

HAWAII

# FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ DECEMBER 22, 2018 ◆

# HAVE YOURSELF, A MERRY FILIPINO CHRISTMAS...

COVER STORY PAGE 4



HAWAII FILIPINO CHRONICLE  
1993-2018

**25** Years of News

**6**

OPEN FORUM  
NOTHING NEW  
IN THE DIET  
UNIVERSE

**11**

CANDID PERSPECTIVES  
HOW TO ASSESS  
GEORGE H.W. BUSH—THE KINDER,  
GENTLER REPUBLICAN

*Merry Christmas  
and a New Year!  
Prosperous*

HAWAII FILIPINO CHRONICLE  
94-356 WAIPAHAU DEPOT RD., 2ND FLR.  
WAIPAHAU, HI 96797

PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
HONOLULU, HI  
PERMIT NO. 9661

## EDITORIALS

# Christmas Is Love; Share Your Love

**T**he Christmas season carries different meanings for many celebrating it. For the religious, it means giving gratitude to God for sending Christ into the world. It also is a time for being grateful for our families and friends who enrich our lives with love and support. How we express our gratitude is what becomes tradition, and often, influenced by our cultural roots.

For Filipinos, Christmas (Pasko) is a blend of catholic and western traditions. The Catholic part is the deeply devotional practice of prayer during this time. There is the *Misa de Gallo* or *Simbang Gabi* in which Filipino Catholics would go to church or pray at home for nine days (usually very early morning) leading up to Christmas eve, then celebrate on midnight mass.

During these days of prayer, the devout would reflect on their relationship with God and ask that their loved ones be blessed with whatever needs they might have. It could be healing, physical or spiritual; it could be needs-based.

The western part of *Pasko* is gift-giving. For many Filipinos living outside of the Philippines, there is an extension of this gift-giving by sending money (called money remittances) to their families still in the mother country. It's an expression of love; but also an expression of what is known as *utang na loob*, a kind of debt of gratitude for all the help and sacrifice family members have given to the immigrant family member while in the Philippines.

Now that the immigrant lives abroad, he reciprocates with a monetary gift, usually at Christmas time. Often, after generations of watching their parents do this, children of immigrants continue this practice as tradition beyond the initial *utang na loob*.

## A Marker in Time

Besides the religious and cultural practices of Christmas, this holiday is almost universally recognized as a celebration of life. Christmas is a kind of marker in time, and not just a season signaling the end of the year when we slow down and contemplate all that happened in recent months, but really, the years, many past Christmases, and one's lifetime.

Christmas in this vein, is a reminder of how brief life. So we go to each family get-together or meet-up with friends during the season, with heightened mindfulness of the present knowing how quickly Christmas passes, as does life. There is finality. There is change. There are cycles of birth, aging, graduation, marriage, even illness and death.

We recognize all these as a part of life; but for now, at this very moment, time stands still for a moment as we share with whomever we love around us during Christmas, our hearts full with love. We suspend all the mundane matters, for what really matters, expressing our love. The essence of Christmas is love.

In the midst of our joy and celebration, perhaps we can also reach out and make some time for those who might be going through some transition of isolation that might not make them feel as loved. Maybe a dear one has passed on and the widow or widower is feeling alone. Maybe a student is away for college, away from family. Maybe someone escaped from an abusive relationship. Maybe someone feels afraid because he is dying. There are countless life situations for many people that can make this particular Christmas not as joyful as past Christmases. Consider that maybe, that one day, this could also be you in a similar situation.

Let us not forget them, too. And remember to share our love with them.

## FROM THE PUBLISHER

**O**t's the most wonderful time of the year for many of us as we celebrate the birth of Christ, *Pasko* festivities, and share memorable moments with our dear family and friends.

For our cover story this issue, associate editor Edwin Quinabo writes about how Filipino families carry on the *Pasko* traditions, from the *Misa de Gallo* (rooster's mass) or known in Tagalog as *Simbang Gabi* (night mass) to *Noche Buena* and *parol*-making. Some members in our community also tell us what this most cherished of holidays means to them.

As Christmas is known as the season of giving, in the second part of the cover story Quinabo writes about the unique practice of sending money remittances to the Philippines. Sending monetary gifts is an extension of gift-giving as in the U.S. during Christmas, but it actually goes deeper than showing appreciation during the holidays for Filipino families. Find out why sending remittances holds cultural and financial significance to our community in our cover story. A few money remittance companies also inform us of how sending remittance is done the right and safe way.

In keeping with the Christmas theme, for our Ilokano readers, HFC columnist Pacita Saludes writes "Paskua Manen! Paskua A Ramrambakan." Tracey Silvester contributes: "Expert Urges Family to Remember Loved Ones with Dementia this Christmas," and columnist Melissa Martin submits "Nothing New in the Diet Universe," which could be a reminder to eat healthier during the holiday season, even though this is tough to do with all the parties and sweet treats.

Also in this issue, in memory of the recent passing of former President George H.W. Bush, HFC columnists Emil Guillermo and Atty. Emmanuel Tipon decided to write about the president who is most remembered for bringing the U.S. to war in Iraq.

Atty. Tipon writes: "When President George W. Bush told Saddam to resign and leave Iraq within 48 hours or else, Saddam refused. So President George W. Bush ordered U.S. forces to attack Iraq on March 20, 2003. Thus began the destabilization of the Middle East that has cost countless lives and billions of dollars. If not for President George H.W. Bush's war interruptus, the Middle East would likely still be stable."

Emil recalls, "As an Asian American, I'd go back even further to Bush's days as vice president under Reagan. Do you remember when Bush with a straight face said publicly about the Philippine dictator Ferdinand Marcos: 'We love your adherence to democratic principle and to the democratic processes.' Somehow that has never been erased from my mind."

While the nation mourns the death of the former U.S. president, already historians and editorial writers are putting into perspective the impact that Bush has had in the U.S. and world.

Lastly, be sure to read our news sections that includes an article on the State Judiciary seeking court interpreters who are bilingual. This could be an opportunity for many of our readers. Get the details.

On behalf of the staff of the Hawaii Filipino Chronicle, I would like to wish you all a very Merry Christmas and *Pasko*! Thank you for your support and enjoy the wonderful festivities. Until next issue, warmest *Aloha* and *Mabuhay*!

*Chona A. Montesines-Sonido*

St. Francis of Assisi once said, "For it is in giving that we receive."

May the good Lord bless you with peace and happiness. Have a Merry, Merry Christmas to all! May your Christmas be a joyful, memorable one!



Publisher & Executive Editor  
Charlie Y. Sonido, M.D.

Publisher & Executive Editor  
Chona A. Montesines-Sonido

Associate Editors  
Edwin Quinabo | Dennis Galolo

Contributing Editor  
Belinda Aquino, Ph.D.

Art Director  
Junggoi Peralta

Photography  
Tim Llena

Administrative Assistant  
Lilia Capalad  
Shalimar Pagulayan

### Columnists

Carlota Hufana Ader

Emil Guillermo

Ron Menor

J.P. Orias

Pacita Saludes

Reuben S. Seguritan, Esq.

Charlie Sonido, M.D.

Emmanuel S. Tipon, Esq.

Felino S. Tubera

### Contributing Writers

Clement Bautista

Edna Bautista, Ed.D.

Teresita Bernales, Ed.D.

Sheryll Bonilla, Esq.

Rose Churma

Serafin Colmenares Jr., Ph.D.

Linda Dela Cruz

Fiedes Doctor

Carolyn Weygan-Hildebrand

Amelia Jacang, M.D.

Caroline Julian

Raymond Ll. Liongson, Ph.D.

Federico Magdalena, Ph.D.

Maita Milallos

Paul Melvin Palalay, M.D.

Renelaine Bontol-Pfister

Seneca Moraleta-Puguan

Jay Valdez, Psy.D.

Glenn Wakai

Amado Yoro

### Philippine Correspondent:

Greg Garcia

### Neighbor Island Correspondents:

Big Island (Hilo and Kona)

Grace Larson | Ditas Udani

Kauai

Millicent Washington

Maui

Christine Sabado

Big Island Distributors

Grace Larson | Ditas Udani

Kauai Distributors

Amylou Aguinaldo

Nestor Aguinaldo

Maui Distributor

Cecile Piro

Molokai Distributor

Maria Watanabe

Oahu Distributors

Yoshimasa Kaneko

Jonathan Pagulayan

### Advertising / Marketing Director

China A. Montesines-Sonido

### Account Executives

Carlota Hufana Ader

J.P. Orias

The Hawaii Filipino Chronicle is published semi-monthly (twice a month) by The Hawaii Filipino Chronicle Inc. and is located at 94-356 Waipahu Depot, Waipahu, HI 96797. Telephone (808) 678-8930 Facsimile (808) 678-1829. E-mail filipinochronicle@gmail.com. Website: [www.thefilipinochronicle.com](http://www.thefilipinochronicle.com). Opinions expressed by the columnists and contributors do not necessarily reflect those of the Hawaii Filipino Chronicle management. Reproduction of the contents in whole or in part is prohibited without written permission from the management. All rights reserved. Printed in the U.S.A.

U.S. SBA SMALL BUSINESS JOURNALIST AWARDEE

MEMBER, SOCIETY OF PROFESSIONAL JOURNALISTS

## EDITORIALS

# The Green New Deal: Good for the Environment, Jobs, and Economy

**A** recent United Nations report said what most credible scientists already have been saying for years now – that the world must start reducing its carbon pollution immediately, and cut it in half by 2030. Or else, as most people in the planet and governments have already been warned, catastrophic consequences await with more severe weather from wildfires from droughts to flooding from rising sea levels to top category hurricanes becoming more frequent and more powerful. Global emissions levels hit a record high and it hasn't helped that the U.S. exited the Paris Accord Agreement.

Now that Democrats regained the House, they plan to take the country back on track with regard to the environment before the Trump administration took over. But this time, Democrats are far more ambitious and will introduce a package of laws called the Green New Deal.

It plans to address environmental concerns while at the same time boost a green economy. What's catching lawmakers and Americans' attention is the new emphasis on jobs, jobs, jobs, and health care, health care, health care in this new "Green" economy.

## Green New Deal

The "New Deal," part of its name, refers to President Franklin D. Roosevelt's (FDR) series of economic and social programs that lifted the U.S. out of the Great Depression. FDR's New Deal brought civil service work, massive employment, Social Security, and was collectively the largest investment the U.S. government has made in its people.

This is how impactful the Green New Deal hopes to become.

First, the environmental part aims to satisfy a range of demands. It will require the U.S. to get 100 percent of its electricity from renewable

resources. That means decarbonizing the agricultural, manufacturing and transportation industries responsible for large amounts of greenhouse gas emission. It plans to upgrade all industrial and residential buildings to maximize energy efficiency and create a national smart grid.

## Guaranteed Jobs

The second part, which is both arguably the most appealing and controversial, is the Green New Deal proposes job guarantees that every American can have a job with the government if they want one. Transforming the country to become more environmentally-friendly will generate an estimated 10 million new jobs from installing solar panels, manufacturing electric vehicles, to hundreds of new technological occupations.

A committee will be tasked to explore living wages, a universal basic income and single-payer healthcare to be incorporated into the Green New Deal.

Dealing with the urgency of climate change has always been a major concern for many Americans. But, politically, climate reform legislation has had only moderate success.

The guaranteed jobs feature of the Green New Deal elevates caring-for-the-environment initiatives because suddenly to many Americans wanting jobs, saving the planet becomes much more personal with a vested interest.

Large-scale investment by the government to help citizens and to stimulate the economy is always political mint (that is why there is bipartisan support for infrastructure projects). Accomplishing this while saving the planet looks to be a win-win scenario, at least in theory.

## Millennials

The recent midterm election saw the rise of millennials coming to the table of political power. They came out in record numbers and the fight to stop environmental degradation is among their top priorities, much greater than other

Americans of older generations.

This is another reason why the Green New Deal could be politically viable in the near future.

Alexandria Ocasio-Cortez, who is now a national figure and the youngest to ever be elected to U.S. Congress at the age of 29, is leading the charge of millennials in support of the Green New Deal.

She said "This (Green New Deal) is going to be the Great Society, the moonshot, the civil rights movement of our generation. That is the scale of the ambition that this movement is going to require."

Stephen O'Hanlon, a spokesman for the Sunrise Movement (a youth-led activism group that has pushed for environmental-friendly policies), said, "Any senators or any other politician who wants the votes of young people in 2020 needs to back a Green New Deal that would transform our economy and create millions of new jobs stopping climate change."

Already a few heavy-weight politicians like Sen. Kamala Harris (D-Calif) who has her eyes on running for president in 2020 had expressed support of sweeping climate change reforms.

## Imagination and Courage

Detractors of the Green New Deal say it is too idealistic and even politically risky. Remember how coal miners in the Midwest impacted the last presidential election. The average American might have concerns of rising

fuel costs. Property owners of older buildings and manufacturers who rely on non-renewable energy to power up might find upgrades to meet new environmental regulations too costly. How will private sectors already involved in renewable energy work with or see the government's role in the new "Green" economy, as much-needed support or competitors? There are many unanswered questions and reasonable concerns.

The reality is all great, bold legislations are politically risky and must go through a process of uncertainty. The more people legislation potentially effects, the greater is its innate vulnerability.

But this is where courage and the will to imagine greatness come into play in politics.

The Green New Deal is not a new concept. But the urgency, scope, and vision (incorporating guaranteed massive job hires and social safety nets such as healthcare)

that is now incorporated into the Green New Deal is what's making it, yes, "new" come 2019.

Well-respected author and journalist Thomas L. Friedman wrote in the New York Times in 2007: "If you have put a windmill in your yard or some solar panels on your roof, bless your heart. But we will only green the world when we change the very nature of the electricity grid -- moving it away from dirty coal or oil to clean coal and renewables. And that is a huge industrial project -- much bigger than anyone has told you. Finally, like the New Deal, if we undertake the green version, it has the potential to create a whole new clean power industry to spur our economy into the 21st century."

The upcoming 116th U.S. Congress begins in January. The Green New Deal, even with all its uncertainties, deserves serious attention and action.



Join the BEST place to work  
and the BEST family!

**NOW HIRING:  
EXPERIENCED HOUSEKEEPERS**

Full-time 7am-3pm or 2pm-10pm

The Arcadia Family of Companies offers outstanding benefits that include: medical/dental, free meals, retirement plan, paid holidays and bonuses.

To join our team, contact us at:  
arcadia.org/jobs or call 983-5918



# Filipinos Celebrate Pasko and Gift-Giving

By Edwin Quinabo

**O**t's December 16th early morning, cool, and still dark. But to parishioners of Saint Augustine in Ilocos Sur, Philippines, they are wide awake, their hearts warm because today begins the traditional Misa de Gallo (rooster's mass) or popularly known in Tagalog as Simbang Gabi (night mass).

Roman Catholic Filipinos celebrate Misa de Gallo by attending nine pre-dawn masses beginning on December 16th. The masses are held in anticipation of Christmas; and collectively is a spiritual buildup that culminates with one final midnight mass on Christmas Eve, the night of Christ's birth.

To devout Filipino Catholics – the significance of Christmas or Pasko is first about Christ, family, and prayer.



"My mother told me stories of Misa de Gallo in the Philippines," said Lynnette Ramos of Ewa Beach. "My mother Remy would get up about 3 a.m. with the rest of the family. They would walk to Saint Augustine Church for mass that started at 4 a.m. After mass they would have Filipino desserts like *bibingka* (rice cake) that families would bring or the church would also provide.

"It was a real sense of community and excitement. But also very serious, and the tradition that felt holy," Ramos recalls her mom saying.

"In Hawaii, we go to midnight mass on Christmas eve, but we do not practice Misa de Gallo by going to mass for nine days. But I do the nine-

day novena at home leading up to Christmas day, which is also a Filipino Catholic tradition," said Ramos.

A novena is a prayer of the rosary in honor of the Mother of Christ that is usually done to receive special graces from God. Asking for healing (for oneself or someone dear) or praying for the soul of a departed are common novena petitions during Misa de Gallo and the Christmas season.

## Pasko traditions practiced in Hawaii

While the Philippines is thousands of miles away, the Pasko traditions are very much alive and well in Hawaii's Filipino community. *Noche Buena*, literally means "Good Night" but refers to Christmas

eve, the art of *parol*-making (Christmas star lantern), caroling, and making Filipino desserts are some of the holiday customs being preserved and practiced.

A highlight of the Christmas season for Filipino families is the *Noche Buena* marathon of festivities that include having a sumptuous dinner, attending the midnight mass, then returning back home for more fun, bonding, and exchanging gifts.

It usually lasts from early evening to early morning around 2 to 3 a.m. But preparations for *Noche Buena* starts around noon on Christmas eve.

Instead of a turkey, the main traditional dish on *Noche Buena* is *lechon* or roasted suckling pig. In the 70s and early 80s, it was common for some Hawaii Filipino families to slow-roast a *lechon* in their own back yards. Usually, the *lechon*, which takes at least four hours to cook over an open pit fire, was prepared at the home of a family member who had the biggest and most private backyard. Today it is more common to preorder *lechons* and have it delivered the night of *Noche Buena*.

Along with *lechon*, two other celebrated Filipino dishes are must-haves on *Noche Buena*: pork *adobo* (pork slowly marinated in vinegar, soy sauce, garlic, and black peppercorns) and *pancit* (Filipino noodles of many variations: rice, flour, or egg). Some other Filipino festive dishes are *embutido* (steamed, stuffed

fish) and *arroz caldo* (very thick rice soup with chunks of chicken or turkey). The *arroz caldo* is usually served later in the early morning after midnight mass.

*Noche Buena* is also a time when Filipino mothers love to bake an assortment of desserts: *leche flan*, *ube halaya*, *kutsinta*, cassava cake, *suman*, *bibingka*, and for advanced bakers *ensaymada* or *maja blanca*. In the old days, only a select few mothers in the extended family would be bold enough and capable enough to prepare certain Filipino desserts. But the pool of bakers have expanded today with all the recipes easily accessible on the internet.

Filipino desserts are not made frequently in the year except during the holidays. So in a way, they have become associated with Pasko and is a big part of any potluck spread in the Christmas season, definitely, on *Noche Buena*.

Roland Casamina, CEO of House of Finance, Inc. and founding president of the Fil-Com Center, says his family celebrates many of the Pasko traditions.

Originally from Ilocos Sur, Philippines, Casamina describes his family's *Noche Buena*. "On Christmas Eve, each member of our clan go to their respective in-laws for an early dinner. Some of us go directly to my parents' house. After early dinner at the in-laws, the entire family meets up at my parents' house where we have a late dinner.

"In many cases, we go

to relatives homes and sing Christmas carols. Then we come back and just spend more quality time, play games. At midnight, we open gifts. Then have late snacks again."

Casamina says Christmas is always his favorite time of the year. One thing he says he misses is going to Ala Moana Shopping Center to watch Christmas shows on center-stage. "Despite the crowd and fighting for a parking space, it was not stressful to me. It's all a part of the Christmas shopping experience.

"But many of us don't do this anymore. With online shopping, the younger generations do not go to the malls, instead they buy on-line."

## All about family

Just as in the U.S., in the Philippines flights are booked solid as people travel far distances to return home to be with their families for Christmas. Usually, Filipinos living in the cities would return to the provinces of their origin to be with their parents or grandparents who still live there.

Kaneohe resident Rose Cruz Churma said, "a tradition that has endured for generations is the family gathering at Christmas time. Family members from far and wide strive to come home for Christmas. That is the best gift ever—to be with loved ones during the Christmas season.

"Christmas means being with family and enjoying their company. It means be-

(continue on page 5)

**IMPORTS GIFT SHOP & MINI-MART**  
 82 Ala Malama Street  
 Kaunakakai Hawaii 96748  
 PHONE NO: 553-5734

• Baskets, Lauhala Mats	• Quilts & Notions
• Books, Notecards	• Refreshments
• Fine & Fashion Jewelry	• Seashells
• Groceries	• Shoes & Accessories
• Handbags, Hats	• Sport & Dress Clothing
• Hawaiiana	• Surfing Line
• Jewelry Repair, Resetting & Resizing	• Surfwear & Surfboards
• Molokai Arts, Crafts, Supplies	• Sundries
• Philippine Products Dried & Frozen	• T-shirts, Sweatshirts

**ONE STOP SHOPPING!**

OPEN 7 DAYS  
8:30 AM - 6:00 PM

## COVER STORY

(from page 4)

ing grateful for being alive—and recall the days that just zoomed by. It is sharing what you have, particularly ones' time with those who need cheering up."

Cruz grew up in Baguio, a mountain city that the Americans founded at the turn of the century. She recalls how Christmas was as a youth. "The centerpiece of the holiday decor was the Christmas tree. In the beginning, we could still get a small pine tree but that evolved into bamboo trees stripped of its leaves that my Dad would create when the "-ber" months rolled along. We built a big bonfire on Christmas eve and enjoyed the cold mountain air outside, bundled up with layers of sweaters. We exchanged presents on Christmas day and as the day progressed, my parents' godchildren and assorted relatives and friends would visit at intervals, and the kids would do the *mano po Ninong* and *Ninang* and receive their *aguinaldo*."

Cruz recalls her last Christmas she had spent at her parents' house before she and her husband left for Hawaii to start a new life. It was December 1976, one of her most memorable Christmases.

"I tried to permanently imprint the sights and sounds of that last Christmas in my memory bank—the laughter and scent of sautéed garlic, onions and *patis*, the off-key songs from the neighboring kids as they did the traditional caroling, the look that my grandma gave me as she tried on the green shawl that we gave her that Christmas."

### Sending Remittances to the Philippines

A unique Christmas practice Filipinos do that most other ethnic groups in Hawaii don't practice is to send money to family and relatives back in the mother country.

Sending money remittances is an extension of western gift-giving practices during Christmas. But it goes deeper than showing appreciation during the holidays for some families. When someone leaves the Philippines for the U.S., there is an understanding that



the person leaving will help the family left behind as best they can. This expectation is more pronounced among families who struggle financially.

Why is there such an obligation? In the Philippines, it's common for families to make financial sacrifices for each other. An elder sister or siblings often will help a younger brother and sister to pay for schooling and school supplies. An uncle might contribute to a niece's much-needed medical expense. The examples are endless.

When suddenly a member of the family has the opportunity to live and work abroad where opportunities for making a decent income is better, the immigrant never forgets the family he left behind or all the ways they've helped him personally, or helped his father, mother, sister, and on.

So when Christmas time comes along, it is a perfect time for the immigrant to show his appreciation and send back money to them.

Grace Larson of LBC Maui, a money remittance company, said "It's our Filipino culture to help out or send out support to struggling family members to pay for food sustenance, tuition fees of nephews, nieces or younger siblings."

Larson also said it's not just Christmas time that Filipinos send back money to the Philippines. Sometimes, people send monthly between \$500 to \$1,000 a month, or more, for other reasons such as to build a dream house in the Philippines or to invest in real estate.

Larson explained how people can send remittances. "To send money for a first time, you are required to show two validated identification cards like a passport, driver's license, or green card.

"On Oahu, you can go to places where they remit money such as Western Union, Moneygram, Walmart or smaller places like LBC Mabuhay Express.

"You can also access the internet to send money through companies like xoom or remitly. On the application form, simply provide information on who will receive the remittance and your own information as the sender, and how much you will be sending."

Mercedes Soriano is owner and an authorized agent of Golden Sunrise General Services, a money transfer company. She said Hawaii resi-

dents usually send about \$100 to \$300 for family during the holidays.

Giving the gift of money back to relatives is like "giving back love," she said.

Besides the methods of sending remittances as Larson described, Soriano said that transfers can also be done from bank-to-bank.

"You just need to have the name of the bank, account holder, account number, and type of account of the person you want to send money to," said Soriano.

### Tips on using money remittance company

Before sending a money remittance, it's advised to do research on the company you plan on using, ask family and friends who regularly send money abroad what is the safest, most trusted company or bank, and the most reliable way to send money (deposit into an account or cash pick-up).

Senders should shop for the best combination of low fees and best service. If timing is important, consider a company that can transfer money fast enough and cash pick-up locations nearest to the receiver.

Senders should also be aware of scams such as receiver's fraud (people who claim money that wasn't destined for them, agent fraud (agent embezzling money), or fake rogue websites that misappro-

priate funds.

Inform the receiver of money when you will be sending the transfer beforehand and coordinate a time for the receiver to check if funds have been received as soon as money is transferred.

In the Christmas rush, it's advised to always be aware of possible scams and to take precautions.

### Have yourself a merry Filipino Christmas

Pasko traditions are still thriving in Hawaii. There are variations and adaptations to *Pasko* traditions with the local-Hawaii culture as well. *Noche Buena* dinners, for example, are likely to include local cuisine besides traditional Filipino dishes. Someone might bring along to the potluck a sushi platter or assortment of poke. The dessert spread could also have coconut *haupia* cake besides *bibingka*, which is all fine as the blending of culture and cuisine is very much a part of Hawaii's Filipino tradition as well.

Ethnic practices will be preserved during the holidays, whether they be religious practices (*misa de gallo*) or rooted in social need (remittances) or values-based (putting family first).

Let's all remember to enjoy and be grateful, and to remember the reason behind the season, Christ's birth. Have a Merry Christmas.



**STAY SAFE ON THE STAIRS.**

The Acorn Stairlift is the best solution for:

- ✓ Arthritis and COPD sufferers
- ✓ Those with mobility issues
- ✓ Anyone who struggles on the stairs

\*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 60110, OR CCB 198506, RI 68, WA ACORN8940B, WY WV049654, MA HIC169936, NJ 13VH07752300, PA PA101067, CT ELY 0425003-RS, AK 154057.

**SAVE \$250\***

ON A NEW ACORN STAIRLIFT & GET YOUR FREE INFO KIT & DVD!

**1-866-261-9296**





**Listen To KPMW**  
**The WILD 105.5 FM**  
**(808) 871-6251**  
**Request call (808) 871-6933**

**Energetic young individual who can speak Ilocano and Tagalog (bilingual) to be a disk jockey of a radio station. Computer literate, radio experience, or will train. Fax resume to 808-871-5670.**



Office.  
For Advertisement  
(808) 871-6251

Request Line  
(808) 296-1055

# Nothing New in the Diet Universe

By Melissa Martin

**O** I arrived at my favorite eatery for seasonal cinnamon pancakes with cream cheese frosting. Yum. As I started to enjoy the tantalizing taste on my tongue, a middle-aged couple seated at the next table blabbed on and on about weight loss and dieting. Blah. Blah. Blah. “Stop already!” I wanted to shout.

Journalist Gina Kolata penned a 2018 article for the New York Times where she surmised, “You’d think that scientists at an international conference on obesity would know by now which diet is best, and why. As it turns out, even the experts still have widely divergent opinions.”

On Nov. 14, 2018, an international scientific conference featuring world-renowned experts in the field of obesity was held in Tennessee. The Obesity Society (TOS) is the leading organization of scientists and health professionals devoted to understanding and reversing the epidemic of obesity and its adverse health, economic and societal effects. ObesityWeek is the largest obesity-centric conference in the world, according to their website. For more information, visit [www.obesity.org](http://www.obesity.org).

The big unanswered questions linger. Why have people become fatter in recent decades? Is it because of ever-larger portion sizes? Is it due to processed foods? Which diet is healthier for



weight loss? How do people maintain weight loss? Why and how do individuals gain and lose weight? Is it genes? Is it sedentary lifestyle? Is it sugary foods? What part does metabolism play in how calories are burned? Is it a combination of factors?

“After decades of research, there are shockingly few firm conclusions,” declared Kolata.

Nonetheless, marketers of fad diets plaster advertisements on everything but toilet seats. Media mania merges with deceptive dieting so the only loss is the green in your wallet.

Every year, new-fangled diet crazes come along and claim outlandish promises. Consumers are scammed by buying books, videotapes, portions and powders, portioned and packaged foods, and suspicious supplements. And people take the bait—in hopes of losing weight.

Hop off the hype wagon and smell the rip-offs. Pills, powders, and patches for permanent weight loss are gim-

micks. There’s no reliable scientific research to back up their dramatic claims. Beware of the pandering panacea of products. Folks, don’t be fooled. Magical, miracle, and mysterious meals and deals that burn calories like butter are bogus. So ditch dieting.

“There are no foods or pills that magically burn fat. No super foods will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supple-

ments and herbal products can be dangerous and even deadly for some people,” proclaims Taylor Wolfram, Registered Dietician. [www.eatright.org/](http://www.eatright.org/).

“Fad diets don’t help you keep off the weight in the long term. So what does work? The best diet is not a diet at all, but a way of life that includes food you enjoy, exercise, and health habits,” according to article on WebMD. [www.webmd.com/](http://www.webmd.com/).

Diets such as the Atkins, South Beach, Cabbage soup, Pritikin, Hollywood diet, Dukan, Lemon detox, Ketogenic diet, Whole 30, the Paleo diet, Scarsdale diet, Macrobiotic diet, juice cleanses, raw food diet, Carnivore diet, Blood type diet, and intermittent fasting are fads according to the experts. And many fad diets are unhealthy and even dangerous.

What’s the downside of Weight Watchers, Jenny Craig, and Nutrisystem? You will likely gain the weight back when you stop the pro-

gram due to the portion-controlled and prepackaged foods.

“People with celiac disease, gluten sensitivity or a wheat allergy should avoid gluten. But there’s no evidence that avoiding gluten will help people without these conditions lose weight or have any benefit on heart health,” according to researchers. [www.livescience.com/](http://www.livescience.com/).

“The most successful weight loss plans combine diet, exercise and behavioral therapy. Talking to a registered dietitian nutritionist is a good first step,” says Registered Dietician, Ruth Frechman at the Academy of Nutrition and Dietetics.

Healthy weight loss requires long-term lifestyle changes. So, think twice before following a fad diet for your 2019 New Year’s resolution.

**MELISSA MARTIN, PH.D.**, is an author, columnist, educator, and therapist. She lives in Ohio. [www.melissamartinchildrensau-thor.com](http://www.melissamartinchildrensau-thor.com).

## HAWAII-FILIPINO NEWS

### Judiciary Seeks Interpreters; Mandatory Workshop Open for Registration

**I**nterested in becoming a court interpreter? The Hawaii State Judiciary is seeking individuals who speak English and another language, as well as certified sign language interpreters to become court interpreters. Register for one of the workshops. This is a man-

datory requirement to become a Judiciary court interpreter.

The two-day workshops will be held:

Hawaii Island (Kona): Feb. 5-6 at the Kona Driver Education Office in the Kealahou Business Plaza

Maui: Feb. 13-14 at the Maui Driver Education Office in the Main Street Promenade Building

Oahu: Feb. 23-24 or March 23-24 at the Supreme Court Building in downtown Honolulu

Kauai: March 5-6 at the Kauai Courthouse in Lihue

Hawaii Island (Hilo): March 14-15 at the Hilo Courthouse

The deadline to register is January 31. Registration forms are available on the Judiciary’s website and from the Office on Equality and Access to the

Courts at 808-539-4860.

In collaboration with the State Office of Language Access, the workshop registration fee is offered at only \$50 (valued at \$150).

In addition to successfully completing the workshop, persons seeking to become a court interpreter must pass a written English proficiency exam, court interpreter ethics exam, and criminal background check.

Court interpreters are independent contractors and not Judiciary employees. They assist the courts in providing access to justice to court customers with limited English proficiency. Depending on their performance on written and oral exams, court interpreters are paid \$25 to \$55 per hour with a two-hour minimum.

For more information, contact the Office on Equality and Access to the Courts at 808-539-4860.



**Taking care of your family—that’s being good at life.**

Contact me to learn more about securing your family’s financial future.

**Ditas Guillermo Udani**  
Agent, Financial Services Professional  
New York Life Insurance Company  
1510 Kilauea Avenue  
Hilo, HI 96720  
808-895-2398  
[fudani@ft.newyorklife.com](mailto:fudani@ft.newyorklife.com)

Registered Representative offering securities through NYLIFE Securities LLC (Member FINRA/SIPC), A Licensed Insurance Agency, SMRU1713827 (Exp. 10/25/2018)  
©2018 New York Life Insurance Company, 51 Madison Avenue, New York, NY 10010

Insure. Invest. Retire.

Be good at life.



## WHAT'S UP, ATTORNEY?



By Atty. Emmanuel S. Tipon

# How President George H.W. Bush Tried to Help Me Join the Marines

**W**e join our nation in mourning the passing away on November 30, 2018 of President George H.W. Bush, the 41st President of the United States. He was 94.

I first met President George H.W. Bush on January 21, 1989, the day after his inauguration as President at the Rose Garden of the White House. At that time I was a member of the Republican Senatorial Inner Circle (a group of citizens who had contributed significantly to elect Republican Senators). I had been invited to his inauguration and various associated activities. The Chairman of the Inner Circle, Sen. Rudy Boschwitz, a fellow member of the New York Bar, introduced me to President Bush: "This is Emmanuel Tipon, he is also from Yale." President Bush (who graduated from Yale University [not the Law School] in 1948) smiled asking: "How do you do?" "I feel great Mr. President. I am honored to meet you," I replied. He smiled graciously.

Contrast this with my initial encounter with Bill Clinton four years later when he was running against President Bush. Rep. Nancy Pelosi (the next Speaker of the House) had invited me to a fund raiser for Clinton at the Fairmont in San Francisco. When Bill approached, Nancy said: "Bill, this is Al Tipon, he also went to Yale." Bill put his arm around my shoulder, shook my hand, took me aside, and asked: "How was Yale for you." My reply was: "I spent more time with the girls than with the books." He laughed loudly. "And how were the girls," Bill asked. I replied: "Fantastic. We went to bed but never slept." He guffawed loudly. Bill is "carinoso". It's no wonder, he had so many

girls. I was emboldened to talk about girls because I heard that he was a ladies man at Yale. And he was not yet President.

When the Gulf War broke out in January 1991 following Iraq's invasion of Kuwait, I went to the Marine Corps Recruiting Office in Daly City, CA. "I would like to enlist, sir," I told the recruiting officer who asked how he could help me. "Sir, there is an age limit, you have to be between 18 and 36," the officer replied. "Why, do you think I am under 18?" I asked, half seriously. The officer laughed. He told me that I might be able to get a waiver from the President. I asked my good friend, Congressman Tom Campbell, a Republican from Palo Alto, CA if it was possible to get a waiver. Tom said he would write President Bush.

A few days later, I got a call from the Pentagon. The caller said he was an officer and that they had been directed by the White House to give me a commission. He said that they might be able to give me a commission as a second lieutenant in the JAG (Judge Advocate General), adding somewhat apologetically that I would probably be making less money than in my current job. (At that time I was Senior Editor for Bancroft Whitney Law Book Publishing in San Francisco and was also practicing law). I told the caller that money was not a problem and that I wanted combat duty and go to Kuwait. The caller said he would get back to me. When the officer called back, the Gulf War was over. I told him there was no more war to fight so there would be no point in joining the military.

I supported Bush when he ran and won. Bush tried to help me to join the Marines. It was not a quid pro quo. I supported Bush without the expectation of getting anything in return.

It was through my son

Noel that I fulfilled one of my dreams - to join the Marines. He entered as a second lieutenant and left as a Major. He was deployed in Iraq. Now he and his law partner Tim Bilecki are defending military personnel in court martial cases and civilians accused of criminal misconduct.

The reason I had supported Bush when he first ran for President was that he was from Yale, he was a moderate, he was well-prepared for the office, he had inspired us with his vision to keep America moving forward for an endless enduring dream and "a thousand points of light," and he had vowed "read my lips, no new taxes."

But once in office, Bush breached his promise and raised taxes. Politicians who break their promise on the basis of which people support them do not deserve to continue in office. More so when it involves taxes the raising of which is anathema to Republicans.

Bush's poor strategy in the Gulf War also contributed to my disappointment with him. After driving out Dictator Saddam Hussein from Kuwait, Bush stopped at the border instead of pursuing Saddam all the way to Baghdad. That is war interruptus. That is contrary to all rules of engagement.

Obviously, President George H.W. Bush did not read Sun Tzu's book "The Art of War." Sun Tzu said that one of the ways by which an army is placed in a difficult situation by a ruler is when he does not know when to advance or when to withdraw.

As a result, turmoil ensued in Iraq, the Shiites and Kurds engaged in open rebellion which forced Saddam to crush them, Saddam tightened his grip on the country. Saddam became the strongest voice of anti-Americanism in the Middle East. The administration of President George W. Bush claimed that Saddam had weapons of mass destruction. This was never established.

When President George W. Bush told Saddam to resign and leave Iraq within 48 hours or else, Saddam re-

fused. So President George W. Bush ordered U.S. forces to attack Iraq on March 20, 2003. Thus began the destabilization of the Middle East that has cost countless lives and billions of dollars. If not for President George H.W. Bush's war interruptus, the Middle East would likely still be stable.

*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. Websites: 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.*

## VYKON FITNESS & ENSO

### JIUJITSU

GROUP FITNESS, PERSONAL TRAINING  
AND  
BRAZILIAN JIU JITSU

AFFORDABLE RATES. CLASSES FOR  
ADULTS AND CHILDREN AGE 4 AND UP.  
CONTACT US FOR MORE INFORMATION!



94-356F WAIPAHU DEPOT ST.

WAIPAHU, HI

ENSOJIUJITSUHAWAII.COM

971 223 9049

# Primary Care Clinic of Hawaii

Bringing Competent, Compassionate and  
Culturally-Sensitive Medical Care to the Filipino Community.

We would like to welcome our new doctors who are ready to  
serve your primary care needs!



**Dennis Rainier Bautista, M.D.**  
Board Certified, Family Medicine  
Assistant Clinical Professor, UH



**Jon Avery Go, M.D.**  
Board Certified, Internal Medicine  
Magna Cum Laude, UST



**Charlie Y. Sonido, M.D.**  
Board Certified, Internal Medicine  
Hypertension Specialist,  
American Society of Hypertension  
Assistant Clinical Professor, UH

**New Patients Are Welcome!**

**Primary Care Clinic of Hawaii**

1807 North King St., Honolulu, HI 96819

Tel. No.: (808) 841-4195

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

HEALTH & FAMILY

# Expert Urges Family to Remember Loved Ones With Dementia this Christmas

By Tracey Silvester

**P**eople mostly associate the festive season with joy and good cheer, however it can be particularly stressful for those with dementia or memory loss.

Christmas can be a busy and hurried time, with the pressure for everything to be perfect sometimes creating tension and pressure for the whole family.

Stressful and unpredictable situations are already unwelcome for a person with dementia or memory loss.

Christmas, with all its expectations and ideologies, adds a level of complexity to these situations that often put a strain on the capacity of a person with dementia to manage their already challenging symptoms.

Here are some timely advice for



family members trying to create great memories of Christmas for everyone, especially the family member with dementia.

### Provide food that is easy to eat

We know how important food is at Christmas to creating those amazing memories. Imagine how overwhelming that table full of food is for a person with dementia. Instead of all the work associated with creating a huge feast, it can be helpful for the person with dementia if they are able to access a lot of snack and finger foods.

*(continue on page 15)*



**Ohana**  
BUILDING SUPPLY  
Lic# BC-30215

**50% OFF** ALL IN STOCK CABINETS

**NEW 2ND LOCATION** to better serve you! **94-101 Malakeke Pl. • 808.671.3388**  
Bldg A in Waipahu (by the Old Sugar Mill)



**Get Additional 30% OFF**  
of countertop material with the purchase of countertop installation.  
Cannot be combined with other promos.

**GRANITE COUNTERTOPS**  
Starting at  
**\$99** and up

Limited to Stock on hand, while supplies last, not combinable with other promotions, sales are final on clearance items.

**QUARTZ COUNTERTOPS**  
9 feet Starting at  
**\$250** and up

EXPIRES 12/31/18  
\*Counter top only. Cannot be combined with other promos.

**OHANA CABINETRY** Lic# BC-30215  
Email: [sales@ohanabuildingsupply.com](mailto:sales@ohanabuildingsupply.com) • [www.ohanabuildingsupply.com](http://www.ohanabuildingsupply.com)  
**2815 Kaihikapu St. • Ph: 808.833.8338 • Fax: 808.833.8339**

\* For more information on our promotion, please contact one of our sales associates. Some exclusions apply. Promotions not valid with free granite promo. All sales final no refunds or returns.



*Wishing You All A Very Merry Christmas and A Prosperous and Safe New Year!*

FROM THE HAWAII FILIPINO CHRONICLE MANAGEMENT & STAFF

AS I SEE IT



By Elpidio R. Estioko

(Editor's Note: This is the first of two parts of this article.)

# Everyone Deserves the Opportunity to be Employed

**E**veryone deserves the opportunity to be employed and enjoy meaningful work!

Not known to many, even disabled persons and old people are employable... just like the rest of us! This is embodied in the Americans with Disabilities Act (ADA), so for those who have disabilities, don't ever entertain the idea that you won't get a job because you are disabled or you are old. The provisions in the ADA safeguards older adults and people with all kinds of disabilities giving them equal opportunities to work and will not limit their chances of employment!

Check this out - For as long as the applicant is qualified, capable and able to perform the

functions he or she is applying for, he or she should not be disqualified or disregarded for the position due to disabilities. This might be easier said than done, but this is what the law says! ADA, which was signed into law by Pres. George W. Bush, prohibits employers to disqualify people with disabilities to be employed. The law has a wide-ranging civil rights coverage that prohibits, under certain circumstances, discrimination based on disability.

As we pointed out the legal aspects of equal employment, the rights of disabled Americans are allegedly under attack, according to Rebecca Cokley in her article published recently. She is the Senior Fellow for Disability Policy at the Center for American Progress and served at the US Department of Education, US Department of Health and Human Services, the National Council

on Disability and the White House during the Obama Administration.

Cokley said that "while the Americans with Disabilities Act (ADA) has been law for 28 years now ... I can honestly say that rights for Americans with disabilities, including accessibility to public spaces, are now facing more uncertainty and outright hostility than at any time in recent memory..." She gave the example of an airline's latest policy where they are allegedly pushing back on service and support animals by introducing a new policy that requires increased documentation to register the animals at least 48 hours in advance of flying.

According to her, no other population is required to submit additional paperwork 48 hours before a flight. This will undoubtedly impact people with disabilities' access to the

ability to 'get up and go' with the same level of flexibility as individuals without disabilities, she argued.

On the other hand, after a year in Iraq with the Army Reserve, Chelsea Fernandez discovered that holding down a job with post-traumatic stress disorder was no easy deed. So she decided to start an IT company called Fernantech Inc., parent of Hawaii Assistive Technology Co. on Maui. The company's mission is to provide people with disabilities the means to live independently with technology. She is developing tech devices designed to empower and educate the deaf, blind, and disabled. This is giving big support to the Disability Act.

Months before the November 6 elections, *RespectAbility*, a nonprofit organization fighting stigmas and advancing opportunities for people with disabilities, has asked candidates on their opinion about citizens with disabilities for purely ed-

ucational purposes. *RespectAbility* is nonpartisan and does not endorse candidates.

The questions raised by *RespectAbility* is important for Hawaii's 157,200 citizens with disabilities because only 40.5 percent of the 65,700 working-age people with disabilities in Hawaii are employed. Further, there are more than 19,375 youth with disabilities and each year a quarter of them will age out of school into an uncertain future.

Two of the respondents in the survey conducted by *RespectAbility*, who are both disability supporters, were incumbent Hawaii Governor David Ige, who won his re-election as governor for the second term against his opponent Andria Tupola, the current representative for district 43 in the Hawaii State House of Representatives, where she is the current Minority Leader for the House Republican delegation.

(continue on page 12)

**PRICE REDUCED!**  
FROM \$230,000 TO  
**\$150,000**

POOL
24 HRS SECURITY
PRIVATE GARDEN
FITNESS CENTER
OUTLETS
CAR PARK

Move-in ready fully-furnished new condo residence on the ground floor with 1272 sq. ft., with parking stall and a lanai that opens to a private garden. Price reduced from \$230,000 to \$150,000 and includes range/oven, microwave, refrigerator, air conditioning unit, exquisitely designed new wooden furniture, wall mirrors, beds, chairs, coffee table, sofa, dining table, and elegant lighting fixtures. Located within the 60-hectare exclusive Lakefront development in Sucat, Muntinlupa City, Philippines. Presidio has fully-airconditioned buildings (interior hallways included), has function rooms ideal for big gatherings, clubhouse with swimming pools and fitness center, with surrounding commercial outlets like Jollibee, Pure Gold, Bank of P.I. and other retail stores in the condo premises.

**A comfortable and spacious lakeside setting on Laguna De Bay's lake. Utterly secluded but warmly social.**

**FOR SALE BY OWNER**  
**CALL NOW! CHARLIE at 808-225-5739 or 808-330-8981**

## CANDID PERSPECTIVES



By Emil Guillermo

# How to Assess George H.W. Bush— The Kinder, Gentler Republican

But I don't want to over-praise Bush.

## The Proper Perspective

Earlier this year, Vogue's Anna Wintour was called a "fur hag" by animal rights protestors in New York. But in any dotting hagiography, Wintour would be hailed not as a "hag" but as a "saint."

Of course, she'd have to die first.

I'm thinking about the term "hagiography" a lot lately because when someone famous dies, like a president (George H.W. Bush) or a prominent aspirant (John McCain), there's a tendency for those in the media to pull their punches and go into super-adulatory mode.

Bush and McCain certainly were war heroes and political leaders. But saints? Hardly.

If McCain was such a great leader, how would you explain how he foisted Sarah Palin on a nation? His gift to conservatism?

And Bush the First?

At the Pen Oakland awards event I emceed last weekend, the esteemed writer Ishmael Reed, (see New York Times, "Black Male Writers for Our Time") started speaking of Bush. He reeled off the former president's greatest flaws from Panama, the rest of Central America, and his CIA post, to the drug infestation of the inner cities. Reed didn't even have to mention the Willie Horton campaign ad, the Gulf War, and the demonization of Saddam. The first few references were enough to strike a chord of truth that does not lie.

As an Asian American, I'd go back even further to Bush's days as vice president under Reagan. Do you remember when Bush with a straight face said publicly about the Philippine dictator Ferdinand Marcos: "We love your adherence to democratic principle and to the democratic processes."

Somehow that has never been erased from my mind.

But I do want to show respect for the dead.

There should be some safe

period, some snark-free zone to allow us all to dwell on the finer qualities of any person in question.

Even Nixon, who at one time was considered the worst president in American history, got a free-pass period when his obits were written. Did you know the EPA was created under his watch? What a guy!

I lived and worked in Washington during Nixon's death, and it was like the world had agreed to forget Watergate even happened.

It's a form of grace, what I call "milk of amnesia." You drink it when you have to deal with the contradictions of life and politics that come up in things like state funerals.

But the effects should last no more than enough to blow a hanky. Just one, if that.

Maybe we need some middle ground. Just no public relations cleansing.

We need a way to realistically honor a great man ceremoniously.

But we also need the media at the same time to remind us of the public person we are actually burying.

We bury the man. But not the truth.

It actually leads to a fuller, more authentic picture.

## How to Mourn Bush in the Current Political Climate

I think I know where the line is.

I lived in Texas for four years during Bush's rise as a politician during my formative years as a reporter. I know people who absolutely loved the person they called "Daddy Bush."

Bush certainly was a transplant from the patrician Northeast. He was a Yale Skull and Bones man who found himself lured by oil money to the Southwest, where he transformed himself into a hybrid—a homespun southern Yankee.

There were things about that unique Bush personality that came out in his presidency that were humane and "admi-

nable." But it also served his politics.

Was it really admirable to cut taxes to the rich and cut services to the poor, and then foist that responsibility on our churches?

Was a "thousand points of light" a call to service and volunteerism?

Or was it government insisting it had no responsibility for its people? Maybe we should all help each other. Bush tried to make "Love your neighbor" work in the broader public realm. It sounded good in church. But "kinder, gentler" did not compute in a self-interested, self-absorbed America.

That's where America was going in the late '80s, early '90s.

Boomers were maturing after the disco era and concocting schemes to redo America and get rich. The digital IPO wasn't the enrichment mode back then. MBAs were out to remake mature businesses, buy them out, cut them to the bone, and fire workers for profit. The Leveraged Buy Out. Bush was president during those times. It was the harbinger of the upheaval to come in the next millennium, spurred by technology, when

mature industries themselves would be threatened.

But Bush was an oil man. America doesn't run on Dunkin'. Oligarchs like Bush always finish on top. And he paved the way for what we see now—an America where the one-percent got even richer.

There was also a shift in the media. Rush Limbaugh was becoming hugely popular on talk radio. Limbaugh merged humor and politics and began to model for the masses a post-Reagan American conservatism.

Bush was on top during all that and was its beneficiary. But Limbaugh came on with such an aggressive, in-your-face braggadocio. Bush, for all his conservative traits, always showed his belief in a genuine sense of humanity. But the style of the day was changing.

He was as good a Republican a non-Republican could expect. But he was the wrong man, in the wrong time, with policies that didn't add up.

## So Why Praise Bush?

The best thing about Bush is that he tried to overcome his oligarchical tendencies. He was a patrician businessman who believed in public service.

Some people's rise in politics is all about power. But for career politicians like Bush,

(continue on page 14)



## BALIKBAYAN BOXES

## LBC HARI NG PADALA

### GRACE LARSON

BIG ISLAND AGENT of LBC

**211 MAKANI CIRCLE**  
**HILO, HI 96720**  
**808-640-1540**  
**808-960-6006**  
**Fax: 1-866-663-1453**  
**raven\_reuboni@yahoo.com**

---

**Drop-off Your Balikbayan Boxes at Two Big Island Courier locations!**

Come visit us at our Authorized Partner locations:

**HILO WAREHOUSE**  
831 Lailani St., Hilo, HI 96720



Business Hours:  
Monday to Friday  
8:00 am - 10:00 am or 3:00 pm - 6:00 pm  
Sundays at 1:00 pm - 4:00 pm

**KONA**  
73-4776 Kaulani St. Unit #12  
Kailua Kona, HI 96740



Business Hours:  
1:00 pm to 4:00 pm, Sundays only

**CALL TO SCHEDULE YOUR PICK-UP!**

**Grace Larson**  
(808) 640-1540  
**Joy Luea (Kona)**  
(808) 937-0663

 **We Like To Move It**

(800) 338-5424 | www.LBCexpress.com | f /LBCexpress | @LBCexpress

## www.allparalegalservices.com

MAINLAND NEWS

# Senator Schatz Calls for End to Funding Immigration Detention Facilities

U.S. Senator Brian Schatz and a group of 13 senators called on the Department of Defense to stop providing any funds or resources to support immigration detention.

The call comes after President Donald Trump laid out plans that his administration would build “massive cities of tents.”

“There is currently no justification for the use of military funds or resources for immigration detention,”

the senators wrote in a letter to Defense Secretary James Mattis. “We urge you to clarify that DOD has not and will not participate in immigration detention. If plans are already underway, we urge you to immediately halt any progress.”

In their letter, the senators underscore warnings from medical professionals and health experts on the harm family detention has on children. Earlier this month, a 7-year-old girl from Guatemala died from dehydration after being de-

tained by Customs and Border Protection following a border crossing. According to the Department of Homeland Security, there were nearly 50,000 families apprehended in the last two months on the southern border.

(AS I SEE IT: EVERYONE DESERVES...from page 12)

His summary responses highlighted his efforts as governor to provide Hawaii residents with disabilities better employment opportunities and inclusion in the workplace. “We see employment of people with disabilities as a civil rights issue, and closing the employment gap is a key strategy that will benefit the entire community. Members of my administration are working to establish Hawaii as an Employment First state, and I am steadfastly committed to making this happen.”

More than 156,000 people with disabilities live in Hawaii, he said... and this number includes 66,031 who are working age (18 to 64). Of that population, an estimated 39.9 percent are employed, leaving 60.1 percent out of work. In comparison, 78.6 percent of working-age Hawaiians without disabilities are employed. Hawaii ranks 18th in terms of employment rate for people with disabilities in the U.S.

In his responses, Ige also touched on education specifically on aiding high school students

with disabilities on their way to employment or secondary education. “A core initiative is the Jobs Now Partnership (JNP) facilitated by the University of Hawaii Center on Disabilities Studies (CDS), which is working with local high schools to support students with intellectual and developmental disabilities in their pathway to employment. This pilot demonstration is a partnership with five agencies and will assist high school sophomores to seniors develop and achieve individual employment outcomes.”

To emphasize the importance of the disability issue, he issued a proclamation for Hawaii naming October 2018 as Disability Employment Awareness Month. “People with disabilities are productive and loyal, and deserve the same opportunity to earn an income and achieve independence like anyone else,” writes Gov. Ige in the proclamation. “The State of Hawaii, he further said, provides access, meaningful services, and improved outcomes for all citizens at the state, county, local,

and private sector levels.

As to the question on policies and actions he supports to reduce the stigmas of people with disabilities that are barriers to employment, independence and equality. Ige said the key area of policy that is working to reduce stigma and advance independence for people with disabilities is in the employment arena. We see employment of people with disabilities as a civil rights issue and

closing the employment gap is a key strategy that will benefit the entire community. “Members of my administration are working to establish Hawaii as an Employment First state, and I am steadfastly committed to making this happen. Hawaii is actively implementing requirements of the Workforce Innovation and Opportunity Act (WIOA), and we have laid out our vision for pathways to employment that combines both

federal and state planning mandates into a single document. A core initiative is the Jobs Now Partnership (JNP) facilitated by the University of Hawaii Center on Disabilities Studies (CDS),” Ige explained.

During his administration, Ige supported Hawaii’s involvement as one of nineteen states that participated in the Employment First State Leadership Mentoring Program

(continue on page 13)

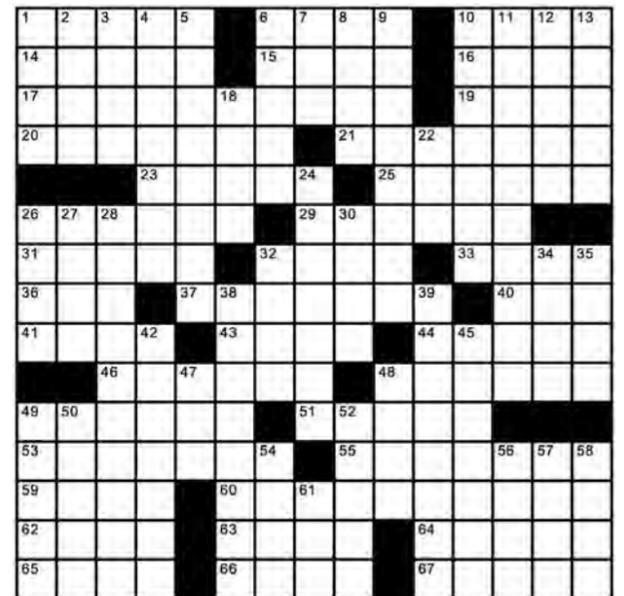
## KROSWORD *Blg. 19* ni Carlito Lalicon

### PAHALANG

1. Kapital ng Aurora
6. Apaw
10. Nasaan
14. Sasal
15. Areglo
16. Parati
17. Tinatanggap
19. Liyo
20. Sumawata
21. Ang pumatay (nakamatay)
23. Himaymay na ginagawang lubid, binatok, pinukpok, sinamay at tayod.
25. Bukana
26. Epihiye
29. Paya
31. Tama
32. Alamat
33. Paglisan
36. Ari
37. Maytao
40. Bilin
41. Malaking libro
43. Regalo
44. Kintab
46. Usisa
48. Awit
49. Pandak

### PABABA

1. Kapital ng Azerbaijan
2. Pagtiis
3. Sinulid na galing sa tupa
4. Kulukuti
5. Alarakas
6. Pagputol ng puno ng kahoy
7. Uno
8. Biyaya
9. Umiral
10. Tamad
11. Salaguma
12. Nara
13. Niyaon
18. Gaano
22. Pantukoy na ginagamit sa pangngalang pambalana
24. Punongkahoy na nakalalason
26. Alinugnog
27. Muslim



51. Paniwala
53. Pamaypay
55. Isinilang
59. Salitang nag-uusisa kung ano ang ngalan ng taong ibig makilala
60. Masakim
62. Kilos
63. Hamon
64. Amain
65. Balindang
66. Ningas
67. Luto sa hurno
28. Pagmemenos
30. Bahagi ng katawan na tumutulong sa paglikha ng dugo
32. Buhat
34. Kalso
35. Takaw
38. Isang uri ng ulam
39. Optiko
42. Ihian
45. Areglahin
47. Balaod
48. Lamang-lupa
49. Abstrak
50. Babala
52. Antak
54. Hurno
56. Grado
57. Sunud-sunod na suntok
58. Tela
61. Manang

(Ang sagot ay ilalabas sa susunod na isyu ng Chronicle)

## LEEWARD OAHU REHAB SERVICES

We offer the following services:

- WORK AND NO-FAULT RELATED INJURIES**
- RECONDITIONING**
- ORTHOPEDIC EVALUATION AND REHABILITATION**
- NECK PAIN**
- BACK PAIN**

*Business Hours:*  
**Tues. & Thurs., 3 - 6 PM**  
**Sat., 2 - 5 PM**  
**94-356 WAIPAHU DEPOT RD.,**  
**WAIPAHU, HI 96797**  
**(808) 671-5928**



**VILMA D. FUENTES, Doctor of Physical Therapy**

## LEGAL NOTES



By Atty. Reuben S. Seguritan

# Complying with Residence Requirement for Naturalization

**N**aturalization is the process of becoming a US citizen. The immigrant must pay for the fees required and submit the Form N-400 and other necessary documents. There are 3 residency-related requirements: 1. Continuous residence; 2. Physical presence; and 3. Time in district or state. Residence is defined as the “place of general abode” or one’s “principal, actual, dwelling place in fact, without regard to intent.”

Continuous residence in the US for at least 5 years is required for most immigrants before filing for naturalization. This means that the immigrant was not outside the US for a long period of time during one trip. Being outside the US for six months or less does not break the continuous residence

in the US. If he was outside the US for more than six months, this might be deemed as an interruption of the continuous residence and this will raise a rebuttable presumption of abandonment of residency for naturalization purposes. The immigrant must prove by a preponderance of the evidence that he maintained continuous residence in the US and he intended to continuously reside in the US.

If the immigrant is outside the US for one year or more, then he is deemed to not have continuous residence in the US anymore. An exception to this break in continuous residence is granted to employees of certain US government agencies and US companies and international groups of which the US is a member. The employees falling under this exception must file Form N-470 to preserve his residence for purposes of naturalization. In order to file N-470 for this purpose, he must have lived

in the US for at least one year as a lawful permanent resident (LPR) and such residence was not interrupted by trips abroad. The N-470 can be filed while the LPR is outside the US but he must meet all of the other requirements.

If the immigrant is sure that he will be outside the US for more than a year and he is not eligible to file an N-470, then he must apply for a reentry permit. The reentry permit will demonstrate that the immigrant has not abandoned his US residence and LPR status.

If the immigrant obtained his LPR status by marriage to a US citizen, then he can file for naturalization after at least three years of continuous residence in the US with his spouse. The couple must be married and living in marital union for the entire three years and the US citizen spouse must have been a US citizen throughout the entire period before filing for naturalization of the immigrant. If the marriage terminates before

the three years, then the LPR spouse must be a continuous resident in the US for at least 5 years.

An immigrant granted LPR status through Violence Against Women Act (VAWA) self-petition, who was married to a US citizen or was a child of a US citizen may apply for naturalization after at least three years of continuous residence in the US. Furthermore, the VAWA self-petition applicant is not required to be married to the US citizen anymore in order to file for naturalization.

The second residency-related requirement is physical presence. Physical presence means time spent actually in the US. Most immigrants applying for naturalization must have been physically present in the US for at least half of the required period of continuous residence. This would mean that the immigrant must show that he was physically present in the US for at least 30 months out of the 5 years. If the immigrant can file for naturalization after at least 3 years, then his physical presence must be at least 18 months in the US.

The third residency-related requirement is residence within the district or state. This means that the immigrant must reside within the state or within the US Citizenship and

Immigration Services (USCIS) district where the application will be filed for at least 3 months immediately preceding the filing. If the immigrant filed the naturalization application before the 3 months is met, then he must continue to reside in the same state immediately preceding the examination/interview. If the immigrant maintains two or more residences in different states, he will be deemed to be a resident of the state where his annual federal income tax returns have been and being filed.

These residence requirements are not required for immigrants who are religious missionaries employed abroad by a religious denomination or by any interdenominational mission organization having a bona fide organization in the US. This means that they can file for naturalization after at least 5 years of LPR status, provided that they resided in the US for an uninterrupted period of one year any time after obtaining LPR status. Persons serving abroad in the armed forces are also exempted from US residence requirements.

**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)

(AS I SEE IT: EVERYONE DESERVES...from page 12)

sponsored by Office of Disability Employment Policy; this was a core foundation for the strong employment collaborations for people with disabilities that exist in Hawaii today.

In response to the second question, Ige said improving the lives of people with disabilities remains central in his policy agenda. “I have supported successful rate increases though my Executive Budget request for the 1915(c) IDD waiver that has a central focus on community integration through employment and the promotion socially-valued roles of people with disabilities. Hawaii is a member of the State Employment Leadership Network; one of DDD’s strategic goals is that individuals with IDD will have opportunities to seek employment in competitive integrated settings. Nationally and in Hawaii, people with IDD have historically been unemployed or underemployed despite their ability and desire to work in the community..., he said.

Recognizing the fact that people with disabilities are twice as likely to be victims of crime as those without disabilities, Ige said in his response to the question that “Protecting vulnerable citizens is an important priority for my administration. The Developmental Disabilities Council under the Department of Health provides support to the Self-Advocacy Advisory Council (SAAC). This has been a successful model for empowering people with disabilities to become leaders and to advocate for themselves on a variety of levels, from personal to policy. SAAC has grown exponentially over the past several years, with chapters on each of the main Hawaiian Islands. SAAC members have a grant through the DDD to teach the curriculum “Feeling Safe, Being Safe,” that helps prepare individuals and neighborhoods for emergencies of all kinds. While the curriculum is focused on emergency situations and natural disasters, it has

brought awareness about personal safety to the forefront. DDD has also implemented training on sexuality and people with disabilities for case managers across the state”.

As to the question of technology helping people with disabilities, Ige said assistive technologies are a key way to promote community integration and in Hawaii can be accessed through a variety of means including through the HCBS waiver and Assistive Technology Resources of Hawaii. In terms of advancing innovations, State staff have looked at Ohio’s Technology First Executive Order, which is acting to expand access to technology for people with developmental disabilities... We think this is a promising approach and will be looking more into the important advances in this area and what it might take to build a similar initiative in Hawaii”.

(For feedbacks, comments... please email the author @ [estiokoelpidio@gmail.com](mailto:estiokoelpidio@gmail.com)).



**Michael A. McMann, M.D.**  
BOARD CERTIFIED  
FELLOWSHIP-TRAINED  
EYE SURGEON





**McMANN EYE**  
INSTITUTE

- COMPREHENSIVE EYE CARE
- CATARACT SURGERY
- GLAUCOMA
- DIABETIC EYE CARE
- PTERYGIUM
- MACULAR DEGENERATION
- LASIK VISION CORRECTION
- ADVANCED CORNEAL TRANSPLANTATION
- SUNGLASSES, EYEGLASSES & CONTACT LENSES

**Queen's Medical Center West - POB West**  
**91-2139 Fort Weaver Rd. Suite 202 | Ewa Beach**  
**677-2733**  
**FREE Parking / Next to The Bus Stop**  
**Staff speaks TAGALOG & ILOCANO**

PHILIPPINE LANGUAGE

# Paskua Manen! Paskua A Ramrambakan



**DAYASADAS**  
By Pacita Saludes

**M**asegseg-gaan a kanayon ti Disyembre ta naisangsangayan a ragsak ti idateng ti Paskua a pannakaiyanak ni Apo Jesus. Dagiti nataengan kangrunaan pay dagiti ub-ubbing nga agrag-o no madanon ti

Paskua. Naragsak ngamin ti umawat kadagiti maipapaskua. Tay paskuakon Ninong, Ninang!!

Kasla ngamin adda naisangsangayan a rikna no madanon daytoy nga aldaw. Ammotayo a daytoy ti pang-bikag ti Apo kadagiti amin a puspuso a mangipaay ti rikna kada maysa. Naisangsangayan a rikna no madanon ti Paskua.

Jesus a mangbikang ti naisangsangayan a rikna a mangsegga a kanayon ti idatengna ken parsuatayo a mangsegsegga ken Cristo iti kada murdong ti tawen. Di-

syembre, ipalagipna ti panagparbeng ken panagiinnayat.

Ania met dagiti saganayo dita komare? Isagana ti lutoen a tupig. Ta idia pagiliantayo, tupig a nabungon iti bulong tis aba ken tinubong a tupig ti maisagana nga ipapaskua. Ditoy awanen ti kakasta ket sabali met a wagas ti maaramiden ditoy. Basta adda pagsasanguanen naragsak dayta. Dolyar papel ken sinsilyo ti sagana ni ikit para kadagiti agpasiar nga ub-ubbing nga agkankanta. Paskuayo Apo! Ken nakasagana met dagiti Ninong kada Ninang para kadagiti ubbing

a sumuknal kadakuada.

Kaaduanna met kadagiti babbalasang ti mangur-uray ti Paskua nga isu ti ipapaskuada kadagiti ay-ayatenda. WOW! Manokayo dita a mangipapaskua ti nabayagen a makupikopon nga ayat? Okey, Naragsak a Paskuatay' amin!

—✍—

Pakaammo ti GUMIL ken AKA nga isagsaganada ti naisangsangayan a ragrag-sak a kas kadagiti napalabas. Iyaw-awisda manen kadagiti Ilokana a babbalasang ken naestaduan a mabalangatan a Miss GUMIL ken AKA para 2019. Nagasat dagiti

maala nga agbalin a reyna ta mairamanda kadagiti adun a nabalangatan a rereyna a nangtultulong ti GH ken AKA iti napalabas ta maitiponda iti maararamid a libro a pakai-pablaakan dagiti adun a reyna.

Kiddawen ti Editor ti ladawan ken pakasaritaan dagiti napalabas a rereyna agrman tawen a panagserbida ti GUMIL ken AKA. Mainayonda iti libro dagiti "MUTYA DAGITI ILOKANA" kadagiti adun a tawen ti napalabas. Agur-uray ti Editor. 1358 Wanaka St. Honolulu, HI 96818. Thank you!

—✍—

**(CANDID PERSPECTIVES: HOW TO ASSESS...from page 11)**

the idea of public service comes through. It helps forgive his mistakes.

And that in the end may be the thing I won't forget about the Bush presidency.

He knew what being a president meant. He respected the office. And he genuinely knew what decorum meant as a leader of the premier democracy known as the United States.

It was worth keeping united, not divided. And if Twit-

ter had been invented, he sure wouldn't have been tweeting.

In Bush, we had a man who, despite his politics, tried to let his humanity always shine through. His attempt was genuine, though the results weren't always great.

A friend of mine told me yesterday that he couldn't forgive Bush for appointing Clarence Thomas to replace the great jurist Thurgood Marshall. Me neither.

But that was the best thing

about Bush. For all his flaws, there was still something good you could say, because you still sensed that he was looking out for all of us.

He was not a divider. He was a little out of touch, maybe. But he was the last of the great Republicans in a time when people in politics didn't feel like they had to be at each other's throats. When bipartisanship was a real possibility. When my old boss, Norm Mineta, could proudly claim as

his friends staunch republicans like Alan Simpson and Henry Hyde. You don't start hearing about gridlock or obstruction in earnest until 1989 or 1990.

Current Republicans should take a lesson from the Bush mourning period.

Under their watch, the presidency has changed even more. And so has the country—for the worst.

Is there anyone who doubts we'd be in a different place if there was someone from the

GOP leading us who was a lot more like George H.W. Bush?

His death is like a public service announcement to the world and all of America on presidential decorum, and what being a world leader means.

That's something the current guy knows nothing about.

**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 @emilamo

(Solution to Crossword No. 19 | December 8, 2018)

L	I	T	O		S	O	L	U	S		D	U	M	P
I	D	O	L		T	A	U	N	T		E	N	O	L
M	E	L	D		A	F	F	L	I	C	T	I	V	E
O	M	E	L	E	T		F	I	L	L	E	T	E	D
					R	A	V	E	L		N	E	O	N
S	P	A	D	E	W	O	R	K		S	T	A	F	F
P	I	T	Y		I	C	E		N	E	E	D	L	E
A	N	I		A	D	H	E	R	E	D		A	I	R
D	E	N	G	U	E		F	I	G		A	M	E	N
E	D	G	E		S	Y	L	L	A	B	A	R	Y	
					R	I	S	K		L	I	V	E	N
H	E	L	M	S	M	A	N		G	E	T	T	E	R
O	N	E	A	T	A	T	I	M	E		T	I	T	I
O	V	E	N		R	E	C	O	N		A	N	N	A
P	Y	R	E		T	R	E	A	T		L	E	A	L

**philstar.com**  
The Filipino Global Community

*shines even brighter for the Filipino Global Community*

Join us as we journey into a new home!

Log on to [www.philstar.com](http://www.philstar.com)

**FOR LEASE OFFICE SPACES**

- LOCATED IN THE HEART OF WAIPAHU
- NEAR BUS STOP
- EASY ACCESS TO THE FREEWAY

**AVAILABLE NOW**

**904 SQ. FT. and 135 SQ. FT.**

For more information, please call  
**RENTAL MASTERS LLC**  
@ 678-8930 or 330-8981

**HEALTH & FAMILY**

(EXPERT URGES...from page 9)

are able to access a lot of snack and finger foods.

Place a range of snacks around the living and dining areas (or wherever your guests are going to congregate) for everyone to enjoy. This allows the person with dementia to walk around, digest food and engage with others in the process, even if they are distracted from eating at times.

Providing finger foods also means that if the person has difficulty with cutlery they can still eat their food with dignity. Finger foods are also great for kids meaning that the person with dementia isn't made to feel out of place when they are eating.

**Make the portions small and the food on the soft side**

In line with the suggestion to provide finger foods, also remember that some people with dementia may have difficulty with swallowing or chewing their food. Providing them with smaller portions that do not require as much effort to chew and swallow will mean they are more likely to eat. Keeping the texture of the food on the soft side also assists with chewing and swallowing. Smaller portions of food are also less overwhelming for the person with dementia to manage, especially when confronted with a pile of food on a plate.

Finally, if you don't see the family member very often, check with their main care taker about whether there are any foods to avoid or if there are foods the person should have.

**Use social cues to 'announce' meal time has started**

Because orientation to time can become an issue for people with dementia, they may not realize that it is time to eat or that the meal service has commenced. Starting the meal time by saying grace or proposing a toast will bring focus to the start of the meal and might be a helpful cue for the person with dementia that it is time to eat.

**Help the person get started with their meal and pay attention to the light**

Depending on the progression of the person's cognitive decline, they may not recognize everyday items that are commonly on a table such as cutlery. Putting the knife and fork in their hands may prompt them to remember what to do with the utensils. Encourage everyone else at the table to commence eating, as this will sometimes also trigger a memory of the purpose of the utensils.

As we age, our eyesight deteriorates. For people with dementia, not only has their eyesight degenerated, so too has their ability to make out shapes and light and dark. Not that it is an issue here in Australia, but making sure there is adequate lighting at the table will assist the person with dementia in identifying where their plate is on the table and what food is on the plate. Using a plate that is a contrast in color (especially red) can also assist as it supports the person to distinguish between the tablecloth and the plate. It might also be a good idea to position the person with dementia at a seat around the table where it is easy for them to leave the table to go to the toilet.

**Conversations – make them happen by keeping them simple**

Let's face it, who wants to have a conversation about world peace at Christmas anyway. For a person with dementia overly complex subjects coupled with the confusion associated with being in a room full of people can

be distressing. People may find conversation with people with dementia challenging because of their short-term memory issues

The goal here is not to highlight that the person with dementia is having difficulty remembering things. Using short sentences, avoiding complicated words, and not repeating things multiple times (no matter how much you might want to) will give the person with dementia the time to process the initial topic of conversation.

Christmas is actually a great time to have conversations with a person with dementia because it is naturally a time of year that can trigger memories for that person that have otherwise been suppressed by time and circumstance. Drawing on long-term memories is a way the person with dementia can meaningfully participate in a conversation and is also a way for family members to learn more about their lives.

The only downside to remembering things from the past is that Christmas can also trigger sad memories, especially if the person with dementia has lost their spouse. It is difficult to avoid these memories but a way of turning them into happier memories is to have old photos or videos available that can help broaden the conversation.

If holding a conversation is challenging, then use the many great things about Christmas related to music and singing. Most people with dementia enjoy singing their favorite Christmas carols and there is a lot of evidence the music can relax people who are a bit stressed and overwhelmed.

Finally though, don't overthink Christmas. As a famous person once said, 'don't sweat the small stuff'. Remain open to the possibility that nothing will go to plan and in the end, that is OK. Provided everyone has fun and there is laughter and love, the outcomes will look after themselves.

*TRACEY SILVESTER is Executive Manager of En- vigor and has more than 25 years experience in health and aged care services. She is a registered nurse.*

**visit our website@**  
[www.thefilipinochronicle.com](http://www.thefilipinochronicle.com)  
**and enjoy the e-copy of the hawaii filipino chronicle**



**PERSONAL TOUCH LANDSCAPE**  
 is growing and we need to hire experienced landscape team members for construction, irrigation, and maintenance.  
 We are a family owned and operated business since 1979. Our company works Island wide and many of our employees are bi-lingual Filipinos. The compensation and benefits are great. Please call us right away to set up an interview.  
**Call (808) 623-8481 or apply online at www.ptlhn.com. We hope to hear from you very soon.**

**CLASSIFIED ADS**

**HELP WANTED FOR CLEANING COMPANY**  
 (Legendary Cleaners) pay depends on years of experience. Must be reliable, prompt and not afraid of hard work. Experience a plus. Willing to train. Contact John Kim 808 392-5597

**BECOME A FRANCHISEE** fast pace cleaning company legendary cleaners with over 16 years in business. Franchise fee 15706.80. 10 year contract. Contact John Kim 808 392-5597

**HIE HOLDINGS INC. HIRING FT CDL B DRIVERS**  
 Must have CDL license with air brakes endorsement, current DOT physical & DOT driver history record. Paid Medical/Dental/Vision, 401(k). Please call Grace @ 839-3272

**HAWAIIAN ISLES WATER HIRING PRODUCTION WORKERS**  
 Must be able to perform/operate machinery and forklift in a warehouse setting. Requires lifting up to 50 lbs. Must have transportation to work site (no bus service nearby). Paid Medical/Dental/Vision, 401(k). Please call Grace @ 839-3272

**LIVE IN CAREGIVER WITH CAREGIVING EXPERIENCE AND LIGHT COOKING**  
 Room and board plus salary. Email: walter16@mac.com

**NEW CARE HOME FOR SALE**  
 or MULTI-GENERATION LIVING  
 Brand new 2017 construction. 7 bd with 7 1/2 ba on first floor. 2 Bd on second floor. Each floor large walk-in baths. Parking for 12 cars or more.  
 9 Beds / 2 Walk-in-Baths / 7 Half baths / 3,144 SF Interior  
 7,818 SF Land / 12 Car Parking  
**\$1,560,000 FS**  
 145 Kaliko Place, Wahiawa Heights  
 MLS: 201815577  
 Call your Realtor or 808-222-1022 for more information.  
 Randy Morioka, RA RS-61535,  
 Berkshire, Hathaway Homeservices HI Realty  
 931 Hausten St., Honolulu, HI 96826

**HELP WANTED**  
**Drivers**  
**Order Desk/Customer Service Representatives**  
 Competitive Pay & Benefit Package:  
 Medical, Dental, Vision, Drug  
 Flex Spending, 401k & Profit Sharing,  
 Life & AD & D insurance.  
 Clean Abstract (required for drivers)  
 Shifts vary 5:30am-6:00pm, Mon-Fri  
 Selected major holidays off/paid  
 Application hours: 10am-3pm, Mon-Fri  
 Apply in person at: KOHA FOODS  
 500 Alakawa St. #104 Honolulu, HI 96817

**HELP WANTED**  
**Janitor/Maintenance**  
 position for Hawaii Kai apartment complex  
 ■ Starting at \$11/hr + benefits.  
 ■ High school diploma or equivalent.  
 ■ Min 2 years experience at large complex.  
 ■ Must be able to push, pull and lift up to fifty (50) pounds.  
 Call 808-587-7770 or info@avalonhi.com.

**LICENSED REAL ESTATE AGENTS WANTED!!**  
**HIGHEST COMMISSIONS!!**  
**UP TO 80-90% F/T!!**  
**75% P/T!! 65% BRAND NEW!!**  
**OAHU REALTY!! SINCE 1956!!**  
**50 AGENTS!! 2 BROKERS!!**  
 927-2372 MASUDA.WAYNE@gmail.com  
 RB-17938"



# Hawaii Senior Medical Group

## Hawaii Senior Medical Group Primary Care Physicians

- |                                                                    |                                                                       |                                                                                                               |                                                                   |                                                                   |
|--------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|
| <br>Harry Acuna, MD<br>Internal Medicine<br>808-671-1159           | <br>Edward A. Alquero, MD<br>Family Medicine<br>808-676-2271          | <br>Godofredo B. Bading, MD<br>Internal Medicine<br>808-524-5024                                              | <br>Marina Badua, MD<br>Internal Medicine<br>808-536-1754         | <br>Gabino I. Baloy, MD<br>Internal Medicine<br>808-853-8870      |
| <br>Kainier Dennis Bautista, MD<br>Family Medicine<br>808-671-3911 | <br>Erlinda Cachola, MD<br>Internal Medicine<br>808-845-9955          | <br>Boyuan Cao, MD<br>Internal Medicine<br>808-942-2226                                                       | <br>Pon-Sang Chan, MD<br>Internal Medicine<br>808-591-2118        | <br>Carolina Davide, MD<br>Family Medicine<br>808-696-4044        |
| <br>Peter Dee, MD<br>Internal Medicine<br>808-531-0022             | <br>Michael Dukelew, MD<br>Family Medicine<br>808-922-6000            | <br>Benedicto R. Galindo, MD<br>General Practice<br>808-676-0865                                              | <br>Jon Avery Go, MD<br>Internal Medicine<br>808-671-3911         | <br>Daniel M. Harada, MD<br>Internal Medicine<br>808-488-4412     |
| <br>Judith F. Hernaez, MD<br>Family Medicine<br>808-676-2271       | <br>Anthony Hernandez, MD<br>Internal Medicine<br>808-848-1515        | <br>Noelani-Creen Hobbs, MD<br>Internal Medicine<br>808-671-2802                                              | <br>Corazon Hobbs-Oshiro, MD<br>Internal Medicine<br>808-671-2802 | <br>Maria Ibar-Revilla, MD<br>Family Medicine<br>808-577-5832     |
| <br>Raymond Kang, MD<br>Family Medicine<br>808-955-7117            | <br>Russell Kelly, MD<br>Internal Medicine<br>808-678-0700            | <br>Simon B. Kim, MD<br>Internal Medicine<br>808-951-9931                                                     | <br>Lance M. Kurata, MD<br>Internal Medicine<br>808-587-7998      | <br>Chang Dich Lai, MD<br>Family Medicine<br>808-537-6761         |
| <br>Richard Lau, MD<br>Internal Medicine<br>808-955-3636           | <br>Jose De Leon, MD<br>Internal Medicine<br>808-528-3571             | <br>Albert Leung, MD<br>Internal Medicine<br>808-955-5929                                                     | <br>Jeffrey Lin, MD<br>Family Medicine<br>808-824-0411            | <br>James Lumong, MD<br>Family Medicine<br>808-377-5485           |
| <br>Gloria Madamba, MD<br>Internal Medicine<br>808-523-7955        | <br>Joseph Madamba, MD<br>Internal Medicine<br>808-523-7955           | <br>Aurora Mariani, MD<br>Internal Medicine<br>808-680-0008                                                   | <br>James S. Miyashiro, MD<br>Family Medicine<br>808-689-4414     | <br>Randall J. Nitta, MD<br>Family Medicine<br>808-348-3168       |
| <br>Corazon Hobbs-Oshiro, MD<br>Internal Medicine<br>808-671-2802  | <br>Rosalo M. Paeste, MD<br>Internal Medicine<br>808-847-8118         | <br>Ronald G. Perry, MD<br>Internal Medicine<br>808-946-4541                                                  | <br>Lyla Prather, MD<br>Internal Medicine<br>808-845-9955         | <br>Vicente Separa Ramo, MD<br>Family Medicine<br>808-841-7288    |
| <br>Antonio Duran Ramos, MD<br>Internal Medicine<br>808-847-4659   | <br>Richard A. Ridao, MD<br>Internal Medicine<br>808-593-2155         | <br>Nestor Del Rosario, MD<br>Internal Medicine<br>808-671-5681                                               | <br>Arnold Seid, MD<br>Internal Medicine<br>808-621-6511          | <br>Charlie Sonido, MD<br>Internal Medicine<br>808-671-3911       |
| <br>Phillip Suh, MD<br>Family Medicine<br>808-946-1414             | <br>Semo Suh, MD<br>Pediatrics<br>808-946-1414                        | <br>Russell Tacata, MD<br>General Practice<br>808-531-5454                                                    | <br>Joshua Tan, MD<br>Internal Medicine<br>808-949-8988           | <br>Thomas Tan MD<br>Internal Medicine<br>808-536-9326            |
| <br>Alvin Vales, MD<br>Family Medicine<br>808-677-7500             | <br>Maria Theresa Flores Villa, MD<br>Family Medicine<br>808-845-3911 | <br>Gavino Vinzons, MD<br>Family Medicine<br>808-842-7126                                                     | <br>Josephine Waite, MD<br>Internal Medicine<br>808-621-5042      | <br>John Wisnmann-Walczak, MD<br>General Practice<br>808-671-3911 |
| <br>Keith K. Woo, MD<br>Internal Medicine<br>808-523-9955          | <br>Guy Yatsushiro, MD<br>Internal Medicine<br>808-946-7159           | Ang kalusugan at kalakasan ng lahat ang numero unong hangad namin dito sa <b>Hawaii Senior Medical Group.</b> |                                                                   |                                                                   |



Seoul Medical Group may also contract with other Plans/Part D Sponsors.

Kung mayroon kayong **Medicare** at **Medicaid**, piliin po ninyo ang **Hawaii Senior Medical Group** para sa inyong kalusugan at madaling pagsangguni sa mga espesyalista.

Ang **Hawaii Senior Medical Group** ay may kontrata sa Medicare at Medicaid. Ito ay binubuo ng mga doctor, hospital at espesyalista upang magbigay ng mahusay at matapat na serbisyong pangkalusugan sa lahat.

**SMG Hawaii Senior Medical Group**

TEL. 808.200.2066 • 888.239.6724 1221 KAPIOLANI BLVD., SUITE 530 HONOLULU, HI 96814