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◆ AUGUST 12, 2017 ◆

## OPIOIDS ADDICTION REACHES FULL-BLOWN CRISIS IN THE U.S.

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## EDITORIAL

## It's Long Overdue That We Get The Opioid Epidemic Under Control

**O**n Hawaii, almost twice as many people died from opioid overdoses than in car accidents in 2015. Opioid addiction and overdoses have been ravaging communities for years as a silent crisis with limited public attention. Part of the reason is that the opioid drug problem is perceived as a simple misuse of prescription pain killers -- fentanyl, oxycodone, hydrocodone, codeine, etc. -- and does not carry the traditional stigma that illicit drugs do, acquired from the streets and linked to criminal behavior. But the fact is opioids are claiming more lives due to their potency than popular street drugs like crystal methamphetamine or cocaine. And there is a growing black market for the opioid fentanyl and heroin that is causing even more fatalities.

The first step to dealing with a drug crisis is for the public to recognize it as a problem. In the early 2000s at the peak of Hawaii's crystal meth crisis, the community demanded action. Hawaii lawmakers responded by pouring millions into drug busts and treatment. Town hall meetings and "ice" or meth summits were held and a powerful anti-ice youth campaign was launched. Lawmakers even passed a law that required popular cold medicines -- which ingredients were being used to create meth at home -- to be monitored. This had a dramatic impact in thwarting home meth labs and eventually slowed down meth's availability.

The campaign against opioid drug addiction will also require coordinated efforts by the community, lawmakers, the police, and the medical community.

Physicians must do a better job in working with patients on pain management by designing more conservative opioid regimens to avoid dependence, and possibly recommending that patients utilize physical therapy or holistic modalities to alleviate pain.

Pharmaceutical companies must better track their drugs as they move through the supply chain to prevent their drugs from ending up in the black market as the U.S. Justice Department ordered Mallinckrodt Pharmaceuticals to do. The pharmaceutical industry as a standard should voluntarily do the same and tighten the channels of their drugs. Drug makers must also provide better training to physicians on both extended-release and fast-acting release of opioids, as now required by the FDA.

On the rehabilitation end, there needs to be improved access to treatment and recovery. More states ought to require health insurance companies to include substance abuse treatment in their health plans as some states are already pushing for. Hawaii lawmakers ought to also consider funding for opioid treatment like they provided for meth addiction. Pharmaceutical companies that manufacture opioids should also be paying for the epidemic it helped cause and set aside private funds for rehabilitation. If they are unwilling to help, states facing opioid crisis should consider joining the states that have already filed legal suit against the pharmaceutical industry.

On the enforcement end, stiffer penalties for traffickers of fentanyl, heroin and other opioids should be adopted. Health insurance companies should also monitor more closely patterns of opioids prescribed by physicians to ensure opioids are not being prescribed inappropriately.

Leading public health experts believe that if the spread of opioids is not contained and opioid addiction properly addressed, the death toll in the next decade from opioids could kill nearly as many Americans in a decade as HIV/AIDS has killed since that epidemic started in the early 1980s. Experts believe fatal overdoses from opioids will not begin to level off until after 2020. One good news is that physicians are already writing fewer prescriptions of opioids.

Dr. Patrice Harris, former chair of the American Medical Association, made a smart commentary about how to approach the opioid crisis: "One key to bringing down the death toll is to spread the word that addiction is a chronic medical condition, not a personal failing." If addicts can adopt this viewpoint, they would be more open to getting the help they need.

## FROM THE PUBLISHER

**S**

ome experts are now calling opioids addiction the worst drug crisis the U.S. has faced not only because it is widespread but incidences of overdoses are so common due to the potency of this class of drugs. Since 1999, when opioids started to ravage communities across the U.S., 183,000 Americans have died from overdoses related to prescription opioids. The Centers for Disease Control estimates that over two million Americans are addicted to opioids.

For our cover story this issue, HFC associate editor Edwin Quinabo provides some startling statistics on how pervasive this drug epidemic is and how pharmaceutical companies' marketing of opioids in the early 2000s and physicians' overprescribing of them have led to the current staggering rates of addiction. He also gets feedback from experts, politicians and medical professionals as to how we can better control opioids from becoming an even greater public health problem devastating our communities. What makes the opioids epidemic unique from other waves of drug addiction is that opioids are both abused legally through prescription and illicitly from black market street sales.

Also in this issue, read Emil Guillermo's column. This time he takes on the chilling subject of extrajudicial killings in the Philippines under President Rodrigo Duterte's war on drugs. It's believed that more than 7,000 people were killed by police extra-judicially since Duterte took office. Emil tells the gripping story of Efrén Morillo who is the lead petitioner before the Philippine Supreme Court in the first legal challenge against Duterte's war on drugs. According to Morillo, he was falsely accused of drug dealing, shot by police, and left for dead in a home invasion style attack.

In our mainland news section, read about the resurrection of the Dream Act of 2001. In a spirit of bipartisanship, Senators Lindsey Graham (R-SC) and Dick Durbin (D-IL) introduced the Dream Act of 2017, a bill that provides legal status and a pathway to U.S. citizenship to undocumented immigrants who came into this country as children. It is an uphill battle for this new version to become law but immigration groups say it is at least a step in the right direction.

In our Hawaii Filipino News section, read the State Department of Business Economic Development and Tourism's (DBEDT) report on the decline of foreign students in Hawaii. This is a trend happening nationwide due in part to the Trump's administration's Travel Ban and anti-immigrant political climate in the U.S. DBEDT lists other factors. Foreign students pump millions into Hawaii's economy -- \$225.3 million for the 2016/17 school year. They are a valuable part of our local community and the state is doing its best to help keep these global citizens coming to Hawaii for their educational needs.

Be sure to read our other articles: Government Housing Agencies Update by Senator Will Espero; State to Build a Monument Honoring Filipino Veterans of World War II by Rep. Ty J.K. Cullen; 17 Ingredients that Help in Weight Loss by Deni Rose M. Afinidad-Bernardo; 15,000 H-2B Visas Added to Relieve Shortage by Atty. Reuben S. Seguritan, and more.

Thank you for supporting our community newspaper. Until next issue, warmest *aloha* and *mabuhay!*

*Chona A. Montesines-Sonido*



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## Loneliness Is a Real Health Problem

**O**ne of the greatest health risks that receives little attention is loneliness. It is a mental health issue that also affects the physical body. Researchers found that loneliness disrupts sleep, raises blood pressure, lowers immunity, increases the stress hormone cortisol that can wear down the body when sustained at high levels for long periods of time, decreases memory and learning, hastens the progression of Alzheimer's disease, increases risk to cardiovascular disease and stroke.

(continued on page 3)

## LEGISLATIVE UPDATE



By Senator Will Espero

# Government Housing Agencies Update

**O**n June 15th and July 12th respectively, Representative Tom Brower who chairs the Committee on Housing and I, chairman of the Senate Committee on Housing, held joint informational briefings with the Hawaii Public Housing Authority (HPHA) and with the Hawaii Housing Finance Development Authority (HHFDC) to get an update on their housing projects for our state. Together, these state agencies are responsible for building, managing, and assisting in the development of affordable housing and rentals.

The Hawaii Public Housing Authority was established in 1935 by the Territorial Legislature to provide housing for

low-income residents of Hawaii. HPHA is tasked with managing federal and state public housing programs, including Section 8 and senior housing. The Hawaii Housing Financing and Development Corporation is the finance and development arm of the state's affordable housing program. It works with developers and manages several funds that include the Rental Housing Revolving Fund, Dwelling Unit Revolving Fund and oversees the issuance of the low-income housing tax credits (LIHTC) which are finance tools that developers in Hawaii use to build affordable housing in our state.

One focus of the HPHA briefing was the completion of phase 2 at Kuhio Park Terrace which is expected to create about 300 new units. This project has been delayed for several years, and could have been built by now. I pressed Director Hakim Ouansafi to

resolve his differences with The Michaels Development and start building or end the contract and find a new builder. I was assured positive progress would occur.

The other main HPHA project update was the Mayor Wright/Iwilei transit-oriented development (TOD) partnership with Hunt Development. This plot of land currently has 349 units, and it will be re-developed into a mixed-use property with 2500 rentals of which 75% will be affordable rentals using Hawaii Public Housing Authority guidelines and income requirements. The project will be done in several phases over an estimated 10 year period. The City and County Department of Planning and Permitting said it believes the soonest the project can be ready for construction is 2019. With that being over 16 months away, I am hoping we can cut the approval time on permits and

begin building sooner by streamlining the approval process. Key permits include zoning permits, building permits, and off-site improvement permitting. Investing in sewer and drainage projects will also cost millions and will need time to be completed.

This transit-oriented development project should be the first TOD project to get started near a rail station. Hunt Development has already spent over \$1,000,000 in pre-development costs. This important housing project will be one to watch, monitor, and when necessary question as we work to build over 22,000 affordable housing units on Oahu in the next 10 years.

The Hawaii Housing Finance Development Corporation updated the committees on a number of initiatives that will help build the affordable housing stock. As the agency that administers the award of low-income housing tax credits, gap loan financing, and other low-interest loans to developers, HHFDC plays a critical role in our community. Led by its director, Craig Hirai, the committee learned that the pipeline of affordable rental projects is quite robust and the demand by the private sector to build is held back mostly by the amount of funds that the state is willing to in-

vest in its housing trust funds. With the cost of building at all-time highs along with restricted rent prices, developers cannot build projects without significant subsidies or incentives from the state. Developers are ready, willing and able to build affordable housing if the state and County are willing to accommodate them.

I was happy to also learn that the Alder Street project, which is a joint HHFDC-Judiciary effort, will be funded by the HHFDC. For several years this rental project failed to receive enough funding from the legislature despite immense community support, being infrastructure-ready, along the rail route, and on state-owned land. This project will be a mixed-use building targeting those who make 60% AMI and below as well as serving the juvenile services needs of the Judiciary. The project is slated to be completed the end of 2021.

The HPHA and HHFDC are two government agencies which play an important role in building affordable housing for our residents. Their work and efforts are paramount to solving Hawaii's housing shortage. With government and the private sector working together, Hawaii's housing needs can be solved in the next 5 – 10 years.

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

A person suffering from prolonged loneliness is also more susceptible to suicide, alcoholism, drug abuse, and obesity. The Mental Health Foundation research shows that loneliness can lead to other mental health problems such as depression and anger management problems. Loneliness also disrupts regulation of cellular processes that can lead to premature aging. In a University of California, San Francisco study, researchers found 43 percent of seniors suffer from loneliness. In the same study, it found lonely seniors are more likely to die faster than seniors who are not.

Loneliness is not given the serious attention it deserves because of one big myth: People believe it is just a feeling that can be cured away by just becoming more social, getting more friends or a partner. This could be a partial remedy but the fact is there are many sufferers of loneliness who have full social networks and are in relationships. Loneliness is not physical isolation. Loneliness is a mental state of mind and often is a genetic disease. There are many lonely people in marriages, both healthy and unhealthy ones. There are lonely people who surround themselves with people all the time that often is an attempt to fill the emptiness that loneliness brings. The fact is loneliness is not easily curable, and arguably more difficult to recover from than other health damaging conditions such as smoking, drug addiction or overeating.

It is difficult to cure because loneliness is not just rooted in situational variables but in some cases a deeply set mental illness. Like depression, people who are lonely report of having been lonely for a great part of their lives. Studies show lonely people have a history of loss or trauma.

They've had negative, abusive childhoods with very critical and harsh parents.

Loneliness caused by situational variables are more temporary. Examples of these include: a young adult going away to college, a person moving to a new city with little to no social networks in place, or the more difficult situation of going through a divorce or losing a spouse or lover from death. In these or situations like it, loneliness are more easily curable. Professor John Cacioppo, co-founder of the field of social neuroscience and one of the top loneliness experts, recommends developing quality relationships with people who have similar interests. Quality is emphasized; not quantity. He recommends approaching loneliness as something that needs to be changed. Being content with loneliness is like being content with being obese or a cigarette smoker. Know that loneliness is detrimental to one's health. For people who are physically isolated in a new city, Cacioppo recommends doing community service or an activity that you enjoy and can meet new people. Experts also warn that sometimes social media can have an opposite effect of making people feel connected; it sometimes can make loneliness worse.

Loneliness is a serious matter deserving of far greater attention. Although loneliness is more frequent among seniors, it is a condition found in all ages. It's often easily identifiable. Someone suffering from loneliness will find it difficult to reach out for help. Loved ones should first see loneliness for what it is, a mental health problem, and second be the person to initiate comfort to a family member or friend who suffer from it.

## VOLUNTEERS NEEDED

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To learn more about the study or participate, please visit the study page at

[www.surveymonkey.com/r/filamstudy](http://www.surveymonkey.com/r/filamstudy)

ALOHA & MARAMING SALAMAT!

The study is being conducted by Ryan Gillia, M.A., who is a local third generation Filipino American and a graduate student at the Hawai'i School of Professional Psychology. He is conducting this study as part of the requirements for the degree of Doctor of Clinical Psychology. His study has been reviewed and fully certified by the Hawai'i School of Professional Psychology's Institutional Review Board.

## COVER STORY

# Opioid Addiction Reaches Full-blown Crisis in The U.S.

By Edwin Quinabo

**O**t's a statistic hard to believe but drug overdoses are now the leading cause of death among Americans under 50, according to a report by the *New York Times*. There were 65,000 total deaths nationwide from drug overdoses in 2016 alone.

The explosion of opioid overdoses is driving up the rates of overall drug overdoses. The latest official stats from the Centers for Disease Control (CDC) shows that in 2015 close to 30,000 people nationwide overdosed on prescription opioids like fentanyl, oxycodone, hydrocodone, codeine, morphine, methadone, and the street version heroin. The 2016 figures not yet released is expected to rise considerably and make up an even more significant percentage of overall drug overdoses.

Since 1999, when opioids started to ravage communities, 183,000 Americans have died from overdoses related to prescription opioids.

While the U.S. has witnessed waves of drug epidemics in the past, the opioids crisis is far deadlier because of the sheer potency of this class of drugs. Popular street drugs such as cocaine and crystal

methamphetamine (once a crisis in Hawaii in the early 2000s) are less likely to result in overdose than natural and semisynthetic opioids. The U.S. Drug Enforcement Administration reports the most powerful synthetic opioid, carefentanil, is so dangerous that accidentally inhaling just a small amount in the air or absorbing it through the skin can be toxic and fatal. Carefentanil, known as an elephant tranquilizer, is 5,000 times stronger than heroin.

Dr. Tom Friedman, head of the CDC, said of opioids "We know of no other medication routinely used for nonfatal condition that kills patients so frequently."

While overdoses are a major problem, what makes the opioid epidemic of greater concern is the addiction rate. Opioids interacts with receptors in the brain and nervous system to produce highly pleasurable ef-



fects and relieve pain. This unusually powerful high keeps addicts hooked on opioids.

The CDC estimates that over two million Americans are addicted to opioids, and an additional 95 million used prescription painkillers in the past year that could make them vulnerable to addiction. Studies show that it's possible to become addicted after just one course of opioid treatment.

From a cost standpoint, federal officials estimate the opioid crisis drains nearly \$80 billion a year from the U.S. economy with expenses to health care, criminal justice, and lost productivity. An additional \$36 billion a year is spent on addiction treatment.

Close to 1.3 million hospital emergency visits or inpatient visits have been linked to opioids in 2014. Emergency

room visits for opioid incidences nearly doubled in the last decade.

Opioid addiction has also been linked to a myriad of social problems: divorce, child neglect and abuse, job loss, prostitution and homelessness.

## Road to Addiction

While each opioid addict has a unique story, the pattern of addiction usually starts with an injury of some kind that results in chronic pain and requires a doctor to prescribe narcotic pain killers. In the late 1990s, pharmaceutical companies underplayed the addictive nature of opioid pain relievers through misleading advertisements and healthcare providers began to prescribe them at greater rates.

After some time using prescription opioids, some patients would become addicted to them. Between 8 to 12 percent of prescription users develop an opioid use disorder. The physician eventually stops prescribing opioids. But some patients make a dangerous transition into black market, street heroin as a substitute. It's estimated 4 to 6 percent who misuse prescription opioids transition to heroin. About 80 percent of people who use heroin report starting with prescription opioids. Opioids are known as the gateway to heroin.

In the last stage of addiction when street heroin is the drug of choice, either the addict hits rock bottom and breaks the habit through a series of rehabilitation visits or falls deeper in a spiral of addiction that sometimes end in death.

The opioid drug problem is both a prescription and street drug problem that is one reason it has mushroomed into the large-scale public health crisis of today. The opioid crisis has no clear face. It afflicts the poor, middle class, professionals, urbanites, suburban families, old, middle-aged and youth. One group overrepresented in opioid addiction rate is veterans. The VA reports 68,000 veterans are afflicted with opioid disorders. That figure represents about 13 percent of all veterans currently taking opioids. In 2013, a study showed veterans fatally overdosed on prescription opioid at a rate twice the national average.

## Beating the Opioid Epidemic

Experts believe controlling the opioid crisis will take a coordinated effort from government, physicians, the pharmaceutical industry; and on the enforcement end, politicians and the police force.

The U.S. Congress passed a bipartisan bill, the Comprehensive Addiction and Recov-

(continued on page 5)

## A POPULAR RESTAURANT IS FOR SALE

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## COVER STORY

*(from page 4, OPIOID...)*

ery Act of 2016, that authorized grants to help states deal with the opioid epidemic. The bill, signed into law in July 2016, establishes programs for veterans impacted by opioids, among other initiatives. Most federal government efforts on opioids are focused on treatment and education awareness campaigns.

Before lawmakers and healthcare professionals can begin a serious war against opioid addiction, experts believe the community first must rise against it as what occurred with the ice epidemic. Hawaii used to be number one in meth addiction with a whopping 410 percent above the national average. It now paces behind several midwestern states where drug trafficking from meth super labs in Mexico is easier to transport. Tougher laws and enforcement have been proven to work in dampening crystal meth addiction and government officials want to replicate that success on the war against opioids.

At the peak of Hawaii's crystal methamphetamine or "ice" in the early 2000s, millions of dollars were poured into drug busts and treatment. Town hall meetings, "ice" summits and an effective anti-ice campaign was launched. In addition to funding close to 15 million, Hawaii lawmakers also crafted a law that required the monitoring of over-the-counter sale of ephedrine and pseudoephedrine found in cold remedies. Drug dealers used these ingredients to cook homemade meth. This law tracking cold medicine has helped to significantly retard local meth labs.

### Opioid Misuse in Hawaii

Hawaii has been spared from the full brunt of the opioid crisis relative to the East Coast and Midwestern U.S. states. The National Center for Health Statistics reported that in 2015 alone there have been 169 deaths related to opioid use in Hawaii. But that number is still high considering there have been 86 car fatalities in Hawaii in the same year.

Close to 300 addicts have checked into Hawaii drug rehabilitation centers for opioid ad-

diction. Hilo and Honolulu have the highest rates of opioid misuse. But experts believe there are much more under-the-radar cases of addicts trying to beat their opioid addiction secretly.

### The Medical Community's Fight Against Opioids

In addition to tough police enforcement and laws, attorney generals in several states are calling on health insurance companies to make sure adequate addiction treatment is included in health plans.

The National Institute of Health (NIH), the nation's leading medical research agency, is working at new and better ways to treat opioid use disorders. Physicians must also explore better ways to manage chronic pain. One method is recommending physical therapy, massage therapy or other holistic approaches to pain management in conjunction with or substitute of opioids when possible.

Hawaii physician Nestor Herana said "Prescriber education is vital in the solution to this epidemic. Physicians need to educate themselves in the proper manner to prescribe opioids. Overprescribing can be dealt with by learning how to prescribe opioids cautiously and rationally. Pain management can be part of a multifaceted comprehensive plan with emphasis on risk assessment and risk reduction. Having an exit plan is key before the start of any opioid therapy."

Dr. Herana admits that physicians are partially responsible for making opioid addiction an epidemic as prescribers. He mentions two parts of the primary problem: opioid overprescribing and inappropriate opioid use.

"The medical system overall is the culprit. Medical schools and training institutions failed to educate young physicians how to prescribe opioids safely and how to treat pain appropriately. Pain specialists access is often a challenge to primary care providers. Furthermore, pharmaceutical companies have been found liable of advertising opioids to providers in deceitful methods. The medical culture of well-intentioned but

**"One key to bringing down the death toll is to spread the word that addiction is a chronic medical condition, not a personal failing."**

**-Patrice Harris, M.D.**

**Former Chair of the American Medical Association**

imprudent marketing such as 'pain as a fifth vital sign' may have also reinforced opioid misuse and overprescribing," said Dr. Herana.

The pharmaceutical industry, the source of opioids, have been publicly criticized for promoting misleading advertisements on the addictive nature of opioids. Government officials say the industry must take on greater responsibility. The Food and Drug Administration said it will require drug manufacturers to better educate physicians on painkillers, pain management and non-drug therapies.

The U.S. Justice Department announced it made a \$35 million settlement with Mallinckrodt Pharmaceuticals that was alleged to be ignoring evidence when it had reason to believe some of its opioids were landing on the black market.

In addition to the financial cost, the Justice Department also required Mallinckrodt to begin tracking its drugs as they move through the supply chain. Government officials believe this tracking system, if made as a requirement to other manufacturers in the industry besides Mallinckrodt, could help to clean up illegal channels in the flow of drugs.

U.S. Rep. Tulsi Gabbard (HI) said "As we look at treatment options and support for those dealing with this addiction, it's important that we

actually focus on the root cause of the problem. We have seen for decades how major pharmaceutical companies have lied to the FDA and the American people about the addictive nature of drugs like OxyContin and the risks of opioid dependency, all to increase their profits. They must be prosecuted for their actions that have led to countless opioid-related deaths, addiction, and suffering."

The state of Ohio, Mississippi, and other cities and counties have started litigation against pharmaceutical companies over the opioid crisis. The growing movement to hold the pharmaceutical industry accountable is beginning to look like the legal class action suits launched by U.S. states against the tobacco industry in the 1990s where settlements to-

taled more than \$200 billion nationwide.

### Trend of Opioid Addiction

Greater public awareness of the dangers of opioid addiction has led to some positive trends. The Centers for Disease Control and Prevention found that the amount of opioid prescriptions has peaked in 2010 and fell by 18 percent since then. This correlates to the slowing down of overdose deaths from legal prescriptions.

But street heroin use has skyrocketed. Fatal overdoses of heroin went from 8 percent in 2010 to 25 percent in 2015, nearly tripling.

The drop in opioid prescriptions and deaths, and rise of heroin use suggest a trend

*(continued on page 11)*



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By Emil Guillermo

**O**n a news week that contained O.J. Simpson's parole and President Trump's trade-in for a slicker New York mouthpiece, sandwiched by even more Russia-Trump trauma, it's not surprising you haven't heard much about a story that recently took place in Washington, DC.

And I'm not even talking about martial law's extension in the Philippines.

By a wide majority over the weekend, lawmakers in the Philippines voted to grant President Rodrigo Duterte's request to extend martial law to the end of the year in Mindanao. Fighting terrorism always makes a great excuse to curtail civil liberties.

It's just Mindanao and not the entire 7,200 island archipelago, so I call it "partial martial."

Of course, that doesn't make it right.

It's still unnecessary government control, and the first sign that the proverbial slippery slope is real. What happens by the end of the year--Terrorism solved? Unlikely. One Philip-

# More than Gossip, Extrajudicial Killings in the Philippines Is Real

pine house member even suggested martial law be declared throughout the entire country right now. And she wasn't joking.

More pertinent is that anything the Philippine Army has done during "partial martial" could have been done without it. It hasn't even helped keep order. If anything, it's only brought on allegations of human rights abuses by Philippine soldiers on innocents in the region.

It's also a symbolic reminder that we are not far from that historical memory of the troubled democracy, full martial law under the dictator Ferdinand Marcos.

But that's not what some Filipino Americans are buzzing about.

There is already something akin to martial law in place throughout the entire Philippines.

## Extrajudicial Killings

It's the fear that comes after more than 7,000 so-called extra-judicial killings have been carried out in Duterte's fight against "shabu," a form of crystal meth that is the center of the drug war in the country.

Instead of going after the big-time suppliers, the govern-

ment has focused on grassroots activity. But sometimes innocent people have been targeted.

In the barrios, people talk of off-duty police officers who have been behind the killings, egged on by quotas given by superiors, and given extra cash for their zeal by the government.

"The police have masks, they come at night," said a man I trust who goes to the Philippines often and talks to people who both live in the barrios and work in government.

Normally, I would dismiss it as idle gossip.

But then last week, the Tom Lantos Human Rights Commission of the U.S. Congress read into the record the statement of one Efren C. Morillo, 29, who lives in San Isidro, Montalban, Rizal, Philippines.

Morillo is the lead petitioner before the Philippine Supreme Court in the first legal challenge against Duterte's war on drugs.

His statement translated from Filipino to English is his own chilling account under oath of what happened August 21, 2016 while visiting friends in a Quezon City barrio.

## A Survivor's Story

"Suddenly five men and two women in civilian clothes arrived," Morillo said in his statement. "They did not say who they were. They quickly entered the gate and drew guns. They pointed their guns at us and shouted, 'Don't run.'"

Morillo and his four friends were tied up while the armed men accused them of dealing in illegal drugs, according to his statement. He then recognized the armed men to be policemen. Later, he was able to identify them. They began to search the house yelling, "Where did you put the Pokemon?!" It apparently was a code name for drugs.

But Morillo said they did not find drugs, only a cigarette lighter in the shape of a gun

and some shiny paper. "They insisted that the items prove our involvement in illegal drugs," Morillo stated. "We fervently denied owning the items and begged them to believe us."

Morillo and his friends were brought to the back of the house. Three of them were made to kneel on the ground to be shot. But Morillo and his friend, Nonoy, were taken to another room.

"Without warning, [a gunman later identified as Officer Allan Formilleza] raised his gun and fired at me," said Morillo. "I fell to the ground and felt a burning sensation in my chest, but I did not lose consciousness. . .Formilleza fired another shot at Nonoy, shattering his head. . .Filled with terror, I closed my eyes and played dead."

The deception worked. After the officer left the room, Morillo said he was able to crawl out of the house, slide down a ravine, across a stream, and up another side hill to a highway.

But it was just the beginning of a desperate search to find treatment, arguing with on-duty police that he was not a perp, but a victim.

Nine hours later, at midnight, he was able to walk to an emergency room where he was treated while chained by police to his hospital bed.

Officials from the Commission on Human Rights were able to get him released, and then came help from the Center for International Law.

That started his legal journey, which ended up with a filing on Jan. 26 before the Philippine Supreme Court, which has resulted so far in the issuance of a permanent protection order against the policemen involved in the killings.

So Morillo's alive, but life is not better.

"Despite the prompt action of the Philippine courts, things are worse," Morillo said in his statement. "Our lives are much harder now. My parents were

forced to sell our house to pay for my bail and medical bills. . .Because I remain under tight custody and protection due to the danger to my life, I am unable to work and provide for my family."

"Moreover, Operation Plan Tokhang (Duterte's drug war) after a brief suspension. . .has been brought back. It continues to claim thousands of lives," Morillo added. "I survived, but thousands did not. I owe it to them to speak out and join the quest for full justice for all the victims of the killings."

Morillo's saga was big news in the Philippines in January when it happened. But it's finally made its way to the U.S. and is on the record in Congress. Translated into English, it's a survivor's account that puts into context the rising number of extrajudicial killings.

One is too many.

And they're still happening.

## A Congressman's Outrage

"We should be clear what an extrajudicial killing or execution is: it is the purposeful killing of a person by governmental authorities without the sanction of any judicial proceeding," said Rep. James P. McGovern (D-Mass), co-chair of the Tom Lantos Human Rights Commission. "No arrest. No charges. No warrant. No trial. No judge. No jury. Simply murder."

That this involves a treaty ally and the largest recipient of U.S. assistance in East Asia is also troubling. "Let me be clear: The U.S. government cannot afford any degree of complicity with the kinds of human rights violations that are occurring," said McGovern.

The Philippines has revised the numbers in the last year to show killings are down, but cases under investigation are up.

But McGovern is asking that the Philippines allow for "credible independent investi-

(continued on page 12)

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## WHAT'S UP, ATTORNEY?



By Atty. Emmanuel Samonte Tipon

# What Is "Sexual Abuse of a Minor" Under Immigration Law

**T**he ordinary meaning of "sexual abuse of a minor" (often-times referred to as "statutory rape") is the "engaging in sexual contact with a person who is below a specified age or who is incapable of giving consent because of age or mental or physical incapacity." Merriam Webster's Dictionary of Law 454 (1996) cited by *Esquivel-Quintana v. Sessions*, Supreme Court, No. 16-54, 06/31/2017.

Statutory rape is different from other types of rape in that force is not necessary for conviction. Even if the victim consented to the sexual act or no force was used, the perpetrator

may be convicted. The Free Dictionary by Farlex <http://legal-dictionary.thefreedictionary.com/Statutory+Rape>, *Wikipedia* [https://en.wikipedia.org/wiki/Statutory\\_rape](https://en.wikipedia.org/wiki/Statutory_rape)

On May 30, 2017, the Supreme Court saved from deportation a 21-year old lawful permanent resident alien who had sexual relations with his 17 year old girlfriend, holding that it did not constitute "sexual abuse of a minor". The alien had pleaded no contest to a statutory rape offense of "unlawful sexual intercourse with a minor who is more than three years younger than the perpetrator" in violation of California Penal Code § 261.5(c). "Unlawful sexual intercourse is an act of sexual intercourse accomplished with a person who is not the spouse of the perpetrator, if the person is a minor."

§ 261.5(a). California defines "minor" as a "person under the age of 18 years."

Removal proceedings were instituted against the alien for having been convicted of an "aggravated felony" 8 USC § 1227(a)(2)(A)(iii). "Sexual abuse of a minor" is an aggravated felony. 8 USC § 1101(a)(43)(A). The Immigration Judge ordered the alien removed. The Board of Immigration Appeals affirmed, 26 I&N Dec 469 (2015). The Court of Appeals denied the petition for review, *Esquivel-Quintana v. Lynch*, 810 F.3d 1019 (6th Cir. 2016).

The Supreme Court, in a rare show of unanimity, reversed the order removing the alien, holding that sexual relations between a 21 year old man and a 17 year old girl, did not constitute "sexual abuse of a minor". The court recalled

that in 1996 when "sexual abuse of a minor" in the definition of "aggravated felony" was added to the Immigration and Nationality Act, the "generic" "age of consent" was 16 and remains so today. The court said that the generic federal definition of "sexual abuse of a minor" requires the age of the victim to be less than 16.

The Supreme Court explained that to determine whether the conviction qualifies as an "aggravated felony," the Court must employ the "categorical approach" pursuant to which the court looks to the statute of conviction rather than to the specific facts underlying the crime. Under that approach the court asks whether the state statute defining the "crime of conviction" categorically fits within the "generic" federal definition of a corresponding "aggravated felony". Since Cal. Penal Code § 261.5(c) criminalizes "unlawful sexual intercourse with a minor who is more than three years younger than the perpetrator" and defines a minor as someone under age 18, the conduct criminalized would be, at a minimum, consensual sexual intercourse between a victim who is almost 18 and a perpetrator who just turned 21.

The court concluded that:

"In the context of statutory rape offenses focused solely on the age of the participants, the generic federal definition of "sexual abuse of a minor" under § 1101(a)(43)(A) requires the age of the victim to be less than 16." *Esquivel-Quintana v. Sessions*, Supreme Court, No. 16-54, 06/31/2017.

Observation: The court attached an Appendix to its opinion listing, state by state, offenses criminalizing sexual intercourse solely because of the age of the participants and the statutory age of consent. In Hawaii it is 14 years – the youngest. HRS § 707-730(1)(b) (1993). In California, among others, it is 18 – the oldest. Cal. Penal Code § 261.5(a) (1998).

**ATTY. TIPON** has a Master of Laws degree from Yale Law School and a Bachelor of Laws degree from the University of the Philippines. He specializes in immigration law and criminal defense. Office: American Savings Bank Tower, 1001 Bishop Street, Suite 2305, Honolulu, HI 96813. Tel. 808 225 2645 E-Mail: [filamlaw@yahoo.com](mailto:filamlaw@yahoo.com). Websites: [www.MilitaryandCriminalLaw.com](http://www.MilitaryandCriminalLaw.com). He is from Laoag City and Magsingal, Ilocos Sur. He served as an Immigration Officer. He is co-author of "Immigration Law Service, 1st ed.," an 8-volume practice guide for immigration officers and lawyers. This article is a general overview of the subject matter discussed and is not intended as legal advice.

## HAWAII-FILIPINO NEWS

### AARP Hawaii Warns of Text Scam

**A**ARP Hawaii is warning residents of a new scam called Smishing -- when text messages that look like error messages contain links and asks receivers of the message to click on a link. Experts warn not to click on links in messages like this.

Smishing is becoming the new phishing when it comes to scams. Instead of sending emails, hackers are increasingly using text messages to reach potential victims, experts warn. Smishing is named after Short Message Service -- the technology that enables text messaging.

One clue that this is a scam is that the number is shortened -- nine digits instead of the usual ten. That's a sign that the message is an email sent to a phone. The numbers change each time a message is sent, making it difficult to block.

Smishing has been around for a while, but experts have noticed an increase in recent weeks.

Scammers appear to be turning to text messages because people are ignoring emails and

people tend read and respond to text messages quickly. Most text messages are opened within minutes of receiving them.

To fight back against smishing, here are some tips from AARP fraud expert Sid Kirchheimer:

- Don't reply to text messages from senders you don't recognize. Even sending a "remove," "stop" or "opt-out" response tells SMS senders that your mobile number is active and ripe for more messages. Be especially wary of texts from a 5000 or other shortened number (versus a complete 10-digit phone number), indicating the message is actually an email sent to a phone.

- Never reply to text messages asking you to confirm or provide personal or financial information. Legitimate companies don't text requests for account numbers, log-in details and other sensitive data. Government agencies don't correspond by text (and are unlikely to even have your mobile phone number).

- Slow down. Most people

instinctively deal with text messages ASAP, and smishing scams work best when creating a false sense of urgency. Rather than call back numbers provided in text messages (doing so is another tip-off of your working cell number), take a few minutes to verify the actual contact numbers of legitimate businesses that may need to contact you.

- Forward suspicious text messages to short code 7726 (which spells "SPAM" on your keypad), which allows cellphone carriers to identify and block smishing messages.

- Be stingy with your cellphone number. Don't post it online or on social media, or provide it for contests, surveys, touted "deals" or "free trials." <http://www.aarp.org/money/scams-fraud/info-03-2011/scam-alert-the-high-cost-of-free-trials.html>.

To learn more about fighting smishing and other scams, AARP and partner organizations are putting on Scam Jam events on Oahu, Maui, Kauai, Kona and Hilo in August. See AARP website for dates and location.



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SOCIETY PAGE

By Carlota Ader



▲ Filipino Business Woman 2017 and 100 Filipino Women Network Most Influential Women Global 2016 awardee Carlota Ader (holding flowers and plaque) joined by Nancy A. Walch, Ph.D., Rep. Romy Cachola and Army Farinas.



▲ (L-R) First lady Dawn and Gov. David Ige with Dr. Josephine Waite and husband Dr. Vernon Ansdell.



◀ Seated: M/M Joe and Gefelyn Quibuyen, owner of Gerry's Grill and standing is Mercy Mullins, Queen Grandma HI Int'l.



▲ Greg and Aida Ancheta, retired and ballroom dancers.



▲ Miss Terno 2017 is Leilani "Lehua Blossom" Tanaka.



▲ The Filipino Womens Club of Hawaii Foundation Outstanding Woman Achievers: Marina A. Badua, MD, Medicine; Mary Ann Eugenio, Business Entrepreneurship; Chulet Paco, Community Involvement and Rocky Brown, Music Arts and Entertainment joined in pictures with then politicians and pres. of FWCH, Nelly Pongco Liu.

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## HAWAII-FILIPINO NEWS

# Hawaiian Lodge Awards College Scholarships

By Serafin Colmenares Jr.

**H**awaiian Lodge of Free and Accepted Masons awarded ten scholarships to students at the organization's annual scholarship awards night on July 26 at the Makiki Temple in Honolulu. Each scholarship recipient will receive \$1,500. Students were selected from a total of 65 applicants.

The grants are given to recent high school graduates as well as current undergraduate students from Hawaii who apply and are selected based on scholastic performance, extra-curricular activities, and economic need. It is open to members and non-members of the Masonic family. The scholarship grant is for one year but grantees may reapply.

This year's scholarship awards were given to the following:

Katie Gordon, a graduate of Island Pacific Academy who will be studying Biology at Rhodes College in Memphis, Tennessee. She is receiving her first award. Katie is the daughter of Bro. Lee Gordon of Hawaiian Lodge.

Franchesca Ponce, a graduate of Damien Memorial School who will be studying Biology at St. Martin University in Lacy, Washington. She is receiving her first award. Franchesca is the granddaughter of WBro. Bernard Balduenza of Hawaiian Lodge.

Sydney Maarat, a graduate of James Campbell High School who will be studying Biology at the University of California in Los Angeles. She is receiving her first award. Sydney is the daughter of Bro. Clyde Maarat of Leeward Lodge.

Denise Torres, a graduate of Baldwin High School in Kahului, Maui who will be studying Biology at Creighton University in Omaha, Nebraska. She is receiving her first award. Denise is the daughter of Bro. Richard Torres of Lodge Maui.

Jack Lin Lin, a graduate of Kauai High School who will be studying Mathematics at Stanford University in California. He is receiving his first award.

Jenaiah Santos, a graduate of Aiea High School who will be



Some scholarship grantees pose with the master of Hawaiian Lodge and members of the Hawaiian Lodge Scholarship Committee. Left to right: Bro. Jun Suela, WBro. Jun Colmenares, Katie Gordon, Jenaiah Santos, Laica Mae Arcibal, Franchesca Ponce, Sydney Maarat, WBro. David Gomes, WBro. Robert Schultz, and RWBro. Wilson Camagan.

studying Nursing at Grand Canyon University in Colorado. She is receiving her first award.

Bryceton Scurr, a junior at Whittier College in California who is studying Engineering Physics. He is receiving his third scholarship grant. Bryceton is the grandson of Bro. Charles Scurr.

Laica Mae Arcibal, a junior at Chaminade University in Honolulu who is studying Biology. She is receiving her third scholarship grant.

Jordan Jarvis, a junior at

Vanguard University in Costa Mesa, California who is studying to become a teacher. She is receiving her third scholarship grant.

Nicole Fernandez, a senior at the University of California, Davis who is studying Veterinary Medicine. She is receiving her fourth scholarship grant.

Selection of awardees was determined by the lodge scholarship committee headed by WBro. Charles Schultz, with the following as members: RWBro. Wilson Camagan, WBro. Ser-

afin "Jun" Colmenares, WBro. Raymund Liongson, Bro. Florencio "Jun" Suela, and Bro. Maurice Fujimoto.

Hawaiian Lodge, which operates under the jurisdiction of the Grand Lodge of Hawaii, was established in 1852. It is the largest Masonic lodge in Hawaii with over 500 members. Its current Worshipful Master is WBro. David Gomes. The scholarship program, which is on its 25th year, is part of Hawaiian Lodge's efforts to assist in the educational development of the youth.

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# State to Build a Monument Honoring Filipino Veterans of World War II

By Rep. Ty J.K. Cullen

**W**hen Gov. David Ige signed House Bill 942 into law on June 19, Hawaii took an important step toward establishing a monument to honor and commemorate the more than 260,000 Filipino veterans of World War II.

I was proud to introduce the bill and to be there in the Governor's office standing with Filipino veterans, family members, serving military

members and other lawmakers to honor those from the Philippines, United States, and Territory of Hawaii, who fought under the American flag during the war.

This Act now authorizes the State Foundation on Culture and the Arts to commission an artist to design and build a monument worthy of the sacrifice of our Filipino veterans and their families.

Now an appropriate location for the monument will be selected and up to \$200,000 has been budgeted for the memorial.

The monument could be placed on the grounds of the Filipino Community Center in Waipahu which is a gathering place for the community and provides social, economic and cultural support for our residents.

I want to thank Rep. Henry Aquino, Filipino veterans groups and area residents who supported this bill to ensure that Hawaii residents remember the sacrifices that were made by previous generations to allow us to enjoy the freedoms and cultural diversity we have today.



This photo was taken in the Governor's office on the day of the signing and includes Rep. Cullen (back row, third from right), Rep. Henry Aquino (back row, right), Filipino veterans and area residents who supported this bill. Photo by Hawaii House Democrats.

TY J.K. CULLEN is a representative of Royal Kunia, Village Park, Waipahu, Makakilo, West Loch.

## HAWAII-FILIPINO NEWS

# Foreign Students Add Millions to Hawaii Economy, But Foreign Students Enrollment in Decline

**F**oreign students in Hawaii spent \$225.3 million for the 2016/17 school year that includes the total living expenses and institutional tuition and fees, according to the state Department of Business, Economic Development and Tourism (DBEDT).

The report, created by DBEDT's Research and Economic Analysis Division (READ), comes at a sensitive time as some immigrants and foreigners have been targets of politics.

The report, "The Economic Impact of International Students in Hawaii – 2017 Update," shows direct spending has declined by 25 percent from 2015/16, when direct spending by international students reached \$302 million. The drop reflects the broader nationwide recent trend of fewer foreign students applying to study in the U.S.

Potential foreign students have expressed fear of enrolling in U.S. universities due to the ongoing legality of the Trump administration's travel

ban. Investing time, studying and money into a U.S. college is perceived as risky should the ban become fully legal or expanded when the Supreme Court takes up the issue later this year. Nearly 40 percent of colleges have reported declines in applications from international students, according to the American Association of Collegiate Registrars and Admissions Officers.

Graduate schools appear to be feeling the worst pinch, with nearly half reporting drops. "Our deans describe it

as a chilling effect," said Suzanne Ortega, president of the Council of Graduate Schools.

Nationally, international students bring in more than \$32 billion a year into the U.S. economy.

"We continue to promote cross-cultural understanding with international student exchanges to develop a global citizenry that we all desire," said Gov. David Ige. "We understand the important role that education plays in cultivating the leaders of tomorrow into responsible global citizens."

"The recent decline is part of a global trend for foreign students, but we will continue to take steps to attract and promote international student exchanges, as they have the potential for future business relationships, which benefit the economy," said DBEDT Director Luis P. Salaveria.

Dennis Ling, administrator for BDSO, which leads the program for international student exchanges added: "We continue to work with our education partners to attract more foreign students to our classrooms. Although there was a year over year decline,

foreign students studying in Hawaii is very much a significant industry contributing much to our economy."

Including the ripple effects, the total economic impact of international students are as follows:

- \$484 million in total economic output, including direct and indirect effects.
- 5,093 jobs were supported by foreign student spending.
- \$32.5 million in state taxes was generated from the foreign students.

Hawaii hosted international students from all over the globe. Japan remains the top country of origin for Hawaii's international students, followed by S. Korea and China.

The reasons for the decline in 2016/17 range from more countries emphasizing in-country education, which is the case with Japan, as well as economic factors, and increased marketing by other destinations.

To counter the trend, DBEDT and the 29-member Study Hawaii consortium of schools that banded together

(continued on page 12)

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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.*



**HAWAII-FILIPINO NEWS**

# Attend Job Fair Co-hosted by State DOH and DHS

The public is invited to a free job fair co-hosted by the Hawaii State Department of Health (DOH) and Department of Human Services (DHS) on Friday, Aug. 11, 2017 from 10 a.m. to 2 p.m. at the Hawaii State Capital chamber level (basement) on the mauka side.

The job fair will have informational display tables staffed by employees from various DOH divisions and branches, including Adult Mental Health Division; Hawaii State Hospital and Environmental Resources Office; Child & Adolescent Mental Health Division; Developmental Disabilities Division; Alcohol & Drug Abuse Division; and Office of Health Care Assurance.

Various programs will be representing DHS. Managers and employees from the Benefits, Employment and Support Services Division, Statewide Branch; Social Services Division, Child

Welfare Services Branch; Division of Vocational Rehabilitation; and the Hawaii Public Housing Authority will be on site to promote various employment opportunities with their programs.

For those seeking a new job or a career change, DOH is looking for qualified applicants for the following positions: Accountant III, Clinical Psychologist, Epidemiological Specialist IV, Hospital Billing Clerk, Human Resources Assistant III & IV, Human Services Professional III, IV and V, Information Technology Band A, Janitor II, Licensed Practical Nurse I and II, Hospital & Mental Health, Mental Health Supervisor II, Occupational Therapist III, Office Assistant II & III, Para-Medical Assistant (Entry Level), Planner V, Program Specialist IV-VI, Psychiatrist III, Inpatient, Outpatient, Public Health Administrative Officer, Registered Nurse III and IV, Research

*(continued on page 14)*

**COVER STORY (from page 5, OPIOID....)**

moving from less prescription dependence to illicit street use.

More physicians are also recognizing early patterns of addictive opioid behavior in their patients.

Dr. Herana said “Opioid abusers are faced with a variety of challenges such as but not limited to behavioral health issues, low income social status, geographical location, accessibility to opioids, weak emotional support system, and domestic violence issues. Prompt recognition of aberrant behaviors are important so that critical steps can be made before dangerous situations arise. When an atypical behavior is discovered, prescribers should be empathetic in managing opioid misuse. A rational approach of tapering or discontinuing opioids should be implemented. Proper referral to detoxification and rehabilitation programs must also be adopted by physicians dealing with the patient afflicted with opioid addiction.”

Dr. Patrice Harris, former chair of the American Medical Association, said “One key to bringing down the death toll is to spread the word that addiction is a chronic medical condition, not a personal failing.

**Trumpcare Can Hamper Progress**

Democrat and Republican governors warned that should President Donald Trump’s American Health Care Act (AHCA) pass to include cuts to Medicaid, this could block Medicaid recipients from getting the opioid treatment they need.

“We’re kidding ourselves if we don’t think what’s happening with healthcare in Congress right now is affecting this issue,” North Carolina Governor Roy Cooper, a Democrat, told his counterparts at a meeting of the National Governors Association in Providence.

“We cannot have millions of Americans lose their health coverage and still effectively attack this crisis. We can’t significantly reduce Medicaid spending and still be successful in fighting opioid addiction.”

On AHCA, U.S. Rep. Gabbard said “Addressing the opioid epidemic requires expanding healthcare coverage, not cutting it back. The Republicans’ disastrous healthcare bill would make devastating cuts to Medicaid coverage, threatening the health of millions of vulnerable Americans, and shifting costs to state and local governments that already face tight budgets. The Senate is split on how to move forward with this legislation, and it is more important than ever that people in Hawaii and across the country speak out and let our nation’s leaders know that they will hold them accountable for this terrible bill. I will strongly oppose this bill if and when it comes back to the House, and continue to do all that I can to defeat it.”

The U.S. Senate recently failed to pass AHCA or repeal Obamacare. But AHCA could be taken up again. For now, Medicaid recipients addicted to opioids could get the professional help they need.

**Philippine Consulate General in Honolulu  
REQUEST FOR EXPRESSION OF INTEREST FOR**

**Procurement of the Services of a Project Manager for the Design & Construction of Chancery Annex and Renovation/Refurbishing of Consulate Building**

1. The **Philippine Consulate General in Honolulu (PCGH)**, through the **SARO-BMB-D-17-0006966 dated 17 May 2017 and ORS No. 06-17-06-4427 dated 19 June 2017 NCA-BMB-D-17-0000338** intends to apply the sum of \$250,000.00 being the Approved Budget for the Contract (ABC) to payments under the contract for **PM-01-2017: Project Manager for the Design & Construction of Chancery Annex and Renovation/Refurbishing of Consulate Building**. Bids received in excess of the ABC shall be automatically rejected at the opening of the financial proposals.

2. The Philippine Consulate General in Honolulu (PCGH) now invites expression of interest for the procurement of Project Manager for the Design & Construction of Chancery Annex and Renovation/Refurbishing of Consulate Building, described as follows:

Lot No.	Project Specification	Approved Budget for the Contract (USD)
PM-01-2017	Project Manager for the Design & Construction of Chancery Annex and Renovation/Refurbishing of Consulate Building	250,000.00

3. A complete set of Bidding Documents may be acquired by interested Bidders on 31 July 2017 from the address below. It may also be downloaded free of charge from the website of the Philippine Government Electronic Procurement System (PhilGEPS) <https://www.philgeps.gov.ph> and the website of the PCGH at <http://www.philippineshonolulu.org>.

4. The PCGH-Bids and Awards Committee (BAC) has scheduled the following activities for the said Project:

DATE	ACTIVITY	TIME AND VENUE
11 August 2017	Deadline of Submission of Eligibility Documents	10:00 AM, PCGH Conference Room
15 August 2017	Announcement of Eligible Bidders	Website and Official Communication from PCGH
23 August 2017	Pre-Bid Conference	3:00 PM, PCGH Conference Room (c/o BAC Secretariat)
6 September 2017	Deadline of Submission of Bids	10:00 AM, PCGH Conference Room

Bidders need to submit eligibility requirements as contained in the Bidding Documents on or before 10:00 AM on 11 August 2017. Eligible Bidders shall be notified on 15 August 2017. The PCGH-BAC will hold a Pre-Bid Conference on the above-stated date, which shall be open to all qualified bidders.

5. Bids must be delivered to, and received by, the BAC Secretariat on or before 10:00 AM on 6 September 2017 at the PCGH Office located at 2433 Pali Hwy, Honolulu, HI 96817. All bids must be accompanied by a bid security in any of the acceptable forms in the amount stated in Section 27.2 of the IRR of RA No. 9184.

The Bid Opening shall be on 6 September 2017 at 2:00 PM at the PCGH Conference Room. Bids will be opened in the presence of the Bidders’ representatives who choose to attend. Late bids will not be accepted.

6. Bidding will be conducted through open competitive bidding procedures using non-discretionary “pass/fail” criterion as specified in the IRR of RA 9184. Bidding is open to all interested bidders, whether local or foreign, subject to the conditions for eligibility provided in the IRR of RA 9184.

7. The PCGH reserves the right to reject any and all bids, declare a failure of bidding, or not award the contract at any time prior to contract award in accordance with Section 41 of RA 9184 and its IRR, without thereby incurring any liability to the affected bidder or bidders.

8. For further information, please refer to:

PCGH BAC Secretariat  
Philippine Consulate General in Honolulu  
2433 Pali Highway, Honolulu HI 96713  
Phone: (808) 595-6316 to 6319  
Fax: (808)595-2581  
Email: [honolulupcg@hawaii.twcbc.com](mailto:honolulupcg@hawaii.twcbc.com)

# 17 INGREDIENTS THAT HELP IN WEIGHT LOSS

By Deni Rose M. Afinidad-Bernardo

**M**ANILA, Philippines — Have you been exercising and eating less, but still cannot seem to lose weight?

Maybe, the problem lies in the ingredients you use to cook or prepare your food, said celebrity chef, TV host and cookbook author Barni Alejandro-Rennebeck.

During a recent demo for the launch of personal care store Watsons' Get Active campaign, Chef Barni enumerated the ingredients she personally uses in her Sexy Chef kitchen and explained how these could also help you maintain a svelte figure, just like her and her sister, singer Rachel Alejandro.

The next time you go grocery shopping, make sure to add these weight-loss-aiding ingredients to your cart:

**1. Lemon juice** – It detoxifies the body and helps espe-

cially the liver in metabolizing fat, so it works wonders in burning fat and giving you a tiny waist.

**2. Yellow mustard and honey** – Besides providing sweetness and balance of flavors, this combo is cancer-fighting and antibacterial.

**3. Coco sugar or coco nectar** – A vitamin-packed sweetening alternative for the diabetic.

**4. Olive oil** - Good for the heart and for Mediterranean dishes

**5. Parsley** – It makes your dishes look brighter and more appetizing. It is also anti-bloating and flattens the tummy

**6. Violet cabbage** – Add to your salads for brightness. It is also high in vitamin C and in fact has more vitamin C than oranges. The violet pigment contains cancer-fighting antioxidants.

**7. Cucumbers** – It will add a nice crunch to your



"The Sexy Chef" book author and TV host **Barni Alejandro-Rennebeck (left)** explaining the health benefits of various ingredients during the recent Watsons Get Active campaign launch that aims to boost the personal care store chain as a one-stop shop for healthy products like generic vitamins and food supplements. Photo from [www.philstar.com](http://www.philstar.com)

food. It is hydrating especially during summer. It flattens the belly, prevents water retention and is low in calories. So, if you feel bloated, slice cucumbers, put them in your water bottle and leave it overnight in the refrigerator. Drink it to fight water retention.

**8. Romaine lettuce** – It has more vitamin A than carrots and has omega-3s for

brain development and a healthy heart.

**9. Cherry tomatoes** – These have more lycopene than big tomatoes.

**10. Black olives** – These will give natural saltiness to your food. They provide the same benefits as olive oil, so they are also good for the heart.

**11. Feta cheese** – It has a creamy, natural saltiness so a little goes a long way. It has less calories and fat than other types of cheese.

**12. Nuts like walnuts** - A good substitute for meat

**13. Rolled oats** – These are less processed than regular oats. Since it lessens bad cholesterol in the body, it is good for the heart. Soak it in milk to soften.

**14. Chia seeds** – This superfood from South America contains a lot of omega-3 fatty acids, which are good for the heart, for lowering bad cholesterol and for preventing belly fat storage. Chef Barni said people who consume more omega-3s are thinner according to studies, and chia seeds have more omega-3s than salmon gram per gram.

**15. Almond milk** – It is good for lactose intolerance as it easily gets digested and causes no inflammation. Chef Barni recommended avoiding dairy for at least three days if you have to fit into a dress.

**16. Cocoa powder** – It is a good substitute for milk chocolate because it has no fat and no sugar. Mix it with cinnamon.

**17. Bananas** – These add a nice creaminess to your food without feeling too heavy on the stomach. It is high in B vitamins and potassium.

Chef Barni reminded that when it comes to choosing ingredients like fruits, vegetables and seafood, "the more colorful, the healthier."

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

## CANDID PERSPECTIVES (from page 6, MORE THAN GOSSIP...)

gations," including approving an October request by the U.N. Special Rapporteur for a site visit as a "good faith step forward."

Until then, McGovern sent a blistering message to the Philippine leader, who recently was featured in a leaked exchange with President Trump, where Trump praised Duterte's "War on Drugs" and talked about a future invitation to the White House.

That doesn't sit well with McGovern.

"President Duterte by all accounts seems not to have a

high regard for human rights," McGovern said from prepared remarks. "I think it is important for members of Congress in a bipartisan way to make our concerns known loudly and clearly. And I certainly believe very strongly that a man with the human rights record of Mr. Duterte should not be invited to the White House. If he comes, I will lead the protest."

McGovern closed his remarks by entering Morillo's statement into the record. You can read it in full here.

In the '80s, this would have brought out loud demonstra-

tions in at least the large Filipino communities of San Francisco and Los Angeles.

But make no mistake: what's going on in the Philippines is real, and it is not good.

Congress has many other annoyances in its path these days. It's about time they addressed this one.

**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 (from page 10, FOREIGN STUDENTS...)

to market Hawaii as a study destination will:

- Implement a Study Hawaii Ambassador Program aimed at students who visit and study in Hawaii to spread the word via social media as a place for education. The first

Ambassadors of 80 students from Yasuda Women's University of Hiroshima will be inducted on July 20 at graduation ceremonies conducted by the University of Hawaii's Hawaii English Language Program (HELP).

- Host a press familiarization tour for education journalists from Asia and Europe. Journalists will be brought to Hawaii to visit and meet with Hawaii's educational institutions to learn about Hawaii as an education center.





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## LEGAL NOTES



By Atty. Reuben S. Seguritan

## 15,000 H-2B Visas Added to Relieve Shortage

this one-time increase to the annual cap set by Congress,” said Kelly.

The H-2B program allows U.S. employers to hire foreign non-agricultural workers to perform temporary services on a one-time, seasonal, peak load or intermittent basis. These workers are usually needed in the construction, health care, lumber, manufacturing, food service/ processing and resort/ hotel industries.

Each year the USCIS allocates 66,000 visas for the H-2B program, with 33,000 allocated for the first half of the fiscal year and 33,000 for the second half.

The H-2B process starts with the filing of a temporary labor certification for H-2B employment with the U.S. Department of Labor. When the labor certification is issued, it

must be attached to the H-2B petition on Form I-129 by the petitioner and filed with the USCIS. Starting July 19, eligible petitioners for H-2B visas can file and must submit a supplemental attestation on Form ETA 9142-B-CAA with their petition.

The petitioner of an H-2B petition may be a U.S. employer or U.S. agent. However, the petitioner must show that the need is only temporary in nature. He must demonstrate that the work will terminate after a definite period of time.

Multiple beneficiaries may be included in a single H-2B petition if they will all be performing the same work for the same period in the same location.

The beneficiary of an H-2B petition may be in the United State or overseas. The H-2B petition can be filed with an unnamed beneficiary if the beneficiary is overseas and will be applying for the

visa at a U.S. consular office abroad. However, if the name of the beneficiary is required to establish eligibility or that the beneficiary is not from a participating country, the beneficiary must be named in the petition.

When approved, the validity of the H-2B visa will reflect the period indicated in the labor certification. This should reflect the period of the employer's need. Generally, the period granted is limited to one year which may be extended for another year up to a maximum of three years.

The Philippines as well as

84 other countries have been identified by the USCIS as participating countries under the H-2B program in a list that was recently released.

An H-2B petition may be approved for a beneficiary who is not from any of the participating countries only if the Secretary of Homeland Security finds that it is in the interest of the U.S. to approve the petition.

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

**T**he Department of Homeland Security (DHS) recently announced that US businesses in danger of suffering irreparable harm due to shortage of temporary nonagricultural workers will be able to make use of the H-2B program. They are allowed to hire up to 15,000 additional temporary nonagricultural workers under the H-2B program to bridge the shortage.

DHS Secretary John Kelly recently confirmed that there are not enough qualified and willing US workers available to perform nonagricultural work. “As a demonstration of the Administration’s commitment to supporting American businesses, DHS is providing

### HAWAII-FILIPINO NEWS

## Bill Introduced to Prohibit Smoking in Vehicles with Minor Present

Honolulu could join other counties and states nationwide in prohibiting smoking in motor vehicles when a person under 18 years of age is present if Bill 70 passes at the Honolulu City Council. Council Chair Ron Menor (District 9) and Councilmember Brandon Elefante (Council District 8) co-introduced Bill 70.

Councilmember Elefante stated that “Bill 70 (2017) will assure that vehicles with minors will be smoke-free. Secondhand smoke in a vehicle has been found to create dangerous air quality reaching 10 times the hazardous limit designated by the Environmental Protection Agency in both the front and the back seats of the vehicle,” explained Councilmember Elefante.

“Bill 70 (2017) would put Honolulu at the forefront, not just locally, but also nationally, of the effort to reduce our children’s exposure to the

harmful effects of second-hand smoke,” said Council Chair Ron Menor. “I previously introduced legislation that was approved by the Council to ban smoking at City bus stops. This bill is in keeping with the Council’s commitment to passing legislation that protects our young people from secondhand smoke.”

Hawai‘i County has had this prohibition in place since 2010. Kaua‘i County has prohibited smoking in motor vehicles with children under 13 years of age since July 2016.

In the United States,

smoking with kids in the car is banned in nine states/territories, and the age of the child varies by state. California and Oregon ban smoking in motor vehicles with children under 18. Louisiana and Puerto Rico do not allow smoking in motor vehicles with children under 13. Utah bans smoking in vehicles with children under 15, Arkansas with children under 14, Maine with children under 16, and Vermont and Virginia with children under 8. Other counties and cities with this ban are in the states of Indiana, Kansas, New Jersey, New York, and Alabama.

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MAINLAND NEWS

# Hirono Introduces Bill to Safeguard Benefits for Filipino Veterans at the Manila VA

WASHINGTON, D.C.-- Senator Mazie K. Hirono (D-Hawaii) introduced the Keeping Our Commitment to Overseas Veterans Act to extend an expiring provision under a law that allows the U.S. Department of Veterans Affairs (VA) to operate the VA Regional Office and Outpatient Clinic in Manila, Philippines. Congress must renew authority for this facility to operate. Authorization is set to expire September 30, 2017. Without extension by Congress beyond September 30, 2017, the VA

would no longer have authorization to maintain the facility.

The introduction of Senator Hirono's bill coincides with the 76th anniversary of President Franklin D. Roosevelt's executive order placing Filipino soldiers under U.S. command during World War II.

"Hawaii's deep cultural and family ties to the Philippines extend to the sizable community of veterans and their dependents who rely on the Manila VA to receive their pensions and health care," said Senator Hirono. "We must

keep our commitment to these veterans and all veterans who rely on the Manila VA. It is imperative for Congress to promptly renew authority for this facility to avoid any impact to the hard-earned critical services these veterans deserve."

According to the VA, Manila VA supports over \$19 million per month in disability compensation or pensions to around 13,000 beneficiaries. In addition, it serves approximately 6,000 enrolled patients through its Outpatient Clinic. The Manila VA also plays a key role in processing WWII vet-

eran claims under the Filipino Veterans Equity Compensation fund.

"We'd like to thank Senator Hirono for her steadfast efforts to support our Filipino World War II Veterans including all our nation's veterans living in the Philippines," said Edmund Aczon, Chairman of the Board of Directors of the Filipino Community Center in Waipahu, Hawaii. "We are grateful to Senator Hirono for introducing this bill to reauthorize the Manila VA Regional Office and Outpatient Clinic to ensure stability for the tens of thousands of veterans and their families who receive VA disability compensation, pensions or healthcare which will give peace of mind to their families in Hawaii."

"Today, we remember the sacrifices the Filipino and American soldiers made for our country during World War II and the VA's longtime presence in the Philippines is a reflection of our duty to provide the benefits and services they have earned," said retired U.S.

Army Major General Antonio Taguba, Chairman of the Filipino Veterans Recognition and Education Project. "We are grateful for Senator Hirono's leadership in introducing legislation to reauthorize the Manila VA which thousands of American veterans in the Philippines including Filipino WWII veterans and their families depend on for their health and well-being."

"The VA's long-established presence in Manila is a testament to the commitment our nation has to the more than 10,000 veterans and family members in the country but also a reminder of the sacrifices of those veterans in the Philippines who answered President Roosevelt's call to service during World War II 76 years ago today," said Carlos Fuentes, VFW National Legislative Director. "The VFW thanks Senator Hirono for her leadership in introducing this bill to ensure veterans in the Philippines continue to have access to their earned health care and services."

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**HAWAII-FILIPINO NEWS** (from page 11, ATTEND...)

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IV (Health and Human Services), Human Services Professional IV (Intake and Crisis Response Team), Office Assistant III, Plumber I, Project Engineer (exempt), Property Management and Maintenance Services Branch Chief (exempt), Property Management Specialist (exempt), Public Housing Specialist I, Public Housing Supervisor III, IV and V, Social Service Aid III and Social Service Assistant IV, Social Worker III (Human Serv-

(continued on page 15)



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## COMMUNITY CALENDAR OF EVENTS

**FILIPINO NURSES ORGANIZATION OF HI (FNOH) ANNUAL AWARDS AND BIENNIAL INSTALLATION BANQUET** | August 26, 2017 | 6:30-11:30 pm | HILTON HAWAIIAN VILLAGE RESORTS, CORAL BALLROOMS IV & V | Contact Stephanie Chung at 808-221-6212.2626.

**FILIPINIANA BALL AND SCHOLARSHIP AWARDS, PHILIPPINE WOMEN'S ASSOCIATION OF HAWAII** | September 2, 2017 | 6:00 pm | ALA MOANA HOTEL, HIBISCUS BALLROOM | For further info, contact Letty Saban @ 255-9429, Jenny Quezon @ 292-8105 or Edna Alikpala @ 282-3669.

**FILIPINO COMMUNITY CENTER'S BAYANIHAN GALA FUNDRAISER** | October 16, 2017 | Contact FilCom Center @ 808-680-0451 for details.

**2ND PMAH GOLF TOURNAMENT** | October 18, 2017 |

9:00 am (Registration), 11:00 a.m. (Golf Tournament Begins) and 6:00 p.m. (Awarding of Prizes and Buffet Dinner) | HOAKALEI COUNTRY CLUB | For registration, contact Elmer Baysa, MD @ 689-8315, Ray Romero, MD @680-0554 or Christopher Regala, MD @ 622-2626.

**HALLOWEEN AND MASQUERADE BALL FUNDRAISING, PHILIPPINE NURSES ASSOCIATION OF HAWAII (PNAH)** | October 29, 2017 | 5:00 - 10:00 pm | ALA MOANA HOTEL, RUMOURS NIGHTCLUB | Cost is \$30.00, heavy pupus and one drink included. For reservations, contact Ramon Sumibcay @ 489-7148, Tina Salvador @426-6183 or Tina Fernandez @ 721-1721.

**ANNUAL KIMONA BALL AND BUSINESS WOMAN OF THE YEAR AWARDS** | November 4, 2017 | 6:00 pm | DOLE CANNERY POMAIIKAI, BALLROOM AT IWILEI ROAD, HONOLULU, HI | Contact Elsa Talavera @ 358-8964.

## MAINLAND NEWS

# New Dream Act of 2017 Introduced in Senate

Senators Lindsey Graham (R-SC) and Dick Durbin (D-IL) introduced the Dream Act of 2017, a bill that provides legal status and a pathway to U.S. citizenship to certain undocumented immigrants who came into the U.S. as children. The original Dream Act was introduced in 2001, but failed in the Senate.

“We applaud today’s bipartisan introduction of the DREAM Act by Senator Durbin and Senator Graham. It’s a strong bill that would provide undocumented immigrants who came to the U.S. as children a path to citizenship,” said the Asian Americans Advancing Justice (AAAJ) in a statement.

The proposed Dream Act 2017 comes as the Deferred Action for Childhood Arrivals (DACA) program, which provides temporary relief from deportation to those immigrants, who are known as “Dreamers,” faces a legal challenge from Texas and nine other states.

The Trump administration has not said whether it will defend DACA in court.

The President has extended

DACA in June, but was not able to commit fully on how long DACA would last. On this latest Dream Act of 2017, White House officials say the President is not in support of it.

The administration has opposed the Dream Act (original version) and we are likely to be consistent in that,” said Marc Short, White House legislative affairs director.

“We are dismayed that the president has already rejected this bill without having seen it. We call on the administration to commit to continuing the DACA program as Trump initially indicated he would do. The administration should defend the close to 800,000 DACA recipients, 95 percent of whom are currently enrolled in school or working full-time jobs. Ending the DACA program without providing a solution for DACA recipients would be cruel and heartless.

“This bill is a step in the right direction in fixing our broken immigration system. Along with saving the DACA program, Congress should offer pathways to citizenship for all 11 million undocumented immigrants, including 1.6 million undocumented Asian Amer-

icans,” said AAAJ.

“Congress should also provide meaningful due process to immigrants facing deportation; restore judicial discretion so judges may consider a person’s circumstances in deportation proceedings; and support sanctuary cities, which prevent law enforcement from detaining people without a warrant.

“In addition to the DREAM Act and preserving DACA at the federal level, states also have the opportunity to consider policy that protects immigrants. In California, similar efforts are underway to protect undocumented immigrants through the California Values Act (SB 54), which would ultimately make California a sanctuary state. In Illinois, the bi-partisan TRUST Act passed the legislature and is now sitting on Governor Bruce Rauner’s desk, waiting for his signature. The TRUST Act would draw a bright line between federal immigration enforcement and local police. Governor Rauner should sign this legislation immediately,” said AAAJ, a national affiliation of five civil rights organizations of Asian Americans and other underserved communities.

### HAWAII-FILIPINO NEWS (from page 14, ATTEND...)

ices/CWSB-Intake Unit, Shift-work), Social Worker III and IV (Health and Human Services), Social Worker IV (Intake and Crisis Response Team), Stores Clerk II (89-day hire), Vocational Rehabilitation Specialist III and IV

The purpose of the job fair is to connect job seekers with potential employment opportunities within DOH and DHS—two of the larger state departments in Hawaii that employ 2,700 workers and 2,000 workers, respectively, on every major island.

“We offer a number of rewarding career opportunities in public service,” said Ian Greene, Chief of the DOH Human Resources Office Recruitment and Examination. “If you are a job seeker, the Hawaii Department of Health may be the perfect place for you. The work we do is very challenging and powerful. Every day we make a difference in the lives of the people of Hawaii.”

“Working for DHS gives you the opportunity to make a difference in Hawaii,” said DHS Direc-

tor Pankaj Bhanot. “Our team touches Hawaii’s children, families and kupuna in ways that make impacts and could change the trajectories of their lives. We hope those with experience in the field and a passion for making a difference will join our team.”

The State of Hawaii offers many benefits to employees, including competitive salaries, career advancement, health and dental insurance, paid vacation and sick leave.

Visit the DOH and DHS websites at: <http://health.hawaii.gov/>

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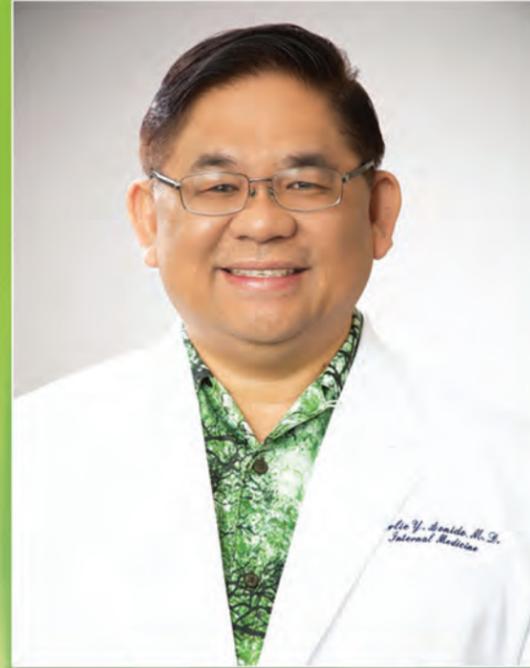
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