

HAWAII

# FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ MAY 19, 2018 ◆

# FIL-AM JUDGE LEADS KAUAI'S CIRCUIT COURT

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**Randal Valenciano**  
*Chief Judge*



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## EDITORIALS

# The Judiciary Needs Independent and Fair Judges

**T**he Judiciary is one of, if not the most important, pillar of any democracy. It serves to protect citizens of their basic human rights. It is the foundation from which the rule of law is created and interpreted. Landmark cases throughout U.S. history shows us insight to American values; and at times, how these values change. In *Dred Scott v. Sanford*, the U.S. Supreme Court sided with slavery advocates and declared that blacks cannot be citizens of the U.S. which was the loophole that allowed slavery to continue until it was eventually abolished. In *Plessy v. Ferguson*, the Supreme Court allowed segregation in public places until much later in *Brown v. Board of Education* the Supreme Court begins the end of segregation. In *Korematsu v. United States*, the Supreme Court allowed that Japanese Americans be held in internment camps during World War II.

From our contemporary viewpoint looking back, it amazes us how or why some of these cases were decided on in what today's standards seem obviously wrong. This points out to the organic nature of the law, that it changes over time and ultimately was never meant to be set in stone. Some of today's more recent cases, such as *Citizens United v. Federal Election Commission* (that struck down limits on corporate campaign contributions), might eventually be frowned upon in the future as a big head scratcher, and also be seen as an abhorrent decision that never should have happened.

The responsibilities of the Courts cannot be overstated which is why the appointment, and in some cases, election of judges, are critical. Choosing the right judge has a direct impact on countless lives.

Former President Barack Obama said of his decision-making in selecting judges: "We need somebody who's got the heart, the empathy, to recognize what it's like to be a young teenage mom, the empathy to understand what it's like to be poor or African-American or gay or disabled or old – and that's the criterion by which I'll be selecting my judges." In other words, at least in Obama's eyes, judges ought to have perspective and empathy to be able to render fair rulings.

Another important quality judges must have is independence. Caroline Kennedy described independence as "the ability to make decisions independent of the political winds that are blowing." If judges, especially high court judges that take on impactful constitutional issues, did not possess independence, society perhaps would still be in the dark ages where women still had no right to vote, minorities had no right to own property, or LGBT citizens had no right to marry.

Supreme Court Associate Justice Stephen Breyer said, "Independence means you decide according to the law and the facts." What's deemed popular might win elections; but in the Judiciary where facts and laws matter most, popular opinion must be given weighted-to-no consideration.

Circuit Court Judge and Chief Judge of Kauai Randal Valenciano agrees with Justice Breyer. Valenciano said on being a good judge, "it is important to keep your focus on the law and the facts. It is easy to get caught up in other factors. Every judicial decision has impact, positive or negative."

Judge Valenciano presides over criminal and civil cases.

## FROM THE PUBLISHER

**M**any in the Filipino community remember Eduardo Malapit, four-time Mayor of Kauai and the first Filipino American mayor in the United States. Malapit was also an attorney and inspiration to many Filipinos who entered the legal field. Among them is Judge Randal Valenciano who is also from Kauai. Malapit encouraged the younger Valenciano to go to law school; and today, Valenciano is the source of inspiration for another generation of Filipinos pursuing law.



For our cover story this issue, HFC contributor Atty. Sheryll Bonilla interviewed Valenciano, a circuit court judge on Kauai. He serves, concurrently, as Chief Judge, Administrative Judge, and Senior Family Court Judge. A son of immigrant parents from the Philippines, Valenciano grew up as a sugar plantation kid on Kauai. The esteemed judge received his law degree from the University of Washington, worked as a Deputy Public Defender in Honolulu and as a Deputy Prosecuting Attorney of Kauai. Before becoming judge, he also worked in private practice for close to 20 years. Recently, he was reappointed for a second, 10-year term to the Fifth Circuit Court. In our Q&A, the judge talked about his judicial responsibilities and the importance of being active and giving back to the community. To help deserving students from Waimea High School, he funds an annual scholarship in honor of his parents. We hope Judge Valenciano's life story will inspire our youth interested in a career in the legal profession.

Also in this issue, we have a Travel Feature by Renelaine Bontol-Pfister. As summer approaches and people are finalizing plans for their summer vacation destinations, Hawaii resident Renelaine might convince you to consider going to the Philippines. She just returned from visiting tourist sites in Manila such as the National Museum, Luneta Park, Intramuros, and Malacañang Palace. In her article, she writes about famous Filipino artists, historical sites and the national hero Jose Rizal. Manila is rich in history and culture, and is among the great cities of the world to visit in one's lifetime.

In our news sections, read about the federal Presidential Disaster Declaration that was approved to help the Hawaii island with damages caused by the Kilauea volcanic eruptions. The Department of Health also wants to remind residents of the Crisis Hotline available to residents who are suffering from anxiety and stress due to the eruptions.

Lastly, read HFC columnist Atty. Emmanuel Samonte Tipon's article on Philippine Supreme Court's Chief Justice Maria Lourdes Sereno who was recently removed from office by way of an 8-6 decision by the Supreme Court over a *quo warranto* petition that renders her appointment in 2012, null and void. What's *quo warranto*? Find out in Tipon's article. The embattled Sereno has been a chief critic of President Rodrigo Duterte and her removal is perceived by many as political and a threat to democracy. Sereno has been a vocal leader in advocating rule of law and a critic of Duterte's human rights record.

We hope you enjoy this issue; and thank you for the many years of your support. Until next issue, warmest *Aloha* and *Mabuhay!*

*Chona A. Montesines-Sonido*

He also was a judge in Family Court. "Every case affects parties involved. I preside over sex assault and domestic violence that have devastating impact on victims involved. I also preside over drug cases where good people make bad decisions that affect them and their families, including their children. I understand that the decisions I make have broad and wide impact. I do not take my job lightly," he said.

If perspective and empathy contribute to making a

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## EDITORIALS

# Don't Let Trump Cut Billions in Funding for Children's Health Insurance

**O**rony. Hypocrisy. You just can't come up with better examples than this.

One day after First Lady Melania Trump held a press conference prioritizing her advocacy for children that includes better mental and physical health for youths, her husband President Donald Trump announced he wants to cut millions in funding to the Children's Health Insurance Program (CHIP).

The proposed cuts will come from what's called the rescission budget, or "unused" money that have already been approved by Congress. Trump says this is the first round of planned cuts and more will follow.

This first round proposes to axe \$15 billion in unused funds, half of which will come from CHIP that provides health care to kids from low-income families.

The bulk of funding for CHIP was already approved as part of the \$1.3 trillion budget last March. But the recent rescission cuts proposed suggests: Trump and the GOP is intent on crippling the Affordable Care Act and CHIP in the long-run. Trump is also using the cuts to children's healthcare to appease conservatives who are concerned about the country's exploding deficit. He hopes to regain support from fiscal conservatives who've accused the President of free-spending and ballooning the deficit.

"Let's be honest about what this is: President Trump and Republicans in Congress are looking to tear apart the bipartisan Children's Health Insurance Program (CHIP), hurting middle-class families and low-income children," said Senate Minority Leader Chuck Schumer, D-N.Y.

While billionaire corporations and top-earners in this country get their break it could come at the expense of valuable programs such as CHIP.

## Background of CHIP

CHIP is one of the most

valued health care programs of the past 20 years. Prior to the Trump administration, it has received bipartisan support because it was created in a spirit of bipartisanship at a time when bipartisanship was still fairly common.

CHIP was created by Republican Sen. Orrin Hatch and the late Democrat Sen. Ted Kennedy.

It provides health insurance to 9 million young Americans whose families are low-income, but makes too much to qualify for Medicaid.

It covers a whopping one out of every eight children in the United States.

CHIP covers children routine doctors visits, immunizations, hospital visits, prescriptions, lab work, dental and vision. It also reimburses states that have programs helping children with healthcare.

The idea behind CHIP is to enable low-income children to receive needed healthcare so that they can concentrate on school and have an opportunity to have a fair start in life. It also focuses on preventative care.

"One of the programs that reportedly is going to be cut is SCHIP, and that concerns me greatly," said Sen. Susan M. Collins (R-Maine), using the program's former name. "I would have to have an awfully good reason given to me, and maybe there is one. I don't know why there would be funds left in the SCHIP account, but that's a program that I was an original co-sponsor of with Sens. [Orrin] Hatch and [Edward] Kennedy years ago and it matters a lot to me."

Another proposed cut to CHIP is a \$2 billion reduction to the Child Enrollment Contingency Fund. An additional \$800 million in cuts would come from the Center for Medicare and Medicaid Innovation program created by the Affordable Care Act.

## Cuts were bound to come

After the passage of the



\$1.3 trillion omnibus spending package for fiscal 2018, coupled with last year's tax cuts that reduces billions in collections to the federal treasury, Trump is pressured to make cuts. Bigger reductions could come in Medicaid and Medicare in the future, as some are predicting should Congress maintain power after the midterms.

For now Trump is resorting to rescission budgetary cuts through a law that gives the House and Senate powers under the Congressional Budget and Impoundment Control Act of 1974. This law of cutting has rarely been used in over 20 years; and this first round is the biggest rescission request that has ever been sent to Congress. This unusual vehicle to cutting spending shows how desperate the president is in having created a colossal deficit since becoming president.

The Congressional Budget Office says the national deficit is sharply rising due to Congress' recent tax cuts and increased spending. It will surpass \$1 trillion per year by 2020.

In Trump's eyes: cuts that

benefit children are okay; but not to "national security"

Even as the bloated federal deficit gets fatter and calls for cuts get louder, Trump still finds it necessary to have a border wall. He has increased ICE agents and its budget. The U.S. military was beneficiary to \$700 billion just this year alone. The Department of Defense received \$61 billion more in 2018 from the previous year. Of that \$700 billion, \$65.2 billion has been allocated to Overseas Contingency Op-

erations that funds the war in Iraq, Syria and Afghanistan. (Compare that to the \$7 billion he wants to cut from CHIP)

It's clear this president's priorities lie in national security and policing that arguably are already overfunded; and in the case of the wall, unnecessary.

Americans should be asking themselves: "Do Trump's priorities match up to my priorities?"

Rest assured these proposed rescissions budgetary cuts to CHIP are only the beginning. The pace at which Trump is spending will require much deeper cuts to social services such as Medicaid and Medicare. A line must be drawn here on this proposed cut to CHIP. The President must know that valuable cuts that benefit the poor and children are not going to happen without a fight. If Americans don't take a stand now, who's next on the chopping block: seniors and Medicare?

## YOUR EYESIGHT IS IN GOOD HANDS WITH DR. STEVEN RHEE

### Steven Rhee, D.O.

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Steven Rhee, D.O. earned his medical degree at the University of Medicine and Dentistry, New Jersey School of Osteopathic Medicine. He completed training in ophthalmology (medical and surgical eye care) at the University of Pittsburgh Medical Center and pursued additional sub-specialty training in cornea and external disease at the prestigious Tufts-New England Eye Center in Boston. Dr. Rhee is an accomplished cataract and corneal surgeon with more than ten years of experience. Dr. Rhee has been working closely with Dr. Christopher Tortora at the Hawaiian Eye Center for the past 8 years.



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# Q&A Interview with Judge Randal Valenciano

By Sheryll Bonilla, Esq.

**J**udge Randal Grant Bolosan Valenciano oversees the Fifth Judicial Circuit for the state court system. He is the Chief Judge and Administrative Judge for Kauai and Niihau as well as the Senior Family Court Judge. Appointed by Gov. Linda Lingle and sworn into office in June, 2007, Valenciano will serve another 10-year term that was renewed by Governor Ige last year.

Judge Valenciano gained his courtroom experience as a deputy prosecuting attorney for the County of Kauai and on the “other side” as a deputy public defender for the State of Hawaii. He went into private solo practice thereafter. As a Kauai County Councilmember from 1990 to 2002, he learned insights into the legislative and administrative side of government, which help him in his current duties. Governor Lingle recommended Judge Valenciano for his well-rounded background in the law, which gives him the broad perspective essential to being a chief judge and administrative judge.

Valenciano, who was raised on Kauai, went off to a very different climate for law school, where it was cold, full of high rises, and very crowded. He graduated from the highly esteemed University of Washington School of Law (at one time, fourth best public law school in North America), and became a member of the Hawaii State Bar in 1983. His current term continues until June, 2027. He is also one of 22 judges on Hawaii’s Environmental Court, a new court that began on July 1, 2015.

With such a broad range of responsibility, Judge Valenciano’s purview of cases ranges from murder, assault, probate, civil lawsuit, family, to the environment. Two of his more publicly known cases, that made news here on Oahu, involved the Ka Loko dam breach and the Superferry.

James Pflueger, prominent retired auto dealer, was sentenced to seven months in prison and five-years of probation on a reckless endangering charge related to the March 14, 2006 dam breach at Ka Loko. Seven died in the flood, leading to a \$7000 fine (\$1000 per person who died) against Mr. Pflueger’s company, 808 Properties.

The Superferry case came right after taking office as judge for the Fifth Circuit. Judge Valenciano dismissed a large portion of the case brought by the Thousand Friends of Kauai to block the Superferry from operating in Kauai, citing that there had been no challenges to the environmental assessment done at Nawiliwili Harbor during the 120-day response period. Superferry CEO John Garibaldi later decided to pull out of the Hawaii market for lack of public support.

## Interview

Judge Valenciano is still in the thick of a long, rewarding career, impacting all those who come before his bench. In the following Q&A, the veteran judge shares his thoughts on his judicial responsibilities, his early days growing up in Kauai, his community involvement, and the most influential people who’ve helped guide him to becoming a judge.

**HFC: How did you feel about your appointment by Gov. Linda Lingle?**

**VALENCIANO:** I was appointed by Governor Linda Lingle. I was excited to be nominated. I had applied four other times before being nominated.

**HFC: What are some of your responsibilities as judge to the Fifth Circuit Court?**

**VALENCIANO:** I am a Circuit Court Judge on Kauai. I preside over criminal and civil cases. I am also the Chief Judge for Kauai. I have administrative duties and I am a member of multiple judiciary committees.

**HFC: Why do you think you were chosen?**

**VALENCIANO:** I had a



Judge Randal Grant Valenciano

good mix of community and legal activities. I believe I had a good understanding of Kauai and had been practicing law for over 20 years before being selected.

**HFC: You also served as a judge in Family Court. Can you briefly describe your work under that capacity?**

**VALENCIANO:** While I am the Senior Family Court Judge on Kauai, my focus is primarily on cases in the Circuit Court.

**HFC: Knowing that your decisions have a tremendous impact in the lives of people, what does it take to be a good judge in terms of character?**

**VALENCIANO:** It is important to keep your focus on the law and the facts. It is easy to get caught up in other factors. Every judicial decision has impact, positive or negative.

**HFC: What are some of the challenges that a judge faces?**

**VALENCIANO:** I am a judge in a smaller community. I enjoy being a judge and believe that I am capable. I try to be a good representative for the Judiciary. I don’t hide and stay at home. I think it is important for judges be active

community members and not lose contact with their communities.

**HFC: Can you share a memorable case (without names) that moved you and reminded you of the importance of your work?**

**VALENCIANO:** Every case affects the parties involved. I preside over sex assault and domestic violence cases that have devastating impact on victims involved. I also preside over drug cases where good people make bad decisions that affect them and their families, including their children. I understand that the decisions I make have broad and wide impact. I do not take my job lightly.

**HFC: Have you always wanted to be a judge growing up? Why did you enter the legal profession?**

**VALENCIANO:** I wanted to be a politician growing up. I thought I would be Mayor of Kauai. I actually ran for Mayor, but I was not elected. When I was in High School, I got to meet Eduardo Malapit. He was Mayor of Kauai at the time, and he was also a lawyer. He encouraged me to go to law school.

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## COVER STORY

(from page 4)

**HFC:** *What was your childhood like? Where were you raised?*

**VALENCIANO:** I come from a family of six children. I was raised in Hanapepe on the west side of Kauai. My dad, Placido Sr., worked for Olokele Sugar as a field worker and then as a welder. My mom, Maria, was a licensed practical nurse. I grew up as a sugar plantation kid. My parents worked hard to support all of us. They sent all six of their children to college on the mainland.

**HFC:** *Can you tell us a story growing up that has influenced you to be the person you are today?*

**VALENCIANO:** As I got older and had my own family and children to raise, I began to appreciate more the efforts and hard work of my parents in raising a family of six children. My parents made many sacrifices to support their children and sent us off to college on the mainland. Their efforts and the costs that they incurred to make a better future for their children cannot be overstated. I constantly think about them and what they did for me, and I make sure that I do my best to support my own family.

**HFC:** *Who was your role model growing up?*

**VALENCIANO:** My parents, Placido Sr. and Maria

Valenciano, were super heroes. They both immigrated as children from the Philippines and both worked as children. My dad even dropped out of elementary school to work in the sugar cane fields to help support his family. I fund an annual scholarship in honor of my parents to help graduating students from Waimea High School, who are pursuing welding or other vocational degrees or are pursuing a nursing degree.

Both of my parents have passed away, and I try to support my family and children in the same way my parents supported me. My parents sacrificed so much to send six children to college on the mainland. It was their way to help us better ourselves. My siblings all succeeded in the careers. Like me, most of my siblings chose to serve the public. Three of them recently retired: Glenda (Miyazaki) as the Principal at Waimea Canyon Middle School; Marilyn (Billingsley) from the Department of Education as a Speech Therapist on Oahu; and Patricia (Pablo) as a public health nurse. Placido is a physical therapist at Mahelona Hospital and Crystal (Rowe) is a teacher at Kapaa High School. Without my parents love, help, and support, it would have been much more difficult for us to achieve our career goals. As a parent, I want to be able

to support my children in the same manner that my parents helped me and my siblings. If I can be half as good as my parents, I would be satisfied.

**HFC:** *Prior to becoming a judge, can you briefly tell us your work experience? Your education?*

**VALENCIANO:** The most important part is that I graduated from Waimea High School. I got my degree from the University of Oregon, and my law degree from the University of Washington. I worked as a Deputy Public Defender in Honolulu and as a Deputy Prosecuting Attorney of Kauai. I also was in the private practice of law for almost 20 years before I became a judge.

**HFC:** *Outside of law, what are you passionate about?*

**VALENCIANO:** I am passionate about supporting my family. Family is important to me. I do have outside interests and activities. But, family comes first.

**HFC:** *Do you have a life philosophy that speaks to the core of who you are?*

**VALENCIANO:** No give up and no be scared. It took me five times to apply for a judge position before I was finally selected. Keep on trying. You cannot give up on yourself. Believe in yourself.

**“Every case affects the parties involved. I preside over sex assault and domestic violence cases that have devastating impact on victims involved. I also preside over drug cases where good people make bad decisions that affect them and their families, including their children. I understand that the decisions I make have broad and wide impact. I do not take my job lightly.”**

— JUDGE RANDAL VALENCIANO

**HFC:** *Can you give advice to our youth who are thinking about entering the legal profession?*

**VALENCIANO:** I grew up as a sugar plantation kid. I tell students that I am no different than them. I try to encourage students to succeed and to not be afraid to try. My dad told one of my cousins “no be scared to be rich.” I took that to mean “reach for the stars.” I tell students to not be scared and to not hold themselves back. Everyone

can succeed. You just need to have faith and be willing to work hard.

**HFC:** *Lastly, do you have a message you’d like to share with our Filipino community?*

**VALENCIANO:** I am proud of my Filipino heritage. It is important that Filipinos continue to become part of our greater Hawaii community. As Filipinos, we need seek leadership positions to control our own destiny and future.

## HAWAII-FILIPINO NEWS

## University of Hawaii to Receive Nearly \$6 Million for Cancer and Biomedical Research

U.S. Senator Brian Schatz announced the U.S. Department of Health and Human Services (HHS) will award a \$1.8 million contract to the University of Hawaii Cancer Center for Hawaii Tumor Registry. The UH Research and Education Partnership Program will also receive \$4 million in funding.

As part of the contract, the University of Hawaii will be able to apply for the funding every year for the next 10 years, for a total of nearly \$18 million in funding.

“The first step to beating

cancer is to understand the disease, and that’s exactly what the Hawai’i Tumor Registry allows us to do,” said Senator Schatz, a member of the Senate Appropriations Committee. “With this funding, our state will have the resources we need to collect data—including information about how cancer affects minorities—to help researchers, doctors, and others fight for a cure.”

The Hawai’i Tumor Registry is a founding member of the Surveillance, Epidemiology and End Results Program (SEER), the nation’s cancer

surveillance and reporting system. The registry’s database contains more cancer cases of Native Hawaiians than any other registry nationwide. It also contains sizable numbers of Chinese, Filipino, Japanese, Pacific Islanders and Whites, including smaller numbers of other ethnic groups.

This racially-diverse and unique population resource has demonstrated the ethnic variations in cancer incidence and survival. Its use by cancer control partners, hospitals, researchers and physicians has resulted in numerous projects and peer-reviewed publica-

(continue on page 6)

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## Presidential Disaster Declaration Approved for Big Island

Gov. David Ige's request for a Presidential Disaster Declaration was approved for the island of Hawaii where Kilauea volcanic eruptions and earthquakes have done infrastructure and personal property damage.

The disaster declaration means that federal assistance

will be available for public facilities such as roads, public parks, schools and waterpipes damaged or destroyed by the Kilauea volcanic eruption and earthquakes. It also covers costs for emergency protection measures including personnel for security and roadblocks, geologists and the military.

The governor's request for

assistance by the Hazard Mitigation Grant program was also approved for the State of Hawai'i. This program provides assistance to all Hawai'i counties to prevent or reduce long-term risks to life and property caused by natural hazards.

"I'm grateful for the quick approval of my request for a Presidential Disaster Decla-

ration. This opens the door to federal assistance and demonstrates a solid partnership with the federal government as we work to keep Hawai'i residents safe and support recovery efforts on Hawai'i Island," said Gov. David Ige.

As the volcanic eruption enters its second week – assessments continue and addi-

tional requests will be made when federal requirements are met.

This Presidential Disaster Declaration for Hawai'i Island follows the Presidential Disaster Declaration for flood-damaged Kaua'i and the City and County of Honolulu, which was granted on May 8.

## Volcano Eruptions Causing Stress: Crisis Hotline Is Available

HILO—The Hawaii State Department of Health (DOH) wants to remind residents that there is a Crisis Line for anyone seeking help in coping with mental or emotional effects caused by the Kilauea volcano eruptions. The Crisis Line of Hawai'i is toll-free at 1-800-753-6879

DOH's Crisis Line of Hawai'i is available 24 hours-a-day, seven-days-a-week and is staffed with a team of live, local representatives who are trained and experienced professionals able to help individuals in times

of a mental health crisis. People who have feelings of stress and anxiety can call the Crisis Line to receive short-term confidential counseling as well as information on available resources.

"Taking steps early to ensure the mental health of you and your family during and after a tragic event can make a difference in the long-run, especially when young children are involved," said Mark Fridovich, Ph.D., M.P.A., administrator of DOH's Adult Mental Health Division. "Disasters like the Kilauea lava flow are unexpect-

ed and often bring out strong emotions, which is understandable when people are forced out of their homes and into a state of fear and worry. This is why we offer resources like the Crisis Line and hope people take advantage of it during their times of need."

Additionally, The Parent Line is a free, locally-based, statewide telephone line that provides support, encouragement, informal counseling, information, and referral to callers experiencing concerns about their child's behavior or who have issues regarding family stresses or questions about



community resources. The Parent Line is available Monday through Friday from 8 a.m. to 6 p.m. and Saturday from 9 a.m. to 1 p.m. Contact The Parent Line toll-free at 1-800-816-1222 or visit <http://www.theparentline.org/> to learn more.

Ongoing evacuations due to the lava flow and the insecurity of not knowing what will happen are a source of stress and anxiety for many people, particularly those in or near areas that have been forced to leave their homes. People responding to the emergency and those with family and friends affected by the lava flow are also likely feeling the effects of stress and anxiety. DOH offers the following guidance to

aid in coping during this difficult time:

Talk to your family members and friends to maintain a strong support system.

Children are particularly vulnerable, as they have trouble processing what is happening. Help your children by sharing age-appropriate information and being honest.

Set a good example for children by taking care of yourself.

Take breaks and unwind periodically and ask for help if you need it.

Stay informed of the situation by tuning in to local news sources but avoid excessive exposure to media coverage of the event.

### (UNIVERSITY...from page 3)

tions in national professional journals. As one of the 16 NCI-SEER regions nationwide, the Registry collects detailed information on more than 8,400 new cases of cancer diagnosed annually in the state, as well as follow-up and survival data on diagnosed Hawai'i patients until their demise. Currently, the Registry database contains more than 248,137 cases diagnosed from 1960-2014.

In addition to the cancer research funding, HHS will award UH Manoa \$4,020,984

for the Hawai'i Statewide Research and Education Partnership. The partnership works to expand biomedical research capacity by providing resources to students and faculty at nearly every college and university in the state. By supporting students at all stages in their career, the partnership is working to make Hawai'i a Pacific hub for medical research, with a highly skilled workforce that can power the state's burgeoning biotechnology industry.

"There's no question that

Hawai'i has the potential to be at the center of biomedical research and biotechnology," Senator Schatz said. "This funding will help us fulfill that potential by investing in our best resource—our students."

The partnership consists of a network of 11 universities and community colleges in Hawai'i. It offers training and education activities, as well as research laboratory rotations and mentoring to younger students, creating a self-perpetuating cycle of research career development.

### (EDITORIALS: THE JUDICIARY...from page 3)

good judge as Obama had described, these qualities usually come about from knowing the community from which a judge presides. Judge Valenciano knows Kauai very well and has had additional exposure to living in other communities while away for college in the U.S. mainland and having worked and lived in Honolulu. The esteemed judge was raised in Hanapepe on the west side of Kauai. His parents are from the Philippines; and he grew up in a sugar plantation community. He remains active in the community and gives back in many ways, includ-

ing funding a scholarship for Waimea High School graduates.

There are numerous factors that can make a judge, a good judge – life experience, educational background, character, and most importantly, discipline in looking at facts and applying the law to each case. Last year, Gov. David Ige reappointed Judge Valenciano, indicating the governor and community's confidence in Valenciano's abilities as an outstanding and fair judge. The Filipino community is proud to have Judge Valenciano as a role model to our youth.



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## WHAT'S UP, ATTORNEY?



By Atty. Emmanuel S. Tipon

# Chief Justice Sereno Ousted in Quo Warranto Petition (*Walang Warranty*)

the Judicial and Bar Council should primarily be blamed for including her in the short list of its recommendees for appointment.

On May 11, 2018, the Philippine Supreme Court by a vote of 8 to 6 (with Sereno not voting), granted the quo warranto petition. The issue was whether the Chief Justice, who is subject to removal by impeachment, can only be removed by impeachment or by some other proceeding like quo warranto and whether the allegations of the petition were established. For text of the decision, see <https://www.philstar.com/headlines/2018/05/11/1814326/full-text-supreme-court-decision-against-maria-lourdes-sereno>

In a 153-page decision penned by Associate Justice Noel Tijam, an appointee of President Rodrigo Duterte, the court said that it had jurisdiction to review the qualifications of public officials, rejecting the argument that Supreme Court justices and a few other high ranking officials may only be removed by impeachment in accordance with the Constitution. The Court cited Section 5(1), Article VIII of the Constitution and Rule 66 of the Rules of Court.

"The essence of quo warranto is to protect the body politic from the usurpation of public office and to ensure that government authority is entrusted only to qualified individuals. Reason therefore dictates that quo warranto should be an available remedy to question the legality of appointments especially of impeachable officers considering that they occupy some of the highest-ranking offices in the land and are capable of wielding vast power and influence on matters of law and policy."

The court found that Sereno violated "the Constitution, the law and the Code of Judicial Conduct" by failing to file a SALN for a number of years while holding public office as a professor at the University

**A** television reporter asked a vendor in front of the Philippine Supreme Court "*Alam mo ba kung ano ang nangyayari dito?*" (Do you know what is happening here?) The vendor replied: "*Oo, yung quo warranto ni Chief Justice Sereno.*" (Yes, it is about the quo warranto of Chief Justice Sereno)

Reporter: "*Anong intido mo ng quo warranto*" (What is your understanding of quo warranto)

Vendor: "*Walang warranty*". (No warranty)

Could the vendor be literally correct?

## What is Quo Warranto

"Quo warranto" is the Latin term for "by what warrant" or "by what authority". It is an English writ formally "requiring a person to show by what authority [warrant] he exercises a public office, franchise, or liberty." Merriam Webster Dictionary. Thus, "search warrant" means "authority to search".

In March 2018, Solicitor General Jose Calida filed with the Supreme Court a quo warranto petition to declare as void Sereno's appointment as Chief Justice by President Benigno Aquino III in 2012, and to oust her therefrom. The petition alleged that she had not filed a Statement of Assets, Liabilities, and Net Worth (SALN) for certain years before she was appointed as a member of the career service, as an Associate Justice, and later as Chief Justice, in violation of the Constitution, the Anti-Graft Law, and the Code of Conduct and Ethical Standards for Public Officials and Employees.

President Aquino should be blamed for appointing her without proper vetting, according to observers in the Philippines. Others said that



of the Philippines and when she applied for the position of chief justice. According to the court "When a member of the Supreme Court transgresses the SALN requirement prior to his or her appointment as such, he or she commits a violation of the Constitution and belies his or her qualification to hold office." "In our jurisdiction, one cannot be qualified to be a member of the Judiciary, lacking such mandatory requirement of "proven integrity", said the court.

## Impeachment Different from Quo Warranto

There is an impeachment complaint pending against Sereno in the House of Representatives filed by Atty. Lorenzo Gadon, alleging culpable violation of the Constitution such as failure to disclose her SALN; corruption; and other high crimes. On March 19, 2018, the House Committee on Justice by a vote of 33-1 approved the articles of impeachment and it was scheduled to be voted for in the plenary session.

But also in March, Solicitor Calida filed a petition for quo warranto against Sereno, reportedly prompted by a letter from Atty. Eligio Mallari who had also filed an impeachment complaint in the House but which was rejected. Mallari alleged that Sereno had delayed resolution of cases including his own.

Some people believe that Sereno might have had a hand

in the almost 2-year delay in the hearing of the vice presidential electoral protest filed by former Senator Ferdinand Marcos Jr. against Leni Robredo.

The court said that Section 2, Article XI of the 1987 Constitution which provides that specified public officers, including justices of the Supreme Court "may be removed from office" through impeachment "denotes discretion and cannot be construed as having a mandatory effect." The term "may" is indicative of a mere possibility, an opportunity or an option." An option to remove by impeachment admits of an alternative mode of removal. The court held

that by its tenor, the Constitution "allows the institution of a quo warranto action against an impeachable officer. After all, a quo warranto petition is predicated on grounds distinct from those of impeachment. The former questions the validity of a public officer's appointment while the latter indicts him for the so-called impeachable offenses without questioning his title to the office he holds."

The court said that courts should be able to inquire into the validity of appointments even of impeachable officers, otherwise the court would be allowing "an absurd situation where the appointment of an impeachable officer cannot be questioned even when, for instance, he or she has been determined to be of foreign nationality or, in offices where Bar membership is a qualification, when he or she fraudulently represented to be a member of the Bar. Unless such an officer commits any of the grounds for impeachment and is actually impeached, he can continue discharging the functions of his office even when he is clearly disqualified from holding it. Such would result in permitting unqualified

(continue on page 10)



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# HOMECOMING, PHILIPPINES

By Renelaine Bontol Pfister

It's more fun in the Philippines!

I just went home, and my good friend was kind enough to show me around some of the tourist sites in Manila, such as the National Museum, Luneta Park, Intramuros and Malacañang Palace.

I am embarrassed to say that I never knew about Filipino world-class artists that could stand shoulder to shoulder with other great foreign artists. Men such as Leonardo Cruz, Fernando Amorsolo, Vicente Manansala, Isabelo Lacandola, and Juan Luna.

Why do we Pinoys know the sculptures of Michaelangelo, Donatello, and Rodin, but not Isabelo Tampinco Y Lacandola? Why do we recognize the Mona Lisa but need to be educated on Juan Luna's *Spoliarium*, or Vicente

Manansala's *Bahay Kubo*?

Juan Luna's *Spoliarium* won 2nd prize in 1884 at the Madrid Academy Exhibition of Oil Paintings. This painting, measuring 7.675 X 4.22 meters, is large not just in size but in idea and impact. The Latin word *Spoliarium* refers to the place where fallen gladiators in Rome are left to die. Juan Luna's painting features men dragging helpless, bloody bodies in the spoliarium while onlookers watch and one woman is off to one side, her back bent in a posture of despair.

Vicente Manansala's *Bahay Kubo* appears to be simple: a watercolor painting of a typical *bahay kubo* in front of either a gathering storm or a nebulous cloud of trees. But it is moving in its simplicity. It is very typical Filipino, and very representative of us.

Meanwhile, I was mesmerized by Isabelo Tampin-



Intramuros

co Y Lacandola's sculptures such as *Farm Girl with Basket* and *Prehistoric Man*. How stunning and realistic his sculptures, like they're about to come alive.

Their works are as good as those I've seen in the U.S.

and in Europe. Sadly, I don't remember learning about these great artists when I was in school.

We took a *kalesa* ride to tour *Intramuros*, which was once a fortified city built during the Spanish colonial period,

complete with churches, residential houses and government buildings. Today, Intramuros remains a little city, with functioning businesses standing alongside historical spots, and "dirty ice cream" available at any random corner.

Visitors can walk up to the spots where old, sleeping canons lie. Intramuros Administration oversees the preservation of Intramuros, which includes San Agustin church, a World Heritage Site as designated by UNESCO, and Fort Santiago, the defense fort and citadel where Filipino national hero Jose Rizal spent his final days.

Filipino history isn't complete without our national hero, Rizal. He was all along my favorite. I remember participating in a debate in front of the whole school when I was in grade school. The topic was our favorite national hero and why. I chose Rizal because although he used the pen and not the sword, his efforts fueled a revolution for our independence.

(continue on page 10)

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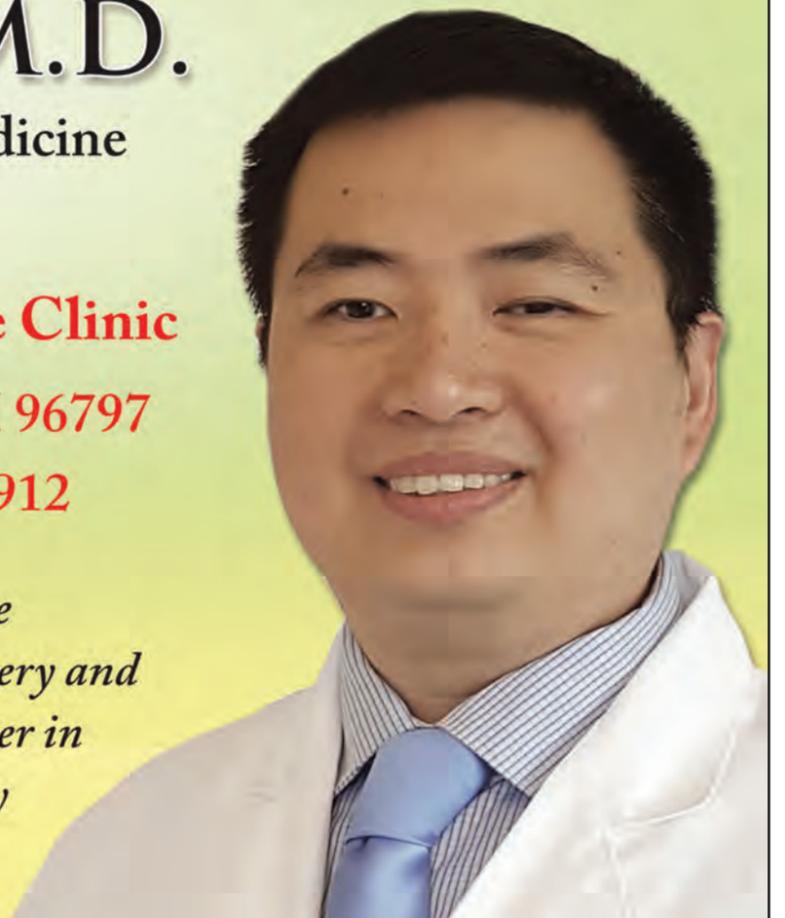
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*Dr. Jon Avery Go is a Magna Cum Laude graduate of the University of Santo Tomas Faculty of Medicine and Surgery and underwent training at the Roger Williams Medical Center in Providence, RI which is affiliated with Boston University School of Medicine.*



**HAWAII-FILIPINO NEWS**

# Public Invited to Health Fair, May 26

**L**earn about stroke and prevention this National Stroke Awareness Month in May. The Hawaii Department of Health (DOH) Developmental Disabilities Division, through its Neurotrauma Supports program, will host a community health fair on Saturday, May 26, 2018, at Kahala Mall (near Macy's) from 10 a.m. to 2 p.m.

The health fair will feature blood pressure screenings, information about strokes, risk factors and prevention measures, and offer available resources for stroke survivors and their family members. Participating organizations include: DOH Public Health Nursing, The Queen's Medical Center, Hawaii Medical Service Association, Kaiser Permanente Hawai'i, and American Heart Association.

A stroke occurs when blood flow through an artery to the brain is cut off either by a blockage or because the artery ruptures and bleeds into the brain tissue. Strokes are a serious medical emergency and must be treated immediately.

DOH reminds people in the event of a stroke, to remember the acronym

“F.A.S.T.” because every second counts:

- **F** – Face drooping. Is one side of the person's face drooping or numb? When he or she smiles, is the smile uneven?
- **A** – Arm weakness. Is the person experiencing weakness or numbness in one arm? Have the person raise both arms. Does one of the arms drift downward?
- **S** – Speech difficulty. Is the person's speech suddenly slurred or hard to understand? Is he or she unable to speak? Ask the person to repeat a simple sentence. Can he or she repeat it back?
- **T** – Time to call 9-1-1. If any of these symptoms are present, dial 9-1-1 immediately. Check the time so you can report when the symptoms began.

To learn the signs of a stroke or heart attack, go to <http://health.hawaii.gov/heart-disease-stroke/home/stroke/> or for more information on stroke, visit the Centers For Disease Control and Prevention website at <https://www.cdc.gov/stroke/>.



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# Duterte: China Has Assured Me It Will Not Allow Philippines to Be Destroyed

By Patricia Lourdes Viray  
Tuesday, May 15, 2018

MANILA, Philippines — Expressing distrust of treaty ally, the United States, President Rodrigo Duterte relayed China's assurances that it will protect

the Philippines in case a conflict breaks out in the region.

"China will never allow the Philippines to be destroyed. 'We will be there if you need us,'" Duterte said in a speech in Casiguran, Aurora on Tuesday.

Ironically, Beijing has been

deploying weapons and military aircraft on its three outposts in the Spratly Islands in the West Philippine Sea, which the Philippines also claims.

China's actions in the region are seen as a threat to regional peace and stability.

Duterte also said that Chinese President Xi Jinping assured him that he will not be ousted as the Filipino leader seeks to strengthen ties with Beijing.

"The assurances of [President] Xi Jinping were very encouraging. Eh, they are there. 'We will not allow you to be taken out from your office, and we will not allow the Philippines to go to the dogs,'" Duterte said, quoting Xi.

It is unclear whether Xi

really said China would interfere in Philippine politics but the president has made statements in the past based on supposed confidential conversations.

'China, a neighbor that will protect the Philippines'

The president noted that China would be the Philippines' closest neighbor that could protect the country.

"China said 'We will be there.' I'm not sure with the Americans because the Americans have lost their will to fight. They only have weaponry, cruise missile, maybe they also have a supersonic thing but the boots on the ground, the ones who will go there to fight, America is scared," the president said.

The US military has been

in Afghanistan since 2001 and has forces deployed across the world, including in Iraq and Syria.

"They are deathly afraid of death and they do not want to. They only know human rights... that's why they are deteriorating," Duterte said.

The Philippines and its former colonizer, the United States, have been allies since the two countries signed the Mutual Defense Treaty in 1951.

Despite Duterte's hostility against Washington, Filipino and American troops are currently conducting the annual Balikatan exercises in the country. The joint military exercises started last May 7 and will end on May 18. ([www.philstar.com](http://www.philstar.com))

## TRAVEL FEATURE: HOMECOMING...from page 8)

We know Rizal was a genius: he was a doctor, a writer, a linguist...but did you know he was also a sculptor? And that he drew comics? In fact, some deem him to be the father of Filipino comics. And while he was exiled in Dapitan, he discovered a new species of lizard as well as frog. Oh, and he was also a fencer. While walking through the museum in Intramuros, I was shaking my head thinking, what didn't he do? He could very well have been a dance instructor, an astronaut, or a professional boxer. His talent was boundless.

Luneta Park, also known as Rizal Park, is where Rizal was executed. There is a shrine dedicated to the hero and life-sized sculptures of the execution scene displayed in a garden. Visitors can sit on a bench facing the sculptures and contemplate that chilling scene from December 30, 1896.

Touring Malacañang Pal-

ace museum, located right next to but not the palace itself, was an enlightening experience. We explored the Roxas room, Elpidio Quirino state room, and Manuel L. Quezon room, among others. We saw extravagant chandeliers made abroad that were apparently disassembled and hidden away during World War II. We saw many artifacts such as past presidents' clothing and paraphernalia, and even their campaign mementos. We saw a yellow piano given to Cory Aquino, a large jade sculpture and numerous other gifts to our presidents from foreign administrations. There is a painting of Rodrigo Duterte using "pyrography" or the burning of wood or other material to create the painting.

I was truly inspired during my little tour of Manila. There are so many sights to see and history to discover or rediscover, about this beautiful country of ours.

## VACC sues Aquino, Officials for Plunder Over Dengvaxia Mess

By Gaea Katreena Cabico  
Thursday, May 10, 2018

MANILA, Philippines — Former President Benigno Aquino III and current and former government officials were slapped on Thursday with a fresh batch of complaint in connection with the P3.5-billion anti-dengue immunization program.

Volunteers Against Crime and Corruption lawyer Ferdinand Topacio filed before the Office of the Ombudsman plunder, malversation of public funds and violation of the Anti-Graft and Corrupt Prac-

tices Act complaint against Aquino.

Other respondents in the VACC complaint were former Budget Secretary Florencio Abad, former Executive Secretary Paquito Ochoa Jr. and former Health secretary Jannette Garin.

Eighteen incumbent and former DOH officials were also named as respondents.

Last December 2017, former Technical Education and Skills Development Authority Augusto Syjuco Jr. sued Aquino and Garin for mass murder and plunder before the Ombudsman.

VACC had filed a separate complaint for graft, malversation of public funds, causing undue injuries and violations of the procurement law against Aquino, Abad, Garin, along with current and former DOH officials and executives of pharmaceutical firms Sanofi Pasteur and Zuegg before the Department of Justice last February.

The same group also accused Aquino of "electioneering" before the Commission on Elections for allegedly spending government funds during the election ban in 2016. ([www.philstar.com](http://www.philstar.com))

## WHAT'S UP, ATTORNEY?...from page 9)

and ineligible public officials to continue occupying key positions, exercising sensitive sovereign functions until they are successfully removed from office through impeachment. This could not have been the intent of the framers of the Constitution."

### What Now?

As they say in in the vernacular "Peligroso itong SALN. Maraming na-SAL-it (struck by lightning) tungkol sa SALN. Sereno is not the first nor will she be the last to be hit by SALN. Her immediate

predecessor, Chief Justice Renato Corona, was impeached for allegedly concealing assets from his SALN. There will be more. The Supreme Court has opened a "can of worms."

What will happen to the impeachment proceedings? It is already "moot and academic." The objective – to oust Sereno – has been achieved.

Justice Tijam's opinion was preceded by this Biblical quotation: "Whoever walks in integrity and with moral character walks securely, but he who takes a crooked way will be discovered and punished."

The Holy Bible, Proverbs 10:9 (AMP). Amen.

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: 900 Fort Street, Suite 1110, 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.



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## CANDID PERSPECTIVES



By Emil Guillermo

# Madame Pele's Lasting Gift for Asian American Pacific Islander Heritage Month

**O**n my one-man solo performance "Amok Monologues," which I'm bringing May 16-25 to the Orlando Fringe Festival, I talk about a lava flow of truth to describe my storytelling amokness, a metaphoric eruption. Mt. Pinatubo in the Philippines was my frame.

But in these United States, Madame Pele has delivered to us all a gift for Asian American and Pacific Islander Heritage Month.

I lived in Hawaii for a few years when I worked for what was then the largest paper in the state. I lived through an earthquake and a massive sewer backup on the Ala Wai (sort

of like intestinal lava flow). But I can't imagine what the residents are going through on the Big Island.

Not Oahu, but the one that has that city The Today Show's Savannah Guthrie called "High-Low."

Of course, Hilo is pronounced "He-lo." Although when the talk is lava flow in Hawaii, it's more like "She-lo," if one is to be truly respectful while reporting on the burning black mass that eats up ground and all in her way.

In Ben Gutierrez's report for KHNL, you can see it. But notice how he ends his report respectfully. "We're just glad to be able to come here to experience the heat, the smoke, and some of the beauty of Madame Pele," Gutierrez says ad-

miringly. The beauty? This is Hawaii.

When you live on the island, Madame Pele always gets a nod.

"She is Pele-hounua-mea, Pele of the Sacred Land. She is Pele-'ai' houna, Pele the eater of land, when she devours the land with her flames," wrote Herb Kawainui Kane in Pele: Goddess of Hawaii's Volcanoes: "She who rules the volcanoes of Hawaii, and Mankind has no power to resist her. When Pele is heard from, her word is the final word."

I don't mean to make light of this. But while we deal with the reality of the fire, there's also a bit of reverence for natural wonder of what we're dealing with. Before there were people on the islands, there was Madame Pele.

And so while there is havoc and devastation, and lives

and land masses are altered, there is a sense of respect for this spiritual force of nature.

When it comes to devastation, we generally don't have that on the mainland.

The lava flow here is metaphoric, but there's nothing spiritual about it.

Not when the eruption comes daily and spews out of Donald Trump, and more recently Rudy Giuliani, who comes on like Trump's dyspeptic after burp.

It's a political tour-de-force unlike anything we've seen, unfortunately, and it's burning and displacing all that we hold dear. Institutions of democracy? Political norms? Think of how the political landscape has changed since Jan. 2017. And now the U.S. pulls out of an Iran deal that is working? Iran is in compliance and the U.S. is not.

Pele has given us a gift of how to view what's happening to our country. It's the slow burn of lava creep. But unlike the Goddess' flow, we are not powerless.

We can do something about our commander-in-creep, a/k/a the spewing president who thinks he's above the truth.

We must continue to press him about the lies, the cheating, the hush payments. We must not lose sight of Russia, his conflicts, his business deals. His eruptions and the disaster they cause are all man-made.

Trump's no Madame Pele. And he's certainly not above the law.

EMIL GUILLERMO is a veteran journalist and commentator. He was on the editorial board of the Honolulu Advertiser, and a columnist for the Starr-Bulletin. Twitter @emilamok

## PHILIPPINE NEWS

## 'We Are Not Giving Up West Philippine Sea Rights' – Duterte

By Christina Mendez  
Wednesday, May 16, 2018

**M**ANILA, Philippines — The Philippines has not given up its sovereignty rights over certain areas in the disputed South China Sea, President Duterte insisted yesterday.

Duterte made the claim even after he had discussed the matter in the past with Chinese President Xi Jinping.

"We are not giving up our rights in the West Philippine Sea. As a matter of fact, we are still insisting until now to the point that they are now willing..." he said during his trip off the coast of Aurora.

The President boarded BRP Davao del Sur where he led the program marking the first year of the declaration of Benham Rise as Philippine Rise.

Duterte also declared some portions of the Philippine Rise as a marine protected area.

The President scrapped his plan to ride a jet ski around Philippine Rise.

Duterte's son Sebastian and

special assistant Bong Go represented him instead.

He said Xi gave his word that the South China Sea row would be solved in a non-confrontational manner.

"We would always find a solution to any problem," Duterte quoted Xi as saying.

"China is offering a joint exploration and development. Xi Jinping said, 'maybe we will have a bigger share.' Let's see," the President added.

Duterte admitted that the Philippines has no capability to fight China, noting that a Navy ship like the BRP Davao del Sur will just sink once hit by a cruise missile from China.

Instead of fighting Beijing, Duterte said he would make the best out of it for the country — referring to the joint exploration with China.

### Maritime science research

The President sent off yesterday a 50-man team of Filipino scientists to the Philippine Rise for a month-long maritime science research.

Defense and military officials led by Defense Secretary Delfin Lorenzana joined the President in boarding the Navy's landing dock ship, BRP Davao del Sur, anchored off Casiguran Bay.

Critics questioned Duterte's presence at Philippine Rise Bank as the area is not contested like the West Philippine Sea. In his speech, the President said, "China claims the entire South China Sea as theirs. I can't do anything about it anymore."

Duterte said commercial fishing would be allowed at Philippine Rise in accordance with the laws on the preservation of marine life.

Lt. Col. Isagani Nato, Northern Luzon Command spokesman, said members of Nolcom's Area Task Force North would sail to the shallowest portion of Philippine Rise to set up a maritime marker in the area.

The Navy is deploying its landing dock ship, BRP Tarlac, to the region for the

buoy's casting.

The floating maritime marker would be located right over the underwater Philippine flag placed by military and civilian divers last year.

Nato said the buoy casting would immediately follow af-

ter the singing of the Philippine national anthem on the flight deck of BRP Tarlac.

A US State Department official met with Philippine counterparts yesterday to discuss claims in the South China Sea. ([www.philstar.com](http://www.philstar.com))



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# Uncommon Tips to Protect the Heart

MIND YOUR BODY - Dr. Willie T. Ong

**Y**ou've heard the usual tips for preventing heart disease. You know about the bad effects of cigarette smoking, alcohol, fatty foods, and stress. You know that you have to control your blood sugar and blood pressure to prevent diabetes and high blood pressure, respectively. But what more can you do to protect your heart? Find out the latest buzzwords in heart disease.

**1. Buy household plants.** We learned in science class that plants take in carbon dioxide and give off oxygen. Humans, on the other hand, give off carbon dioxide and need lifesaving oxygen. So it makes common sense that the more plants we have (the more trees we plant), the better it is for our polluted environment. A NASA study shows that household plants can also remove toxins in the environment. Try placing a few plants inside your house.

**2. Get a pet dog.** Studies show that dogs offer some benefit to sick people. Dogs give companionship and love to their owner. However, studies show that cats are not as ef-

fective. As one pet lover says, "When your dog sees you, his jump of glee says, 'Here's my master.' But when your cat sees you, the way he puts his nose up says, 'Oh, here's my slave.'"

**3. Floss and brush your teeth.** Recent studies show that gum disease is associated with heart disease and may reduce your lifespan by three years. Inflammation of the gums is related to inflammation of the heart arteries. Also, oral infection can lead to a dangerous infection of the heart valves. Brush your teeth twice or thrice a day. Use a tongue cleaner. And remember to floss at least once a day.

**5. Try nasal breathing.** For over 2,000 years, Chinese medicine has been practicing the benefits of breathing through the nose instead of the mouth. Recently, researchers discovered the scientific explanation for this technique. It appears that nasal breathing stimulates the production of nitrous oxide, which is a beneficial gas that dilates the blood vessels of the body. So, it's very good for the lungs and the heart.

Try deep and slow nasal breathing several times in the morning and at night. Also,



use your belly or diaphragm to breathe in (expand your waistline as you breathe) and not your chest. You can suck in more oxygen this way. Do this whenever you are stressed. It's good for the heart and increases the oxygen in your blood from 96 to 99 percent.

**6. Have supportive friends.** A unique study shows that talking to a supportive friend for an hour is as effective as taking a tablet of pain reliever. Good friends can reduce your stress level by up to 90 percent. There is something heavenly in true and caring friends. Invest your time in building close relationships. They are as good as money in the bank.

**7. Laugh 15 minutes a day.** Laughter is, indeed, the best medicine. A study from the University of California Irvine College of Medicine reports that after watching a funny video, the viewers' mood improved dramatically.

Depression and anger dropped by 98 percent, fatigue fell by 87 percent, and tension was reduced by 61 percent. What happens inside our body when we laugh? The level of stress hormones (called cortisol) decreases, and the good hormones (called endorphins) increase. Endorphins are natural substances in the body that make you happy and boost your immune system.

**8. Be charitable.** Doing various kinds of good deeds every week helps you live happier and longer. Charitable people who have suffered a heart attack tend to live longer compared to other patients who are not as charitable. Perhaps this is because charitable people have more social sup-

(continue on page 15)

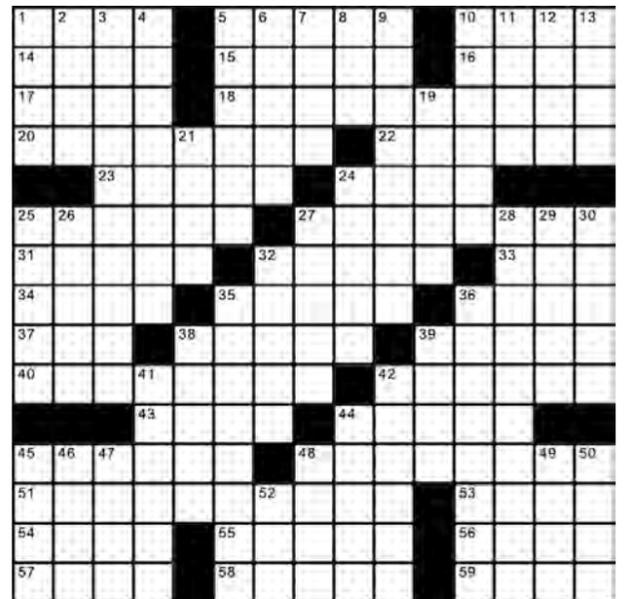
## KROSWORD

ni Carlito Lalicon

No. 12

### PAHALANG

1. Kapital ng Camarines Norte
5. Bingas
10. Pambalot sa suman
14. Ikli
15. Kaligkig
16. Hangad
17. Buwis
18. Isalabid
20. Ingay na likha ng mahigpit na bisagra
22. Abiso
23. Pisilin
25. "Isa pa \_\_\_!"
26. Ang pumatay (nakamatay)
28. Punong may lubos na kapangyarihan
33. Pagmumuni-muni
34. Alingasngas
35. Panahon
36. Hayan
37. Matigas na tipak o piraso (ng lupa pagkain atb)
38. Marumi
39. Pamalo ng bola
40. Lunot
41. Kulay-gatas
42. Paandarin
44. Tikin
45. Kapital ng Zambales



46. Agapay
48. Binalaki
52. Salitang nakakasakit ng damdamin
55. Kinse
57. Serpiyente
58. Ningas
59. Artista
60. Pawid
61. Alimbukad
62. Naririto
63. Kawayang ginagamit na pamansing

### PABABA

1. Lason sa dulo ng palaso
2. Di-pagkaka-angkop
3. Istante
4. Operahin
5. Linggitan
6. Masayang bukas ng labi ngunit walang i ngay
7. Engranahe ng makina
8. Duwelo
9. Pakete
10. Inapo
11. Tigmak
12. Bukawe
13. Kahimanawari
19. Undayon
21. Banta
24. Numero uno
26. Mahaba at makitid na basket
27. Huni ng sisiw na nawalay sa ina
29. Litid
30. Lutasin
31. Amoy
32. Isdang-espada
34. Ibalik sa dating lugar
37. Butil-butit na bato
38. Almires o dikdikan para sa semento
40. Biga
41. Kanal o bambang na hinukay
43. Katibayan ng pagbabayad o kabayaran
44. Balansa
47. Basag
48. Kikil para sa ngipin
49. Eror
50. Pareha
51. Alma
53. Sedang laso
54. Dahong tuyo ng punong tubo
56. Balaod

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## LEGAL NOTES



By Atty. Reuben S. Seguritan

## Green Card Revocable Even During I-751 Process

There are, however, people who are desperate to come to the United States to live and work. A lot of them have no legal way of coming to the United States. Some of them resort to sham marriages to come to the United States. If caught, both the US citizen who was complicit in the fraud and the foreign national face severe consequences and penalties.

The people who enter into these sham marriages might think that they got away with their crime if they reached the point of filing the I-751 petition. But as a recent case proves, the green card can be revoked and cancelled.

This case concerns a woman from Africa who married a US citizen. She entered the United States with a K-1 visa or fiancée visa. She then received her green card which indicated that her lawful per-

manent resident status was on a conditional basis. Thereafter, she and her husband filed the petition to remove the conditions. While this was pending, the US citizen husband passed away. Then, the Department of Homeland Security (DHS) denied the petition and terminated her permanent resident status on the ground that the marriage was primarily entered into in order to secure an immigration benefit. The DHS then commenced deportation proceedings.

The immigration judge upheld the termination of her permanent residence status and ordered her removal. The Board of Immigration Appeals affirmed. She filed a petition for review before the Court of Appeals and the court affirmed the ruling.

The court ruled that the evidence presented showed that the marriage was entered

into in order for the woman to enter the United States and get a green card. The woman and the US citizen may have had a relationship in the past, but this relationship ended before she even arrived in the United States. From the time the woman arrived in the United States, they lived separately and had separate bank accounts. It was only later on after they filed the petition to remove the conditions that the woman opened a bank account in both their names. The US citizen's sister informed the immigration authorities that the marriage was a sham and presented the man's death certificate which listed him as "never married." The US citizen also stated his status as "single" in his mortgage, during a medical visit and did not designate the woman as the beneficiary in his life insurance policy, 401(k) or pension plan. The US citizen's sister was listed as his emergency contact. At the man's funeral, his sister made all of the arrangements and the program listed all of his relatives, except for the woman. The court found that the actions of the woman when the US citi-

zen died did not show that she was grieving or acting consistent with a woman who has lost her husband.

Furthermore, a friend of the man spoke with the immigration officers and gave a detailed testimony of the couple's relationship. He said that the woman gave the US citizen \$7,000 to marry her and file the necessary immigration papers so that she may live in the United States. The man's neighbors executed affidavits stating that they never saw the woman in the house of the US citizen, nor did the US citizen ever tell them that he was married.

The government estimates as many as 60,000 of the 200,000 or so marriages are fraudulent. If caught, the US citizen could face up to five years in prison and a \$250,000 fine. The illegal immigrant, like in the case above, could be deported at any time and the green card revoked.

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

## PHILIPPINE NEWS

## OFWs Hail Easing of Kuwait Deployment Ban

By Rudy Santos  
Tuesday, May 15, 2018

**M**ANILA, Philippines — Overseas Filipino workers (OFWs) departing from the Ninoy Aquino International Airport as well as job recruiters hailed yesterday the decision of Labor Secretary Silvestre Bello III to recommend to President Duterte the lifting of the deployment ban on skilled workers to Kuwait after a new labor accord was signed by the two governments.

Some workers said that OFWs would be more protected with the signing of the Memorandum of Agreement (MOA) in Kuwait last Friday.

Even other foreign workers in Kuwait praised the agreement that would pave the way for the recognition of the rights of all migrants in Kuwait.

"We salute your Presi-

dent, well done," they said.

Local recruitment agencies hailed the decision to resume the deployment of skilled OFWs and the firms have intensified marketing efforts to recapture losses.

Local recruiters also thanked Duterte, Bello, Philippine ambassadors and diplomats for the proper handling of the Kuwaiti situation.

Recruiters said they lost the placement of around 5,000 to 8,000 skilled OFWs who were replaced by other foreign workers after Duterte ordered the deployment ban.

Two weeks ago, Loraine Dulay, an Ilocana who worked for 25 years as sales associate and plans to return to Kuwait, thanked the President for his ability to handle even the worst situation regarding OFWs.

Meanwhile, some recruitment agencies will start resuming deployment of domestic helpers but they would

provide the OFWs proper training and orientation for their jobs abroad.

"We will train our workers before sending them to Kuwait and other Gulf nations as we are waiting for the go signal from labor department, we will also abide by the ruling of no minors or less than 23 years old worker," a recruiter said.

After the lifting of the deployment ban to Kuwait, the government is also likely to resume sending Filipino domestic helpers to the United Arab Emirates (UAE).

"We are just waiting for the implementing guidelines before resuming the deployment," Bello said in an interview.

Bello said the Philippines Overseas Employment (POEA) is the agency tasked to draft the implementing guidelines in the sending of domestic workers to UAE, noting that there is no such ban on the UAE. ([www.philstar.com](http://www.philstar.com))

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MAINLAND NEWS

# Filipino World War II Veterans Receive Congressional Gold Medal Awards in LA

By Klarize Medenilla

Filipino World War II veterans in LA on Wednesday, May 9 began receiving their Congressional Gold Medals, a long-awaited formal recognition for the more than 260,000 Filipino soldiers and guerrilla fighters who fought under the American flag.

In 2016, 70 years after the Rescission Act of 1946 annulled benefits that would have been awarded to Filipino soldiers for their military service, former President Barack Obama signed into law a measure that honors Filipino and Filipino-American WWII veterans with the Congressional Gold Medal (CGM), the highest congressional honor awarded to civilians.

On Oct. 25, 2017, two dozen Filipino WWII veterans traveled to Congress to officially accept the CGM, and on Wednesday, veterans in Los Angeles began personally receiving their honors at the ceremony held by the Fil-

ipino Veterans Recognition and Education Project (Fil-VetREP).

“This award ceremony is long overdue, and we’ve heard time and again from living World War II veterans and their loved ones that their time of recognition must be accomplished, and that’s what we’re here to do today”, former Major General of the United States Army and Fil-VetREP Chairman Antonio Taguba said in his opening remarks of Wednesday’s ceremony at the Filipino Cultural Center in Historic Filipinotown.

Present at Wednesday’s ceremony were eight living Filipino World War II veterans — who range in age from their late 80s to a veteran who is 101 years old — and 16 family members of veterans who have passed away. Taguba personally handed each veteran and family member with the medal, signaling the relief of long-awaited acknowledgment and honor.

As a 21-year-old guerilla fighter in Northern Luzon in

the Philippines, Franco Arcebal, who is now 94 years old, endured intense torture when he was captured by the Japanese military during the war.

“I was so young and suffered so much,” Arcebal shared with the Asian Journal. “They did many things. They hung me up on a tree and did waterboarding.”

He said that, although his warfighting days are long past him, he still possesses the vivid, sensory details of his service: the blasts of canons, bomb explosions, dodging bullets from enemy fire and witnessing “with my own eyes” his comrades being shot down.

Among the estimated 260,000 Filipino soldiers in the Second World War, nearly 60,000 perished in during combat, thousands were permanently injured or were prisoners of war and hundreds are still considered missing in action to this day.

“These Filipino veterans, like all others who served in the war under the American flag, we were denied the jus-

tice since February 1946,” said Arcebal, who is now a spokesman for the American Coalition for Filipino Veterans. The veteran called the denial of benefits and recognition to the Filipino soldiers a contradiction to the American values of “liberty and justice for all.”

The Rescission Act of 1946, reluctantly signed by then-President Harry Truman, voided the service of Filipino soldiers because their time of duty was not a part of “active military, naval or air service for the purposes of any law of the United States conferring rights, privileges or benefits upon any person.”

Despite Truman’s reservations in not directly honoring the Filipino veterans “who sacrificed so much for the common cause during the war,” Filipino veterans would not see any benefits awarded to them until 2009 when President Barack Obama signed the Filipino Veterans Equity Compensation Act.

This law rewarded a one-time lump sum payment to

these veterans and their families. Then, in 2016, the family-based immigration program, the Filipino World War II Veterans Parole Program, was established to reunite veterans with their families in the U.S.

For decades, and countless other veterans and activists have fought for recognition for their efforts in the war. Although the CGM honor was long overdue and many soldiers did not live to witness the recognition, he is proud that Filipino war veterans are finally honored in the way that the Tuskegee Airmen and the Navajo Talkers were for their WWII efforts.

“Nevertheless, this medal provides another very good reason for us to be pleased and thankful for once more kasi (because) in my commonsensical view, this Congressional Gold Medal is now a significant part of history and I hold that honor with pride,” Arcebal remarked, proudly holding up his medal.

Veterans and families who may be eligible to receive the CGM for Filipino WWII Veterans may visit <http://www.filvetrep.org/eligibility> to learn more.

Solution to Crossword No. 12 | May 5, 2018

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**CALENDAR OF EVENTS**

**FILIPINO WOMEN'S CLUB OF HAWAII FOUNDATION ANNUAL TERNO BALL** | May 19, 2018 | 6:00 pm | Ala Moana Hotel Hibiscus Ballroom | For more info contact: Adela Salacup 723-4639, Carlota Ader 797-4381, Cora Bacilig-Credo 927-4081, Carmen Cabrerros 358-3845, Cherry Reganit 358-3598

**TOWNHALL MEETING AT THE CONSULATE** | May 19, 2018 | 10:00 am | Philippine Consulate General Lanai | For more info contact Ramon Sumibcay 489-7148

**PHILIPPINE NURSES ASSOCIATION OF HAWAII (PNAH) INDUCTION GALA** | May 29, 2018 | 6:00 pm | Ala Moana Hotel Hibiscus Ballroom | Interested parties may contact 808-595-6316 to 19, no later than May 11

**CONGRESS OF VISAYAN ORGANIZATIONS (COVO) CONVENTION EDUCATIONAL AND NON-PROFIT WORKSHOPS** | August 4, 2018 | Philippine Consulate of Honolulu | Email: visayanworkshops@gmail.com for more information

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**HAWAII-FILIPINO NEWS**

**Help Low-income Students with School Supplies**

**W**ant to help low-income and houseless students? Ready to Learn (RTL), a program at Helping Hands Hawaii (HHH), will run its annual school supply drive for at-risk students from June 1 to July 31, 2018. The program gives low-income and houseless students free basic educational tools to aid in their scholastic development and contribute to a more prosperous future.



“Learning and self-esteem are affected when children don’t have school supplies they need on the first day of school or throughout the year,” said HHH President and CEO Jan M. Harada. “But, the community can directly support the educational experiences for local youth with just a small donation.”

Banking partner American Savings Bank (ASB) will collect school supplies and monetary donations from June 11 to July 11 at all of its branches statewide. Donation of school supplies on each island will remain on the island to benefit local students.

“School supplies have the power to drastically improve a student’s access to education and opportunities for success,” said Beth Whitehead, executive vice president and chief administrative officer at ASB. “We are proud to support Ready to Learn, and hope the community will join us in donating school supplies and monetary donations to this important program.”

School supply donations

supplement pre-ordered, bulk supplies in school supply kits purchased with donated and grant-awarded funds for students of all grade levels. These kits contain common supplies found on the Department of Education’s back-to-school lists. Each kit is valued at approximately \$10 each. Annually RTL distributes more than \$50,000 in school supplies to more than 5,000 students across the state.

**HEALTH & FAMILY: UNCOMMON...from page 12)**

port and people praying for their recovery. Similarly, Prof. Peggy Thoits’ study at the Vanderbilt University showed that people who volunteered and helped others had higher levels of happiness, self-esteem, and better physical health. If you want to receive P2,000 worth of health and happiness, try donating P2,000 to your favorite charity.

**9. Be in love.** Gerontology professor Dr. David Demko believes that being in love can prolong one’s life by as much as seven years. Married people or those with close relationships are generally happier compared to single people living alone. If you don’t have a partner, then having a close friend, pet or hobby can be a substitute.

**10. Have sex (if your doctor allows it).** Studies show that healthy men who have sex three times a week can decrease their risk for a heart attack or stroke. Women who enjoy sex

also tend to live longer than those who don’t. Studies also show that increasing your sexual activity from once a month to once a week also increases your general happiness. Sex makes one feel good and happy. It’s also good exercise for the heart. How does a person know if he or she is strong enough for sex? One simple test is to climb two flights of stairs. If you can do this without being short of breath, then you are probably cleared to have sex.

**11. Eat two bananas a day.** Bananas contain potassium, an essential mineral needed to regulate water balance, acidity level, and blood pressure of the body. Lack of potassium may cause muscle weakness and irregular heartbeat. Take note also that bananas have zero sodium (good for high blood pressure) and zero fat and cholesterol (good for those with high

cholesterol). Bananas also have tryptophan, which makes you feel happier. So take two bananas a day to keep the doctor away.

**12. Relax and sleep.** Try using mind-body techniques like meditation, yoga, visualization, and biofeedback. Take a vacation and travel if you can. Whatever relaxes you is good for your heart. Sleeping and resting is another great way to boost your energy. The best sleep is at night for at least seven to eight hours. Try to be asleep from 11 p.m. to 3 a.m. because this is the time the liver exerts its regenerating powers.

**13. Pray.** Studies show that people who have a strong sense of spirituality are 40 percent happier than those who don’t. People who hope for a brighter future and have a purpose in their lives tend to be happier and more fulfilled. (www.philstar.com)

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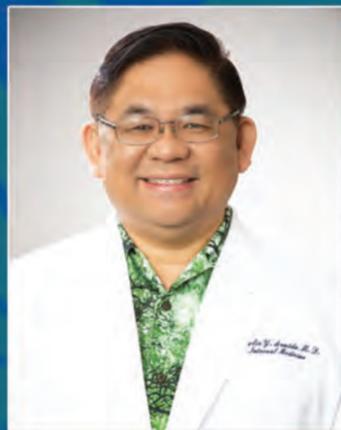
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