because of the selfless efforts of those who came before us," says Agpaoa. "Everyone who has served in ministry has played a part in making St. Anthony what it is today."

The June 12 Centennial Mass is one of three main events planned throughout 2016 by church organizers. On January 10, a special 9 am mass was held and presided by Bishop Larry Silva. It was followed by the St. Anthony Kalihi Fair and its historical-cultural theme that featured entertainment, food booths, games and cultural shows.

The third event is set for November 20 when the church will host a Song Fest featuring various choir groups from other parishes, as well as St. Anthony.

Humble Beginnings

St. Anthony's Church started as a wooden edifice in 1916 with a seating capacity of about 400. It was built by its first parish priest Father Ulrich Taube who ran a collection drive for five years before he

had saved enough money to begin his humble building project. Father Ulrich commuted daily from the Downtown Honolulu rectory at the Cathedral of Our Lady of Peace to serve parishioners in the Kalihi Kai area.

However, the church's roots extend farther back to a time before the parish was canonically erected. The year was 1840 when Brother Calixtus rented the use of a store and built an altar to celebrate Sunday Mass, marking the early history of the Catholic faith in the community. The church was consecrated St. Anthony's of Padua by Msgr. Libert H. Boeynaems, Vicar Apostolic of the Hawaiian Islands.

Father Ulrich was replaced by Father Hubert Nijs after his resignation in 1927 due to an illness. This time, Father Hubert stayed in a rectory cottage near the church and became the first resident priest.

The original wooden church was razed decades later in 1967 to make way for a concrete, domed structure with a semi-circular floor plan. The new edifice was consecrated on August 25, 1968 by Msgr. John J. Scanlan, Bishop of Honolulu. Architect Ray Akagi's design included a mosaic depicting the baptism of Jesus by John the Baptist and with stained glass windows showing important events in the history of the parish and diocese. The

beautiful pews were made from walnut wood.

Educating the Masses

As Kalihi's population grew during the early decades of the 20th century, Father Hubert noticed that most of the parishioners lacked basic education and that some of them were employed as plantation workers and manual laborers. Moved with compassion, he made plans to open a parish school, giving birth to what is now known as St. Anthony's School.

On September 28, 1928, St. Anthony's School welcomed its first enrollees in grades 1 and 2, totaling 130 students. Two Maryknoll nuns initially served as teachers and administrative staff until they were joined by five more nuns. A two-story convent was eventually built for the sisters to save travel time from their residence near Punahou School.

Inspired by a vision to bring quality education to parishioners, Father Hubert continued expanding the school and improving the convent. He built a new three-story school next to the new rectory in 1947 before he was replaced as the parish priest in 1950 by Father Maurice Coopman, who worked hard to erase the debt from building the school and rectory. Father Maurice retired due to illness and was replaced

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COVER STORY

(from page 4, ST. ANTHONY...)

by Father Anselm Ernest Gouveia in 1962.

In 1971, the Congregation of the Religious of the Virgin Mary (RVM) assumed the teaching duties at St. Anthony School. In 2006, the Sisters of St. Paul of Charters came to St. Anthony to continue the Catholic education standards set by the Maryknoll and RVM sisters.

The Church Today

Located at 640 Puuhale Road in the residential and commercial/industrial district of Kalihi, St. Anthony is perfectly positioned to reach some 62,000 residents in the area, most of whom come from immigrant families.

Father Arnel Soriano, MS, a member of the Missionaries of Our Lady of La Salette, is the current pastor of St. Anthony Parish. He has been at the parish since July 4, 2015.

“St. Anthony Church Kalihi is an active and vibrant Catholic community, in praise and service to our Lord and Savior, Jesus Christ,” says Father Soriano, an ordained priest for 11 years who is originally from Ramon, Isabela, in the Philippines.

Weekday masses are held at 6:30 am, Mondays through Fridays. There is a Wednesday mass at 6 pm and a 7 am and 6 pm mass on Saturdays. On Sundays, masses are held at 6:30 am, 8:30 am and 10:30 am. There are also Ilocano and Visayan masses held on the first and third Sundays of the month, respectively.

The church’s parishioners and pastoral staff are constantly working to meet the spiritual, emotional and physical needs of the masses with its numerous outreach programs for the community’s poor, homeless and less fortunate.

St. Anthony’s doors are open to residents of all ethnicities throughout lower Kalihi. Parishioners are predominantly Filipinos. However, there are other ethnicities represented including Samoans, Hawaiians, Portuguese, Japanese, Chinese and lately Micronesians.

The Samoan Choir sings during the Sunday 10:30 am mass. St. Anthony has different ministries wherein everyone, re-



Members of St. Anthony Kalihi’s Centennial Court smile for the camera. (from left): Princess of Faith Norma Jacinto, Princess of Hope Justine Pitpit, Princess of Love Beth Pisbe and Centennial Queen Luzviminda Baclig-Ramelb.

gardless of ethnicity, is encouraged to serve such as the Youth and Young Adult ministry; Bereavement ministry; Outreach ministry; Music ministry; Eucharistic ministry; Altar servers; Arts, Floral and Decoration ministry; Hospitality and Ushers ministry, and Lectors and Commentators ministry.

For long-time member Myrna Ella Agustin, St. Anthony feels “just like home.” So much so that she continues to attend services despite moving to Waipahu from Kalihi in 1991. She has attended other churches but finds herself drawn back to St. Anthony.

“It’s a place where I feel like I belong,” says Agustin, who is a member of the Ministry of The Word (lectors). “My whole family enjoys attending St. Anthony.”

Agpaoa has attended the church for as long as she can remember.

“I grew up at St. Anthony and was baptized here when I was a baby,” she says. “It’s the parish that we came to as a family while growing up in Kalihi.”

Agpaoa currently serves in the Religious Education, Worship Commission, Faith Formation and Family Life ministries. One of her favorite things about the church is listening to the homilies which help her to relate better to life.

“I also enjoy attending St. Anthony’s because of the sense of family,” she says. “The parishioners support and care for one another. It’s a close knit church where everybody knows each other.”

Another family that attends St. Anthony are the Cacholas who first started going to the services 38 years ago and continue to be faithful members.

Romy Cachola, who is the State House Representative for the area, serves as a member of the Hospitality Ministry which welcomes and provides assistance to parishioners. His wife, Dr. Erlinda Cachola runs a nearby clinic and is a lector with the Ministry of the Word.

The Cacholas say that St. Anthony is a welcoming parish that treats parishioners from all ethnic backgrounds as one big family and is also a place of refuge from the storms of life.

“There are so many difficult challenges and hardships in life,” says Romy. “The church provides a sanctuary and relief from their hardships. Our faith in God gives us the strength to deal with these challenges of life and putting ourselves in God’s hands brings us peace of mind.”

The Next 100 Years

Reaching its Bicentennial Celebration will require the church to build up the next generation, particularly the youth and young adults. Agpaoa says the church is doing just that with a host of ministries including the Young Adult Ministry that meets every Tuesday and has Faith Sharing. Young adults are encouraged to participate and get involved in parish activities and ministries.

There are also various Diocesan activities for youth and young adults.

Youth and Young Adults is one of the initiatives of the Diocesan Plan Stewards of the Gospel, Agpaoa says.

Director of Music Ministry Cora Aczon, who has attended St. Anthony since 1995 along with her family, says dedicated parishioners and pastoral staff have enabled St. Anthony to



(from left): Deacon Keith Cabiles, Bishop Larry Silva and Father Arnel Soriano officiate the special June 12 Centennial Celebration mass.



Dr. Erlinda Cachola and State Rep. Romy Cachola have attended St. Anthony Kalihi for the past 38 years.

thrive for the first 100 years.

“Inspired by the good works of St. Anthony, the parishioners will continue to build a community of faith, hope and love for God,” Aczon says.

Romy Cachola says St. Anthony will continue to meet the needs of its parishioners and the community for the next 100 years and beyond.

“I believe one of the reasons why St. Anthony has survived for so long is the close family ties that exist, particularly with first, second and third generation immigrants who bring their children to church, who in turn will bring their children to church,” he says. “This tradition has survived over the generations and will continue.”



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HAWAII-FILIPINO NEWS

KOR-Hawaii Holds 3rd Rizal Youth Leadership Institute

By Serafin Colmenares Jr., KGOR and Raymund Liongson, KGOR

A total of 71 participants registered for the recently concluded 3rd Rizal Youth Leadership Institute held at the Student Lounge of the Campus Center of the University of Hawaii-Leeward on June 18-19, 2016. The event was jointly sponsored by the Knights of Rizal-Hawaii Chapter, the Rizalian Youth Council (Kabataang Pangarap ni Rizal or KAPARIZ), the Philippine Consulate General, the National Commission for Culture and the Arts, Aikea-Unite HERE Local 5, Philippine Airlines and the UH-Leeward Philippine Studies Program.

The two-day event was designed to educate our youth about the life and works of Dr. Jose P. Rizal and to instill in them the ideals and principles of the Philippines' national hero. Student participants came from various middle and high schools as well as colleges on Oahu, including Kalani Middle School, Waipahu High School, Farrington High School, Kalani High School, Kapiolani Community College and the University of Hawaii-Manoa. Based on feedback from participants, the hands-on youth leadership training program proved to be a very stimulating, educational and fun experience.

The First Day

The first day focused on getting to know Rizal. After the presentation of colors by the Knights of Rizal, the singing of the national and



state anthems by Keasha Yanes and Rossi Patton, the invocation given by Sir Richard Ancog and the welcome address by Philippine Consul General Gina Jamoralin, a one-hour documentary film titled *Buhay ng Isang Bayani* (Life of a Hero, dubbed in English) was shown.

It was followed by a panel presentation and discussion led by Sir Geminiano Arre, Jr. (who talked about Rizal as a young man), Sir Randy Cortez (who looked at Rizal as a student) and Rose Churma (who presented Rizal as a renaissance man). Student attendees, organized into five groups, then participated in a "Who is Rizal?" contest (patterned after the show "Who Wants to be a Millionaire?") which, after 21 questions, ended up in a tie for two groups. The fun contest was electronically prepared and conducted by Sir Dr. Raymund Liongson.

After a sumptuous lunch, Dr. Patricio "Jojo" Abinales gave a very engaging and entertaining talk about Rizal's two novels, the *Noli Me Tangere* and the *El Filibusterismo*,

characterizing the former as a novel of love and hope, while describing the latter as a story of despair and death. This was followed by a short musical slide-show on Rizal's final poem, *Mi Ultimo Adios* (My Last Farewell). Sir Dr. Raymund Liongson then conducted a classroom activity on the topic, Rizal and Education, focusing on the education and mis-education of Filipinos. The day ended with a presentation by Sir Clement Bautista on the topic, Rizal's Relevance to the Filipino Diaspora (or, So Who is this Guy, Rizal?). He pointed out that time and distance from the motherland are key in determining Rizal's relevance to Filipinos living outside the Philippines.

The Second Day

The second day started with a simple commemoration of the 155th birth anniversary of Dr. Jose P. Rizal, which was done right inside the student lounge. An ecumenical prayer was given by Sir Alex Vergara, followed by floral offerings on the bust of Dr. Rizal by Michelle Baon, vice president

of the Rizalian Youth Council (KAPARIZ), Consul General Gina Jamoralin, and KOR-Hawaii Chapter Commander Sir Mario Palma. This was followed by the installation of the new set of officers of the Kabataang Pangarap ni Rizal by Consul General Gina Jamoralin—Andrea Lyn Mateo, president; Michelle Kate Baon, vice president; Czarina Galario, secretary; Rodleene Tangonan, treasurer; Fritzie Acob, assistant treasurer; Christine Alonzo, auditor; Desiree Pagal, public information officer and Reyginson Sagayaga.

Sir Dr. Jun Colmenares then gave a presentation on the topic Rizalian Leadership Qualities, revolving around the three core aspects of leadership: character, competence and action.

The second day was primarily focused on hands-on youth leadership activities. These activities were determined, organized and led by members of the KAPARIZ. The first student activity was an ice breaker—"Networking or Not Working"—with participants getting to know one another by introducing themselves as they throw a ball of yarn around in the process "connecting" with each other.

The participants were then organized into groups and participated in several group activities that taught aspects of youth leadership. The first group activity was titled "Caterpillar" and emphasized teamwork and communication. The next activity featured the "Spider Web" and dwelt on trust and responsibility. Then followed what is known

as "Spaghetti Tower" which focused on goal-setting and problem-solving.

Lunch followed, during which Dr. Belinda Aquino gave a talk on the topic "Rizal's Relevance in Today's World." She considered Rizal as a man who was ahead of his time and focused her talk on Rizal being a feminist and a champion of women's rights as exemplified in his "Letter to the Young Women of Malolos." Her talk was followed by the final student activity "Community Building," dealing with resourcefulness and initiative.

Kit Zulueta, who flew all the way from Maui, then gave a presentation on the topic "Where are the Youth—the Rizalian Challenge." She emphasized that there is a Rizal in each one of us that is waiting to be awakened and gave them the charge of stirring up, letting out and developing that Rizalian spirit within them.

Prizes, in the form of Rizaliana books donated by the National Commission for Culture and the Arts, were given to the winners of the student activities, including the "Who is Rizal?" contest. The books were Leon Ma. Guerrero's "The First Filipino" and Rizal's "Political and Historical Writings," "Reminiscences and Travels" and "Correspondence with Fellow Reformists."

The activities ended with the drawing of a round-trip ticket to Manila donated by Philippine Airlines. The lucky winner was 12-year old middle school student Polo Jamoralin.

The closing ceremonies followed with the awarding of certificates of attendance and the closing remarks by KOR-Hawaii Chapter Commander Sir Mario Palma. The emcees for the two-day event were Michelle Baon and Reyginson Sagayaga of the KAPARIZ.

The Knights of Rizal-Hawaii Chapter, the Rizalian Youth Council, and the Philippine Consulate General look forward to another successful Rizal Youth Leadership Institute in 2017.

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CANDID PERSPECTIVES



By Emil Guillermo

Islamophobia? How About Filipinophobia? Filipinos Know the Politics of Fear

As the memory of Orlando fades, a new act of terrorism erupts in Turkey. In the dull moments in between, Great Britain, no longer great, voted to exit the EU and the U.S. Supreme Court blocked President Obama's expansion of immigration for undocumented.

The world is in fear of itself. It's a good thing I was in a historical haven, where I could look at the past and try to learn not to repeat it. American Filipinos, after all, know the politics of fear.

I was at the Filipino National Historical Conference in New York on June 24, where I met a Romel Dela Cruz from Hawaii. I first met Romel, a loyal Hawaii Filipino Chronicle reader, at the 2006 Sakada Centennial in Honolulu.

I frankly didn't quite understand the significance of the sakadas before I arrived that year. And when I was at the opening celebration, it was quite ornate. But once I heard the stories from the sakada families, I realized theirs weren't that much different

from my own. Romel shared with me the story of Apo Benigno, a sakada who was instrumental in building support for the plantation strike of 1946. He was from the same province as my dad. Only he made a difference on the plantation.

That's the power of storytelling and it's why I've embarked on mission to get people to tell their stories publicly. In Hawaii, people "talk story" all the time. But there's a real cultural movement at the moment through forums like story slams and on public radio shows like "The Moth" to get people to reveal stories that show how connected we are to one another in the timeline of history.

FANHS started out as mostly amateur historians. But in time, a second generation became legitimate academic historians, which was part of the goal. But it's still mostly about letting people know more about us. The best parts. The important parts. Most all the parts often seem lost, neglected, unremarkable—but only because we haven't bothered to remark on these seminal tales of ours.

Journalists are often seen as the writers of history's first draft. As I carve out my role as a live performance-story teller,

I see my job as using facts that connect us to our feelings. As I tweeted last week, I don't care about the footnotes of history. I care about the blood that runs through it.

From my perspective, that's the kind of story that's worth telling.

So here's my story: I am the son of a child of American Imperialism. My father was born in Ilocos Norte in 1906, the year the first sakadas went abroad to Hawaii. By the time my father was old enough to opt out of the Philippines in 1928, there was one other choice besides Hawaii for a young man from Ilocos. My dad took it. He skipped Hawaii and went straight to America.

That was my father's route, as it was for many of the American nationals who would take the Dollar Steam Ships eastward to California.

But the America they found wasn't the Roaring Twenties of flappers, Babe Ruth and horn-honking motor cars. It was one of loneliness, fear and xenophobia.

That's the story I tell in my new one man show where I talk about the Filipino-phobia that existed at the time. My father arrived just in time for the Great Depression. And while Filipinos had seen worse and were ready to cope with

getting by, their being accustomed to getting less did not endear them to the white males in American society. They saw Filipinos as men (ratios were at 14-1, male-to-female) who would not just take all the low-paying jobs but the available white women as well.

The result was a virulent anti-Filipino sentiment that resulted in violence, lynchings and racist legislation. California led a dozen states in the passing of anti-intermarriage laws. And then in Congress, the fear of Filipinos was so strong, the Tydings-McDuffie Act was passed in 1934 that stripped the American from the Filipinos' status. From American National, Filipinos like my dad became simply Filipino Nationals, subject to deportation.

You hear about Chinese and Japanese Exclusion laws. This was the Filipino Exclusion Law. And all of it is due to the politics of fear. It's back in style. New villains. Differ-

ent but similar white perps.

As we approach July 4th holiday and the so-called "Friendship Day," let's remember it was not always a high nor altruistic road that got us to that point.

But it's part of our history. And if we keep learning and re-learning it, it may keep us as a society from repeating the old mistakes in the current political environment.

In the meantime, invite me to Hawaii to talk story so we can learn and connect with each other as American Filipinos. Romel Dela Cruz from the Big Island liked it. It would be a great honor to help bring out, hear and listen to the stories that are inside us all.

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.

HAWAII-FILIPINO NEWS

Ilocos Sur Governor to Install New ISAH Officers

Ilocos Sur Governor Ryan Luis V. Singson will be the installing officer and guest speaker at the Ilocos Surian Association of Hawaii (ISAH) installation of officers and directors for 2016-2018.

The event, scheduled for August 14, 2016 at the Honolulu Country Club, includes a dinner and program in connection with ISAH's 39th anniversary.

Singson's entourage includes First Lady Patricia Savellano Singson, Provincial

Tourism Director Michael Ryan Atsom and Provincial Trade and Investment Administrator Cara Michelle Peredo.

Singson and his staff will be in Hawaii and the mainland to promote tourism, trade and investment to Ilocos Sur as the region prepares for its 200 year anniversary celebration February 1-3, 2018. The Worldwide Ilocos Surian Grand Reunion will be held in Vigan City, one of the New 7 Wonder Cities and the UNESCO World Heritage.

ISAH was organized on February 27, 1977 for the purpose of working together to rebuild communities here and in Ilocos Sur, developing leadership and partnering with ISAH unit member and Filipino community organizations on a variety of service projects and programs including feeding the homeless, adopt-a-park, adopt-a-highway, medical and homecoming missions, the Mrs. Ilocos Surian Pageant and the President Elpidio Quirino Leadership and Humanitarian Award.

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FULL TEXT: PRESIDENT DUTERTE'S INAUGURAL ADDRESS

from www.philstar.com
Thursday, June 30, 2016



MANILA, Philippines — Rodrigo Duterte took his oath of office as the country's 16th president on

Thursday.

In his 15-minute inaugural address, Duterte veered away from profanities in citing the public's concerns. He particularly stressed the need to restore the public's faith in government.

Here is the full text of the speech provided by the president's news desk.

President Fidel Ramos, *sir, salamat po sa tulong mo* making me President; President Joseph Ejercito Estrada; Senate President Franklin Drilon and the members of the Senate; Speaker Feliciano Belmonte and the members of the House of Representatives; Chief Justice Maria Lourdes Sereno and Associate Justices of the Supreme Court; His Excellency Guisepppe Pinto and the members of the Diplomatic Corps; incoming members of the Cabinet; fellow workers in government; my fellow countrymen. *[applause]*

No leader, however strong, can succeed at anything of national importance or significance unless he has the support and cooperation of the people he is tasked to lead and sworn to serve.

It is the people from whom democratic governments draw strength and this administration is no exception. That is why we have to listen to the murmurings of the people, feel their pulse, supply their needs and fortify their faith and trust in us

whom they elected to public office. *[applause]*

There are many amongst us who advance the assessment that the problems that bedevil our country today which need to be addressed with urgency, are corruption, both in the high and low echelons of government, criminality in the streets, and the rampant sale of illegal drugs in all strata of Philippine society and the breakdown of law and order. True, but not absolutely so. For I see these ills as mere symptoms of a virulent social disease that creeps and cuts into the moral fiber of Philippine society. I sense a problem deeper and more serious than any of those mentioned or all of them put together. But of course, it is not to say that we will ignore them because they have to be stopped by all means that the law allows.

Erosion of faith and trust in government – that is the real problem that confronts us. Resulting therefrom, I see the erosion of the people's trust in our country's leaders; the erosion of faith in our judicial system; the erosion of confidence in the capacity of our public servants to make the people's lives better, safer and healthier. *[applause]*

Indeed ours is a problem that dampens the human spirit. But all is not lost.

I know that there are those who do not approve of my methods of fighting criminality, the sale and use of illegal drugs and corruption. They say that my methods are unorthodox and verge on the illegal. In response let me say this:

I have seen how corruption bled the government of funds,



New Philippine President Rodrigo Duterte takes his oath of office administered by Supreme Court Associate Justice Bienvenido Reyes. His youngest child, Kitty, holds the Bible copy handed down by his late mother. Malacañang Photo Bureau

which were allocated for the use in uplifting the poor from the mire that they are in.

I have seen how illegal drugs destroyed individuals and ruined family relationships.

I have seen how criminality, by means all foul, snatched from the innocent and the unsuspecting, the years and years of accumulated savings. Years of toil and then, suddenly, they are back to where they started.

Look at this from that perspective and tell me that I am wrong.

In this fight, I ask Congress and the Commission on Human Rights and all others who are similarly situated to allow us a level of governance that is consistent to our mandate. The fight will be relentless and it will be sustained. *[applause]*

As a lawyer and a former prosecutor, I know the limits of the power and authority of the president. I know what is legal and what is not. *[applause]*

My adherence to due process and the rule of law is uncompromising. *[applause]*

You mind your work and I will mind mine. *[applause and cheers]*

“Malasakit;” “Tunay na Pagbabago; Tinud-anay (real) nga Kausaban(change)” *[ap-*

plause] – these are words which catapulted me to the presidency. These slogans were conceptualized not for the sole purpose of securing the votes of the electorate. “*Tinud-anay nga kabag-uhan* (real change). *Mao kana ang tumong sa atong pang-gobyerno* (this is the direction of our government).” *[applause]*

Far from that. These were battle cries articulated by me in behalf of the people hungry for genuine and meaningful change. But the change, if it is to be permanent and significant, must start with us and in us. *[applause]*

To borrow the language of F. Sionil Jose, we have become our own worst enemies. And we must have the courage and the will to change ourselves.

Love of country, subordination of personal interests to the common good, concern and care for the helpless and the impoverished – these are among the lost and faded values that we seek to recover and revitalize as we commence our journey towards a better Philippines. *[applause]* The ride will be rough. But come and join me just the same. Together, shoulder to shoulder, let us take the first wobbly steps in this quest.

There are two quotations from revered figures that shall

serve as the foundation upon which this administration shall be built.

“The test of government is not whether we add more to the abundance of those who have much; it is whether we provide for those who have little.”- Franklin Delano Roosevelt

[applause]

And from (Abraham) Lincoln I draw this expression:

“You cannot strengthen the weak by weakening the strong; You cannot help the poor by discouraging the rich; You cannot help the wage earner by pulling down the wage payer; You cannot further the brotherhood by inciting class hatred among men.”

[applause]

My economic and financial, political policies are contained in those quotations, though couched in general terms. Read between the lines. I need not go into specifics now. They shall be supplied to you in due time.

However, there are certain policies and specifics of which cannot wait for tomorrow to be announced.

Therefore, I direct all department secretaries and the heads of agencies to reduce requirements and the processing time of all applications, *[ap-*

(continued on page 14)

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ASK A DOCTOR



by Maria R. Ver, MD

FALLS Are the Most Common Fatal Unintentional Injury in Hawaii

More importantly, with any injury to the elderly patient, often end-of-life planning is not in place. It is not uncommon that family members do not know the health-care wishes of their elderly loved ones. Therefore, in the event of a severe injury, this puts a strain on the families and healthcare team when it comes to decision-making, as the wishes of the patient is not known or documented. This causes the patient to stay in hospital longer, and perhaps have treatments that the patient may not want in the first place.

Our population continues to age. By 2030, the Centers for Disease Control (CDC) estimates that there will be 70 million people, in which 19.5 million will be over 80 years old. By 2050, 22% of the population will be elderly. Trauma in the geriatric population is unique as they have different healthcare needs. 33% of trauma dollars are spent on elderly patients, as care costs three times more. Elderly patients are less likely to be injured, but more likely to die. The mechanism is not often as impressive as the presentation, injuries, or the outcome. Often in the setting of trauma, geriatric patients are undertriaged, underdiag-

nosed, and undertreated. Falls is the most common fatal unintentional injury in Hawaii. This accounts for nearly 21,000 ER visits and 2,700 hospitalizations each year. 75% of the victims are aged 65 or older. On average, 85 seniors die yearly. About 9,000 patients are treated in the ER, and nearly 2,000 are hospitalized. Interestingly, 5.3% of our elderly patients fall from stairs, steps, or escalators. 3.7% fall from beds. But strikingly, the majority are ground level falls at about 30.3%; this includes falling from standing such as tripping on a rug or cords, or slipping, etc. 40% of people fall again in six months after discharge from the hospital and 15% are readmitted. One year after injury, patients lose the equivalent of one activity of daily living (ADL) (eating or walking independently, brushing hair, putting on clothes, etc.)



increasing the risk of further functional decline, loss of independence, and death.

Falls can cause life-threatening injuries and are very morbid. Often seen are brain bleeds, fractures, and skin tears. Over 30% of traumatic brain injuries are from older adults. Having a brain bleed has a death rate of 30-85%. Elderly patients have longer hospitalizations and slower recovery. The risk of depression

is also significant. The hip is the most commonly fractured and is a very painful injury. The death rate is high at one year (20-40%) because of the complications of immobility, which includes blood clots, pneumonias, pressure ulcers, urinary tract infections, and other complicated infections. Orthopedic surgeons are aggressive to fix hip fractures to decrease pain and promote early movement. Even with surgery, having a hip fracture has a high disability, as 40% of patients are unable to walk independently after the fracture. Elderly people have thinner skin, and often are on blood thinners. Therefore, the skin can bruise very easily causing skin tears, that can progress to complex wounds and infections. Often, there is a delay to seek treatment of these wounds. Treatment often requires frequent specialist visits.

Because a simple thing like a fall can be deadly to our elderly family member, prevention of falls is very important. There are four simple fall prevention tips for seniors:

1) Have your medications reviewed. Sometimes medications can interact with each other, causing dizziness or other symptoms contributing to falls.

2) Have your eyes checked. Often, elderly pa-

(continued on page 10)

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HAWAII-FILIPINO NEWS

Satellite City Hall Opens at Kapalama Hale

City officials recently opened the Satellite City Hall facility at Kapalama Hale, located at the former Sprint building at the corner of Dillingham Boulevard and Alakawa Street.

The hours of operation are from 8 am to 4 pm Monday through Friday. Services provided include motor vehicle registration, real property tax payments, water bill payments, spay/neuter certificates, disabled person's parking permits, TheBus pass sales, voter registration, fireworks permits and bicycle, moped and dog licensing.

Kapalama Hale features the city's new AlohaQ push-notification queuing system, designed to reduce wait time for customers. To learn more about AlohaQ, please visit www.AlohaQ.org.

(from page 9, COMEDIAN....)

and have earned high praise by listeners across the country. These successes were followed by comedy albums "Bastos" (2001) and "Live at the Cobb" (2010). Navarrete debuted his live comedy DVD "Hella Pinoy" in 2003.

He currently tours North America, appearing in major venues in Los Angeles, New York, Seattle, Montreal, Toronto and Vancouver. He regularly appears in Manila and has ventured into Germany, Austria and Switzerland, sharing the bill with renowned Philip-

(ASK-A-DOCTOR from page 9, FALLS)

tients have problems with vision or see the world darker, which can contribute to falls. Lighting in the house may need to be brighter.

3) Make your home safe. Loose carpets and rugs should be secured. Cords and clutter should be kept away. Skids should be placed on slippery floors. Consider installation of grab bars in the bathroom etc.

4) Stay active and exercise. This helps to improve balance for walking and bracing falls. Don't be afraid to use canes or walkers when needed. Tai Chi is one of the activities that is known to improve strength and balance. Senior activities are also good ways for making new friendships.

I cannot stress the importance of talking to your loved ones about their health care wishes. In our culture, this can be seen as taboo, however, this conversation should not wait until our loved ones are very sick. This conversation should start when our family members are healthy and able to make decisions about their own care. Take the initiative and start this conversation. Again, we cannot predict a life-

Since intermittent delays in service are expected during the first few days, customers with convenient access to other Satellite City Halls may consider utilizing those facilities. Other Satellite City Hall offices will be operating normally, including at Fort Street, Ala Moana, and Pearlridge. For more information on alternate locations, go online to: www.satellitecityhall.com.

The Satellite City Hall at Kapalama Hale is the first City office to occupy the new facility. Other City offices, including the Driver Licensing Center at City Square, will follow shortly.

By consolidating offices from multiple leased spaces into a single location, City officials hope to realize significant cost savings over time, while also providing an upgraded service location for customers islandwide.

pine vocalist, Regine Velasquez. Navarrete also holds the distinction as the most celebrated stand-up comic to perform to multiple sold-out shows in Manila, Hong Kong, Singapore and Australia since 2002.

Navarrete's last two shows in Hawaii in 2012 and 2013 were sold out. Tickets are \$22 for general admission and \$32 for premium seating. Call 528-0506 or go online to: www.hawaii theatre.com. For more information, call Jed Roa at 479-6004.

threatening injury or illness, but we can try to prevent them with healthy living practices.

Hawaii is one of the few states with a Falls Prevention Plan. For more information on falls prevention, please visit the Hawaii Department of Health website: <http://health.hawaii.gov/injuryprevention>.

I cannot stress the importance of talking to your loved ones about their health care wishes. In our culture, this can be seen as taboo, however, this conversation should not wait until our loved ones are very sick. This conversation should start when our family members are healthy and able to make decisions about their own care. Take the initiative and start this conversation today. It is also important to discuss this with your family doctor. Again, we cannot predict a life-threatening injury or illness, but we can try to prevent them with healthy living practices.

Maria R. Ver, MD is board-certified general surgeon. She serves as the Trauma Medical Director at Pali Momi Medical Center in Aiea, HI which is a Level 3 Trauma Center. She is also an active member of the Philippine Medical Association of Hawaii.

FEATURE

Marion Louise Seiler Donegan— Mother, Wife and Lifelong Friend

by Christine Sabado

Recently I began a book on character entitled the “Road to Character.” The main message of the story is how come the people of the 1930s and 1940s were so different from our current “selfish, it’s all about me” culture. The gist is simple—they were humble, compassionate and almost selfless individuals. “It’s all about me” never applied and they all possessed some form of “character.”

Half way through writing the book, I realized this is my mom. I do not have time to share all the unspoken, quiet acts of kindness and charity she performed. We could be here all day, honest!

She was really smart. Kind of “scary” smart if you know what that means. She attended Mother Seaton High School and later Notre Dame For Girls in the East. She majored in speech and drama. Later in life, she returned to college and decided she wanted to be fluent in speaking French. Trips to Paris followed, so she could practice her new skill! She loved it!

She and her mother in the late 1940s boarded a Greyhound bus that was destined out west, from Baltimore to California, the “Golden State.” What an adventure that must have been! I remember she told me with wide amazement that she realized that this was not a movie when she saw a real cowboy with a 10-gallon hat and chaps board the bus somewhere in the desert. She said “Chrissie, it was so real!”

Once settled in Glendale, her Mother, my nanny, encouraged her to join the Young Catholic Club. She resisted at first and then went to a dance at Holy Family school hall and it was magic. She met as she told me “the most handsome man in the room.” As my sister tells the story, he said at that time “I am going to marry you.” Well you already know the rest of the story...they mar-



Members of the Donegan and Sabado families pose for group photo.

ried soon after and honeymooned in a ‘teardrop’ trailer and drove to Yosemite. Their pictures show they were so much in love and “gaga” for each other.

So here we are 68 years later, I can tell you this without hesitation that they were eternally committed and devoted to each other. After my sister Kathy and I married and started our own families, they traveled, went on cruises and truly enjoyed wonderful life...always together.

Her working career spanned many venues. She was the full time executive director of the Glendale Girl Scouts and in the summer, we escaped the summer California heat and drove the San Bernardino freeway to where she would be the camp director of Camp River Glen in the San Bernardino Mountains. Many will remember my mom by her camp name “Si” (pronounced Sai). My sister and I went to Girl Scout camp almost every summer. Mom loved stargazing and I remember sitting in the dark on a mountain top as her finger traced the sky, pointing out all the constellations. She knew them all—Casio Peo, the Milky Way... I was mesmerized and in awe and impressed how she knew all these wonders.

Real, not working vacations, soon came as we grew older and my parents’ favorite journey was Arizona. My dad loved photography and I remember they subscribed to “Arizona Highways.” They de-

voured every edition and made a note that on the next trip we would go to Canyon De Chey or Sedona. Most often we camped. Along the way were the Navajo Catholic missions and often she packed bags of clothes as donations.

Her next job was in the 1960s when again she was ahead of her time. She opened a special pre-school for professional working parents at the Brethren Church in Downtown Glendale. Her agenda at that time was radical—it would be integrated. Later this would transition into a Project Head Start site. It was perfect timing since in January 1964, President Lyndon B. Johnson declared a war on poverty in his State of the Union speech. Soon, mom was the director in Glendale. As always, she gave 150 percent to her work.

It was the beginning of integration and she was determined that Glendale would be integrated. What a pioneer! Her courage and character were infectious. She had opposition naturally but fought hard and the school remained opened. Eventually, she ran Head start in Los Angeles County. She was convinced that if children had an “inter-racial” experience they would never grow up to be prejudice. At this time, she had my sister and I attend summer camps called Brotherhood and the like. If Glendale could not provide an interracial, intercultural experience, she would go find one. Remember it was the 1960s. She



Marion Louise Donegan circa July 1947

closely followed Dr. Martin Luther King and she and I would stay up late to hear his speeches. It seems minor now, but then it was revolutionary, especially in Glendale. I do believe the marriages my sister and I have today are as solid as they are because of her vision.

Vacations became better and she convinced dad that Hawaii was on the map. We always had a large National Geographic map on a wall. Red

thumbtacks secured the four corners. Our dinners were never boring. We could talk long after the dishes were cleared about the world and just look at the map. I am certain my love for books and history was born then.

Daddy was not only a photographer but could build many things. He actually built a color TV before they first came out. We may have had the first one

(continued on page 15)



Michael A. McMann, M.D.

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PHILIPPINE NEWS

Philippines One of Asia's Most Unhealthy Countries – Study

by Ted Torres
Wednesday, June 29, 2016

MANILA, Philippines – The Philippines is still one of the unhealthiest countries in Asia, lagging behind India, Malaysia, Thailand, Vietnam and Sri Lanka.

Based on a survey by pan-Asian insurance giant AIA Group, the Philippines scored 61 out of 100, below the regional average of 64. It is tied for ninth overall with Korea, India and Singapore.

The Philippine American Life and General Insurance Co. (Philam Life) is an AIA subsidiary.

Intuit Research director Thomas Isaac said that the Philippines actually ranked lower this year compared with similar surveys in 2011 and 2013. Hong Kong-based Intuit Research was tapped by AIA to undertake the regional survey.

“Scores in the Philippines have practically remained static,” Isaac said in a press presentation yesterday. “It received a score of 63 in the 2011 survey and 61 in the 2013 survey.”

The Philippines has not only remained below the regional average of 64.

“Eighty percent of adults in the Philippines are not really satisfied with their health,” the author said, adding that the survey was conducted face to face with 764 Filipinos.

Forty-four percent of adults are overweight due mainly to insufficient exercise and poor food habits, but only 25 percent would like to lose weight.

Seventy-four percent of adults claim to exercise regularly. But on average, adults in the Philippines exercise only 2.1 hours a week, lower than the regional average of three hours and well below what most experts would recommend.



Unhealthy eating habits are common as 84 percent of those surveyed said they tend to eat while distracted, 81 percent admitted to eating unhealthy snacks between meals and 71 percent had their dinners close to bed time.

“Attempts to eat healthier are still restricted to the basics of drinking more water and eating more fruits and vegetables,” Isaac lamented.

The survey cemented fears that Internet addiction will emerge as a modern day threat to healthy living.

“Though Internet adoption is still lower in the Philippines relative to some other markets

in the region, Internet and smartphone use are growing rapidly and social networking is extremely popular among those who are online,” he said.

Adults in the Philippines spend 1.1 hours a day on the Internet for non-work purposes, much lower than the regional average of three hours.

However, those who spend time online are aware of its negative impact on health: less time for sleep (48 percent), less time for exercise (46 percent) and bad for their posture (47 percent).

Fifty-two percent of Filipino adults even admit to being addicted to spending time online, slightly lower than the regional average of 57 percent.

Currently, 30 percent of Filipino parents admit their children don't get enough exercise and 22 percent said their children do not get enough sleep. Too much time spent watching TV, playing video games or being online are the main culprits.

Unless parents and schools promote exercise and restrict screen time, there will be challenges to the younger generation's health.

There are very high levels of concerns about many health conditions, all much higher than the regional averages.

The main health concerns are heart disease, having a stroke, diabetes, respiratory illnesses, being bedridden/wheelchair bound and cancer.

A significant number of adults admit to having concerns about mental well-being such as Alzheimer's/senility, anxiety and depression.

“But despite their many health concerns, only 50 percent had a medical checkup in the past year, down in fact from previous years (58 percent in 2011 and 54 percent in 2013). Employers should help their employees get health checkups, including giving them sufficient time off to do so,” the AIA survey said.

(www.philstar.com)

Cable Cars Eyed to Ease Metro Traffic

by Jess Diaz
Wednesday, June 29, 2016

MANILA, Philippines – Incoming transportation secretary Arthur Tugade is apparently thinking out of the box to resolve the traffic crisis in Metro Manila.

“We are seriously studying the possibility of putting up cable cars in Metro Manila, particularly in the Pasig City area,” he told ABS-CBN News yesterday.

“I also want a cable car linking Makati and Santa Rosa (in Laguna),” he said.

He said there are studies showing that a cable car system could be built in one-and-a-half years.

“One car can carry up to 35 passengers,” he added.

Tugade pointed out that aside from being a transportation mode, a cable car could serve as a vehicle for sightseeing.

He also vowed to resolve the ownership issue plaguing Metro Rail Transit 3, the rail

line along EDSA, in the early part of the administration of president-elect Rodrigo Duterte.

“We have to identify who really owns MRT-3 – who operates it. Ownership and maintenance issues will be resolved in our first 100 days,” he said.

These issues have plagued the EDSA rail line during the entire six-year term of President Aquino.

The government operates the line, which is supposedly owned by MRT Holdings of

businessman Robert Sobrepeña, who also controlled the failed College Assurance Plan, a pioneer in the industry selling educational and memorial plans.

However, 80 percent of the Sobrepeña firm's bonds or debt instruments are held by state-owned Landbank and Development Bank of the Philippines (DBP). In fact, the two banks have majority representation in the company's board of directors.

But the Sobrepeña group insists that Landbank and DBP do not own or control MRT-3, since ownership is different from indebtedness.

To finally settle the ownership issue, President Aquino and Transportation Secretary Joseph Emilio Abaya proposed in 2014 that the government buy out Sobrepeña and other private investors.

Aquino had included P65 billion in the then proposed 2015 national budget for the buyout, but the appropriation

was scrapped in the Senate by Sens. Francis Escudero and Sergio Osmeña III.

The two senators said they did not believe that the proposed buyout would solve the ownership and maintenance problems of MRT-3.

The outgoing administration has procured about 80 train coaches for the EDSA line after successfully fighting off a temporary restraining order obtained by the Sobrepeña group from a Makati court.

Many of the coaches will be delivered this year and next year.

Tugade did not say how he would resolve the EDSA rail line's ownership issue.

He said he would try to bring back Sumitomo as the maintenance provider of the facility. He said he also plans to build rail systems in the Bicol region and in the Visayas and Mindanao.

As for the airport congestion problem, Tugade said the international airports in Manila and Clark “can co-exist.” (www.philstar.com)

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LEGAL NOTES

Fight for DAPA/DACA To Continue Despite SC Ruling



By Reuben S. Seguritan

Immigration was at the forefront of very significant events last week. On June 23, the United Kingdom voted to leave the European Union and immigration concern was a major factor. Meanwhile on the same day, here in the United States, the Supreme Court deadlocked on Pres. Barack Obama's immigration initiatives.

The Supreme Court's evenly-divided decision in the case of *United States v. Texas* means that the lower court decision against the Deferred Action for Parents of Americans and Lawful Permanent Residents (DAPA) and the expansion of the Deferred Action on Child Arrivals (DACA) stays.

Pres. Obama introduced DAPA and DACA expansion in November 2014 following the failure of Congress to pass a comprehensive immigration



reform bill. DAPA and DACA were meant to ease the threat of deportation of more than 4 million undocumented immigrants.

After Obama announced these immigration initiatives, Texas and 25 other states filed a lawsuit in the district court claiming that the expanded DACA and DAPA violated the "take care clause" of the Constitution. They also argued that the initiatives were not in accordance with immigration laws and violated the Administrative Procedure Act (APA). The district court judge issued a preliminary injunction blocking the implementation of these policies.

On appeal by the government, the Fifth Circuit upheld

the injunction. Thus, the case found its way to the Supreme Court.

DAPA would temporarily defer deportation for those who have a US citizen or LPR son or daughter as of November 20, 2014 and who have continuously resided in the US since January 1, 2010 but with no lawful immigration status. As long as they had no criminal convictions and have passed a background check, these undocumented immigrants could benefit from DAPA.

DACA, on the other hand, was first introduced by the Department of Homeland Security (DHS) back in 2012. Those under 31 years old on June 15, 2012, have arrived in

the US before becoming 16, have continuously resided from June 15, 2007 to the present, are either in school, have graduated or completed high school or a general education development (GED) certificate, or are honorably discharged veterans of the US Coast Guard or US Armed Forces and have not been convicted of a felony can benefit from DACA. The expanded DACA eliminated the age requirement and pushed the arrival date to January 1, 2010.

Since its implementation in 2012, DACA has resulted in the improvement of the lives and economic conditions of over 700,000 young people who were granted work permits, obtained access to public universities and scholarships, and opened a bank account, among others.

The ruling of the Supreme

Court is a setback for immigrants and their families but immigrant rights advocates are vowing to continue the fight. They are urging the Department of Justice to seek a rehearing. If this is not granted, then the case will go back to the district court for a decision on the merits. If the district court decides to strike down the initiatives, the government could appeal the case all the way to the Supreme Court again.

Immigrant advocates are also continuing to lobby the US Congress to pass immigration laws that would keep families united and benefit the economy.

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

Noy Signs 4 New Laws Before Exit

by Delon Porcalla
Wednesday, June 29, 2016

MANILA, Philippines – Two days before he steps down from office, President Aquino signed four new laws, including a measure that gives P100,000 to centenarians.

The Centenarians Act of 2016 (Republic Act 10868) recognizes the centenarians' rare gift of longevity and their contributions to the country's communities.

The measure provides that Filipinos who reach the age of 100 years old, whether residing in the Philippines or abroad, shall be honored with a Letter of Felicitation from the President of the Philippines congratulating the celebrant for his or her longevity.

But the law "does not carry the provision about 75

percent VAT exemption which was the objectionable feature of the enrolled bill when it was first submitted to the President and vetoed in the 15th Congress," according to Presidential Communications Operations Office Secretary Herminio Coloma Jr.

All Filipinos who have turned centenarian in the current fiscal year shall be awarded a plaque of recognition and a cash incentive by their respective city or municipal governments in appropriate ceremonies.

The LGU concerned shall determine the amount of the cash incentive.

The Department of Social Welfare and Development, Department of the Interior and Local Government, Department of Health and the Commission of Filipinos Overseas

will promulgate the necessary guidelines for the new law.

The law also declared Sept. 25 as "National Day of Respect for Centenarians" as part of the annual Family Week celebration from Sept. 19 to 28.

Aquino also signed the National Bureau of Investigation Reorganization and Modernization Act (RA 10867) which, according to Coloma is "a SONA-enunciated initiative" and a "product of inter-agency consensus building."

He also signed the Batanes Responsible Tourism Act (RA 10866) and the Mayor Hilarion Ramiro Sr. Medical Center Act (RA10865).

Sen. Loren Legarda hailed the enactment of the NBI Reorganization and Modernization Act and the Batanes

(continued on page 14)

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PHILIPPINE NEWS

NAIA Tightens Security After Istanbul Bombing

by Rudy Santos
Thursday, June 30, 2016

MANILA, Philippines – Officials at the Ninoy Aquino International Airport (NAIA) terminals and other airports in the country have further intensified security inspection of baggage and passengers to ensure that no firearms or explosives can be smuggled into the facilities.

Office for Transportation Security (OTS) spokesman Jonathan Maliwat and police

Aviation Security Group (Avsegroup) chief Francisco Balagtas said that the two agencies have been coordinating with the Manila International Airport Authority (MIAA) to ensure the safety of passengers inside the airport.

Maliwat said that passengers are advised to be at the airport three hours before their scheduled flights to undergo strict inspection and body frisking in the effort to avoid terrorist attacks like the latest bombing that killed 41 people and injured

scores of others at the Ataturk Airport in Istanbul, Turkey.

Balagtas said passengers should also report unattended bags or persons acting suspiciously inside and outside the airport.

“We have deployed uniformed police Special Action Force (SAF), bomb-sniffing dogs and intelligence personnel that roam around as they communicate with other government agencies regarding security matters,” Balagtas added.

The Avsegroup conducts strict surveillance of passengers within the airport and implements strict car inspection, he added.

“We maintain checking passengers, luggage and personnel, there’s heightened alert, it’s continuous,” he said.

Members of the Airport Police Department secure the entrances to the NAIA terminals’ outer perimeter.

Of the three bombers in the Istanbul airport attack, two terrorists were at the interna-

tional terminal, and the third suspect was in the nearby parking lot. All three detonated suicide vests.

No Pinoy casualties

The Department of Foreign Affairs (DFA) said yesterday there are no Filipinos among the casualties in Turkey.

“According to our embassy in Ankara, there are no Filipino casualties in Istanbul airport bombing,” Foreign Affairs spokesman Charles Jose said.

He said the embassy continues to monitor the situation. (www.philstar.com)

(from page 8, FULL TEXT....)

plause] from the submission to the release. I order all department secretaries and heads of agencies to remove redundant requirements and compliance with one department or agency, shall be accepted as sufficient for all. [applause]

I order all department secretaries and heads of agencies to refrain from changing and bending the rules government contracts, transactions and projects already approved and awaiting implementation. [applause] Changing the rules when the game is on-going is

wrong.

I abhor secrecy and instead advocate transparency [applause] in all government contracts, projects and business transactions from submission of proposals to negotiation to perfection and finally, to consummation.

Do them and we will work together. [applause] Do not do them, we will part sooner than later. [applause]

On the international front and community of nations, let me reiterate that the Republic of the Philippines will honor treaties and international obli-

gations. [applause]

On the domestic front, my administration is committed to implement all signed peace agreements in step with constitutional and legal reforms.

I am elated by the expression of unity among our Moro brothers and leaders, and the response of everyone else to my call for peace.

I look forward to the participation of all other stakeholders, particularly our indigenous peoples, to ensure inclusivity in the peace process. [applause]

Let me remind in the end

of this talk, that I was elected to the presidency to serve the entire country. I was not elected to serve the interests of any one person or any group or any one class. I serve every one and not only one. [applause]

That is why I have adapted as an article of faith, the following lines written by someone whose name I could no longer recall. He said:

“I have no friends to serve, I have no enemies to harm.” [applause]

Prescinding therefrom, I now ask everyone, and I mean everyone, to join me as we em-

bark on this crusade for a better and brighter tomorrow.

But before I end, let me express the nations, on behalf of the people, our condolences to the Republic of Turkey of what has happened in the place. We offer our deepest condolences.

Why am I here? *Hindi kasali ito diyen.* [laughs] The past tense was, I am here because I love my country and I love the people of the Philippines. I am here, why? Because I am ready to start my work for the nation. [applause]

Thank you and good afternoon.

(from page 13, NOY....)

Responsible Tourism Act.

Legarda is a co-author of RA 10867, which mandates the modernization of the NBI through acquisition of state-of-the-art intelligence and forensic equipment, and maintaining an elite and competent personnel through the provision of competitive compensation packages, including training, insurance benefits and scholarship grants for NBI agents and employees.

“Amid increasing demands upon the NBI in the investigation of high profile and complex cases such as human trafficking, cyber pornography, drug cartels and rice smuggling, among many others, we really need to modernize and reorganize the agency,” she said.

“The NBI must maintain a modern work system, as well as competent and highly trained personnel who will be at par with their foreign coun-

terparts, especially in light of the constantly evolving modus of crimes and to ensure that it can effectively carry out its mandate,” Legarda said.

Legarda also sponsored RA 10866, which seeks to promote and protect Batanes’ natural and cultural heritage.

RA 10866 declares the province of Batanes as a responsible, community-based, ecotourism zone and shall be accorded priority development by the national government in promoting and protecting the integrity of its ecology and environment, the richness of its natural and cultural heritage, and the resilience of its indigenous social institutions and its people.

“The natural beauty of Batanes has been attracting both local and foreign tourists. In fact, the province has seen a dramatic increase in the number of visitors since 2014.

(continued on page 15)

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COMMUNITY CALENDAR OF EVENTS

LA UNION CIRCLE OF HAWAII, 2016 MISS & MRS. LA UNION HAWAII USA | July 30, 2016, Thursday | 5:30 p.m Cost: \$65 | HIBISCUS BALLROOM, ALA MOANA HOTEL | Contact: Baybee Hufana Ablan @ 753-5616

PHILIPPINE WOMEN'S CIVIC CLUB (PWCC), FILIPINIANA BALL & INSTALLATION OF OFFICERS | August 13, 2016, Saturday | 6:00 p.m | HIBISCUS BALLROOM, ALA MOANA HOTEL | For more info, contact Letty Saban @ 255-9429, Edith Gudoy @ 457-0253 or Mimi Gozar @ 312-0778

RE-AFFIRMATION AND INSTALLATION OF ILOCOS SURIAN ASSOCIATION OF HAWAII [ISAH] OFFICERS AND DIRECTORS FOR 2016-2018 | August 14, 2016, Saturday | HONOLULU COUNTRY CLUB | For more info, contact Amado Yoro, co-organizer and adviser of ISAH @ 364-5258

UNIVERSITY OF THE PHILIPPINES ALUMNI ASSOCIATION OF HAWAII (UPAAH), GALA DINNER INSTALLATION OF OFFICERS | August 20, 2016, Saturday | 6:00 p.m | FILCOM CENTER | Contact: Bea Ramos

Razon @ 778-6291, Melody Calisay @ 224-9535 or Jenny Normandy @ 286-4426

FILIPINO WOMEN'S CIVIC CLUB MARIA CLARA BALL | September 17, 2016, Saturday | 6:00 p.m | HIBISCUS BALLROOM, ALA MOANA HOTEL | Contact: Bernadette Fajardo @ 342-8090 or Cecilia Villafructe @ 780-4985

FILCOM CENTER'S BAYANIHAN GALA DINNER 2016 | October 14, 2016 | 6:00 PM | SHERATON WAIKIKI HOTEL | Contact 808-80-0451 for more information

MAUI FIL-AM HERITAGE FESTIVAL BY THE MAUI FILIPINO CHAMBER OF COMMERCE | October 15, 2016 , Saturday | 10:00 a.m - 3:00 p.m | MAUI MALL, KAHULUI, MAUI | Contact Kit Zulueta @ 808-291-9407

PASKO SA FILCOM | December 4, 2016 | FILCOM CENTER | Contact 808-680-0451 for details.

OHANA MEDICAL MISSION IN THE PHILIPPINES | December 14-Dec. 23, 2016 | Contact: JP Orias @ 387-8297 for further information

FEATURE (from page 11, MARION....)

on the block. When the moment came that he would press the "on" button, mom never knew if it would work or explode. She told Kathy and I to go to the top of the corner until we saw her motion to us that it was safe to come home. Kathy and I just looked at each other clueless standing at that corner. Later when we grew up, we laughed about if it did explode where would we have gone then? Luckily we are all here!

This is my story, because mom always planned our trips to the letter. A special dinner and a show were always included. She chose the "Pearl of the Orient" dance troop at the Halekulani Hotel in Waikiki. The food was Filipino, as were the dancers. It was so exotic! I was 13 and we sat in the third row. When I did the math and discovered that on that starlit Hawaiian evening, my future husband danced on that stage. We never met until some six years later. Ah, fate!

My love for art and the artist I married was born with her. She had many large art coffee table books, and would make a game of hiding the title, artist and country of origin, and sometimes the date of the paintings in the book. I had to memorize them and she would test me con-

stantly. Yes, I am married to an artist!

Once when a painting fell and there was a big "puka" in the right corner of the canvas. I took needle and thread and sewed it. I thought I did a great job; we could barely afford oil paints for him! In a few days she sent Phil a new roll of canvas. She is truly smiling on him now. She always had absolute faith in him.

My love for books came from her. Once on a flight to Hawaii, we read Shakespeare's "Merchant of Venice." I remember that I never would read Shakespeare without her. We read them all. She came alive with Shakespeare, like a spark ignited. Once married on the island of Molokai, to my handsome husband, as I lived in a pineapple camp, I wrote long letters home all about my "exotic life." She kept every letter, and said at the time they should be published in National Geographic. She kept encouraging me and today I am a writer.

Back to Character, once I came in the dining room and she had cleared the table and had rows of pictures all set out. There were maybe 30 or 40 little faces smiling up to us. Like playing cards, she placed all the photos small and large in neat piles. "What is this and who are these kids?" I asked. Many were

African American or Hispanic.

She smiled and said "We had school pictures last week and many of mothers could not afford this luxury and so I took their pictures on my own and had them printed and will pack them all up tonight." She held up white envelopes and was so happy doing this task. Then turned to me and said, "Can you imagine, not having a picture of your child?" No one ever knew what she did. That is character!

My best friend in high school had to leave town suddenly and some 30 years later told me she went to see my mom who handed her some cash and said, "Go figure out your life, I know you will be okay." I never knew this ever happened! Again, silently and selflessly she was helping others.

Oh yes, another joy was the grandkids. "What size now?" She would ask and come visit with suitcases of clothes and books. Dad came with a full camera bag of film to capture their ages and smiles. All the kids know a card from Lela included a check.

By reading this, I hope you've come to know a little about her kind and generous spirit that lives through all of us. She set a shining example of character. Love you mom and mahalo for loving dad and giving Kathy and I a great life.

PHILIPPINE NEWS (from page 14, NOY....)

We are aware of the negative impacts of unplanned tourism development and we do not want this pristine island group to be subjected to abuse and exploitation of tourists. Sustaining the natural and cultural heritage of Batanes is key priority in the development of the province," Legarda stressed.

20 bills awaiting Noy's signature

However, 20 bills are still waiting for Aquino's signature.

Among the pending bills are measures for the creation of national high schools and medical centers, renewing franchises of broadcasting companies and requiring students to undergo age-appropriate basic life support training.

Also pending are the measures strengthening the Balanced Housing Development Program, the proposed act providing a new anti-carjacking law and an act institutionalizing the nationwide implementation of Job-

start Philippines Program.

"If they are on his desk for more than 60 days on or before June 30, it will lapse into law. If not, they will be deemed unacted," said Sen. Vicente Sotto III, echoing lawmakers' lament for their wasted time and money for the measures that Aquino would not sign into law.

On the other hand, Senate secretary Oscar Yabes expressed belief that the measures would lapse into law unless vetoed. (www.philstar.com)

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Dr. Jon Avery Go is a Magna Cum Laude graduate of the University of Santo Tomas Faculty of Medicine and Surgery and underwent training at the Roger Williams Medical Center in Providence, RI which is affiliated with Boston University School of Medicine.
