

HAWAII



FILIPINO CHRONICLE

HAWAII'S #1 FILIPINO NEWSPAPER

◆ FEBRUARY 15, 2020 ◆

SUICIDES ARE THE NATION'S TOP SILENT, DEADLY KILLER

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HAWAII-FILIPINO NEWS

5 BILL INTRODUCED TO FUND HANAPEPE MASSACRE FILM PROJECT



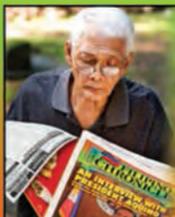
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EDITORIAL

Suicide Is a Public Health Problem; Know the Warning Signs

Talking about death is very uncomfortable and a topic most people avoid. Having a conversation about death by suicide is even more unsettling, in part, because surviving loved ones often feel guilty that they were not able to prevent it. Given the staggering rates of suicides across the entire nation and almost all age groups, experts say it's about time that we as a community, as a family, begin to have conversations on this troubling topic. Identifying warning signs and myths of suicides can actually save a life, experts say.

Myth one: People who commit suicide are mentally ill. The fact is not all mentally ill patients commit suicide. More than half of those who have died of suicide did not have a diagnosed mental disorder.

Besides mental illness, life stressors are often attributable to suicides – for example, the loss of a loved one by death or separation, financial ruin, criminal matters, job loss, eviction or traumatic events like sexual abuse.

Even though not all sufferers of mental illness will attempt suicide, mental illness is a risk factor. Clinical depression, anxiety, bipolar disorder, schizophrenia, personality disorders must be treated professionally.

Myth two: People who commit suicide want to die. Health experts say that what suicide victims really want is to stop their pain. This is an important distinction because once the emotional pain subsides, usually thoughts of suicide go away. So the key is for family and friends to be there for someone in pain, to listen to his or her problems, or have a professional intervene during deeply trying moments.

Myth three: People just commit suicide unexpectedly without giving it much thought. So it wasn't preventable. The truth is a person with suicidal ideation (thoughts of suicide) usually gives warning signs, verbally or by action. Since suicide is rarely talked about, most people don't see the warning signs or may not know what to look for. This is why health experts are encouraging the public to be better informed and to begin talking about it.

If there is a trigger event in someone's life (life changing event), that should be a cue to look for warning signs.

What are some typical warning signs?

A loved one: 1) prepares for death like changing a will, giving cherished belongings away or saying goodbyes; 2) becomes isolated and wants to be left alone; 3) shows deep despair by openly talking about the pain as unbearable. There are other warning signs like erratic behavior or use of drugs or alcohol.

There are certain groups with higher rates of suicides: military veterans, LGBTQ youths, and the elderly. These groups are particularly vulnerable and identifying early warning signs are even more crucial. While heterosexual individuals have a 4 percent chance of attempting suicide in their lifetime, lesbian, gay, and bisexual individuals have an 11 to 20 percent risk, and transgender individuals have a staggering 30 percent lifetime risk of attempting suicide.

Military veterans have double the suicide rate of non-veterans.

Households with the presence of a gun also put inhabitants at higher risk. Over 50 percent of all suicides are committed by the use of a firearm.

If you suspect a loved one is thinking about suicide, the best move is to ask. Health experts say talking about suicide doesn't make people more suicidal, but makes them less suicidal.

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FROM THE PUBLISHER

W

hile analysts turn to economic benchmarks as revelations of well-being, there are other measures that show the U.S. is not faring as well as we would

like to think. For example, that America's life expectancy has declined in the last three years. It is the first time in a hundred years this has happened, and largely, due to the surge in suicides.

Yes, suicides are epidemic and have risen to their highest levels since the CDC has been tracking them. For our cover story, associate editor Edwin Quinabo takes a look at the staggering numbers – that nearly 45,000 lives are lost to suicide each year; that there are 123 suicides per day in the U.S. Across the board from almost all age groups and each state, suicides are up. In Hawaii, suicide is the most common cause of fatal injuries (more than car crashes or homicides) among residents with one suicide committed every two days on average. Clearly, it's a crisis, a silent one that is given little attention due to the taboo associated with the act. The CDC has called it a public health crisis and would like everyone to begin talking about it more. Why? Because suicides are preventable. Most suicide victims do not just suddenly take their own lives; experts say they exhibit warning signs. But most of us are not looking for them because suicides are hardly ever talked about. This needs to change if we are to reverse this devastating trend of loss which leaves so many families and communities heart broken. In the cover story, read some of the warning signs, why people are having suicidal tendencies, and important emergency lifeline resources available locally in Hawaii and nationally.

Also in this issue, we have two Valentine's articles to celebrate the month of love. First, in HFC columnist Seneca Moraleda-Puguan's "Love Will Always Be Worth It," she writes about what marriage means. To her, it's far greater than an emotion or feeling, but it's a covenant, a true commitment to each other for the long haul. It takes hard work and patience. Second, HFC's Mark Lester Ranchez takes an unconventional look at Valentine's season as one of self-love. He writes, "this Valentine's Season, it is important to remind yourself that true love is within," then goes on to offer healthy tips on caring for oneself mentally, physically, and emotionally.

In our Health Feature, Philippine Medical Association of Hawaii President Dr. Marel Ver writes about the Hawaii State Trauma System that includes hospitals and other entities like ambulance companies, air transport companies, police departments, fire departments, ocean safety, legislative arms, and the Department of Health. She also informs us of the Hawaii State Trauma System's Stop the Bleed (STB) classes -- one-hour classes, free of charge, taught by health care staff. She says, "we teach the importance of this STB initiative, how to identify life-threatening bleeding, and learn techniques to stop the bleeding."

In our news sections, the Hawaii Department of Education (DOE) has launched a first-ever international teacher recruitment program to deal with the state's teachers' shortage. Recently, two DOE recruiters were sent to Manila, Philippines to interview applicants. Also, Rep. Rida Cabanilla Arakawa introduced a bill to fund the Hanapepe Massacre Film Project, that needs our community's support. And it's tax time again – the AARP Foundation would like to remind the public that it is offering free in-person tax assistance from Feb. 1 through April 15. All AARP tax volunteers are trained and IRS-certified.

Lastly, be sure to read our other regular columns. A reminder: each HFC issue is available online. Let your family and friends know of this convenience.

Thank you for supporting your community newspaper. Until next issue, warmest *Aloha* and *Mabuhay!*



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

Publisher & Managing Editor
Chona A. Montesines-Sonido

Associate Editors
Edwin Quinabo | Dennis Galolo

Contributing Editor
Belinda Aquino, Ph.D.

Layout
Junggoi Peralta

Photography
Tim Llana

Administrative Assistant
**Lilia Capalad
Shalimar Pagulayan**

Editorial Assistant
Jim Bea Sampaga

Columnists

Carlota Hufana Ader

Elpidio R. Estioko

Emil Guillermo

Melissa Martin, Ph.D.

J.P. Orias

Pacita Saludes

Reuben S. Seguritan, Esq.

Charlie Sonido, M.D.

Emmanuel S. Tipon, Esq.

Contributing Writers

Clement Bautista

Edna Bautista, Ed.D.

Teresita Bernales, Ed.D.

Sheryll Bonilla, Esq.

Rose Churma

Serafin Colmenares Jr., Ph.D.

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Raymond Ll. Liongson, Ph.D.

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Paul Melvin Palalay, M.D.

Renelaine Bontol-Pfister

Seneca Moraleda-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 Wellington

Maui

Christine Sabado

Big Island Distributors

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Maui Distributors

Cecille Piros | Rey Piros

Molokai Distributor

Maria Watanabe

Oahu Distributors

Yoshimasa Kaneko

Jonathan Pagulayan

Advertising / Marketing Director

Chona A. Montesines-Sonido

Account Executives

Carlota Hufana Ader

JP Orias

Intern

Mark Lester Ranchez

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. 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.

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Chona A. Montesines-Sonido

EDITORIALS

It's High Time for Hollywood to Reflect Diversity

Remember when Hawaii 5-0 actors Daniel Dae Kim and Grace Park, who are both of Asian descent, left the CBS show after the network refused to pay them as much as their white co-stars. CBS' final offer to the two actors was reportedly "10-15 percent lower" than the salaries of 5-0 actors O'Loughlin and Caan.

But a bigger question many Hawaii residents are asking is why is the show centered around two white stars when the state has so much diversity for the nation and world to see? Why not give one lead role to someone who truly represent our beautiful state?

The quick answer is Hollywood is still racist.

Even today, practically all big box movies and TV shows have white men as the main stars there to save the day, save the world, be the heroes; while non-whites, if there are any, are relegated to lesser, sidekick roles with only a few exceptions.

Another awkward example of Hollywood whitewashing with Hawaii-ties happened in the film "Aloha" when Emma Stone (white female) was casted as Captain Allison Ng, a one-quarter Chinese, one-quarter Hawaiian.

The casting was so blatantly racist and controversial that director Cameron Crowe

had to release a statement, saying: "I have heard your words and your disappointment, and I offer you a heartfelt apology to all who felt this was an odd or misguided casting choice."

Least to say, that was just lip service.

Hollywood is not representative of our nation

People of color compose 37 percent of the United States and bought 46 percent of movie tickets sold in 2014 – and yet, people of color are not well represented in the Hollywood.

Why this matters? As the Black community were saying when finally Marvel released a lead Black superhero for one of its films in the character Black Panther – it matters because it sends a message to Black youths that they too can be a hero in life (of course not with fictitious super powers), be a leader, be a strong person to affect positive change and save the day.

What this means ultimately is conveying to minority youths that they can be whoever they want and achieve whatever they want.

Diversity in Hollywood matters also to stop the decades of programming that minorities are second-class. Minorities having lead roles can be empowering, something that white youths have had the privilege and benefit to enjoy since the beginning



of filmmaking.

Changing the culture of racism in Hollywood is difficult to upend when the filmmaking strata happens to be predominantly white.

The data reveals a staggering lack of diversity among Hollywood's top ranks: About 96 percent of the more than 450 members in the executive branch are white and 87 percent are men.

About 87 percent of lead actors, 87 percent of directors and 92 percent of writers for the top 163 films of 2014 were white, according to an analysis by UCLA's Ralph J. Bunche Center for African American Studies.

White men lead all of Hollywood's six biggest studios except Warner Bros. (where Kevin Tsujihara, an Asian American man, is chief executive), and those studios' senior offices are run by 39 white men, 15 white women and six people of color.

Given the

overwhelming majority of white men controlling Hollywood, it's no surprise the rest of non-white America suffer from a dearth of representation, not having their stories told.

Non-white communities are growing increasingly impatient with Hollywood's racist strata that there have been numerous bans on the Oscars. Viewership have been plunging. Black viewership fell 20 percent. The practically all-white awards show is commonly dubbed the #Oscars-SoWhite.

Pressure Hollywood to change

What must be done? Communities of color must

start demanding representation much like they have been in other industries. Why not pressure Hollywood?

There needs to be more diversity at the very top. That is the only way diverse stories, diverse "lead" actors, will help reshape the industry to better reflect who we are as a nation.

There is tremendous power in image and storytelling. When a very large segment of the nation is practically ignored in this process, in many ways, they are also ghostlike in real life.

Communities of color have made inroads in achieving political power, and deserving so. We must do what we've done in the political sphere to finally change racist Hollywood and be represented.

It makes no sense in this day and age that minorities with our billions in buying power are ignored by the film industry.

If Hollywood is unwilling to change, let's take our money and support projects that truly speak to who and what we are. ■

(Suicide...from page 2)

If you're thinking of suicide...

People with thoughts of suicide should know that they are not alone. They must reach out and let loved ones know of what they're thinking, not just about their pain but specifically that they're thinking about suicide. If the suicidal ideation is urgent, contact a professional immediately. There are suicide lifelines to also call to help a person get the help they need.

Professional counseling has been found to be very successful in eliminating suicidal ideation. The professional and patient explore self-management strategies whenever a person feels overwhelmed or stressed. A professional will teach a patient how to regulate his or her emotions and work on proven techniques that lift the patient from feelings of helplessness.

People thinking about suicide should prioritize themselves, take care of themselves and do all the healthy, enjoyable things to get through that dark period.

Suicide might be at an all-time high at the moment (the 10th leading cause of death nationally), but it is preventable. Get educated, know the warning signs, show empathy, talk, talk, talk, listen, listen, listen, and love, love, love each other.

Even after the storm has passed, when a person with suicidal ideation says he is no longer suicidal, loved ones should continue to communicate and be supportive. Let the experience be a lesson learned and that a healthy mutually supportive relationship must continue. ■

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RAY R. ROMERO, M.D., FAHA

- *Diplomate, American Board of Psychiatry and Neurology*
- *Fellow, American Stroke Council*
- *Member, American Association of Neuromuscular & Electrodiagnostic Medicine*

94-216 Farrington Hwy Suite A103
Mailbox #203 Waipahu, Hawaii 96797

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Suicides Are Devastating Families, But They Are Preventable

By Edwin Quinabo



Here is a disturbing statistics: on average, there are 123 suicides per day in the United States. Centers for Disease Control and Prevention statistics show suicide rates are up in every state and across almost all age groups. In half of the states, since 1999 suicide rates have risen by more than 30 percent. Nearly 45,000 Americans die by suicide each year.

The upward trend nationally also holds true for the state of Hawaii where rates went up nearly 18 percent from 1999 to 2016. According to the Hawaii State Department of Health, suicide in Hawaii is the most common cause of fatal injuries among residents, outpacing car crashes, homicide, poisoning and drowning. It's estimated that one suicide is committed every two days in Hawaii.

Within the Filipino community, higher rates of suicide have been reported among immigrants because of uncertainty of their legal status and added pressures of assimilation.

Suicide in Hawaii as well as throughout the country could be the silent epidemic, the silent crisis. Not many are talking about it due to the taboo associated with suicide. Because of the stigma behind suicides, it's believed suicides are actually underreported, and that the problem could be bigger than it already is.

Prevention experts say now more than any is the time for the nation to take a sober look at the suicide crisis and work to reverse the trend. The CDC is already calling suicide a major national public health issue. Suicide is the 10th-leading cause of death in the United States, overall. For people ages 35 to 54, it ranks fourth, and for 10- to 34-year-olds, second.

A Filipina Pearl City resident, Nora (who requested her identity be kept private), confessed that she thought about suicide six years ago when her daughter of 10 months old suddenly died. She and her husband had difficulty conceiving their first child. They went through infertility specialists for over three years trying to conceive. Finally, they were able to have a daughter who they called their miracle baby.

Their entire family and friends welcomed the new addition to the family. Nora quit

her job, wanting to dedicate her entire being to raising her miracle baby. She constantly shared photos of her daughter on social media and was overjoyed to finally have a child given how old she was, in her mid-thirties.

Then suddenly the worst day in her life happened. Nora went to check on her daughter in her crib one late night but found her miracle baby lifeless.

"It was too much to bare," recalls Nora. "I screamed and begged God that this could not be happening.

"It was beyond tragic. No words can describe how I felt

"I felt like I died too that night. Each time I think about it, many years later, the pain is still overwhelming."

A few weeks after Nora's miracle baby passed is when she says thoughts of suicide crept in her mind. "I couldn't help but blame myself. That I wasn't there to save her, what could have been. It all happened so fast.

"I also felt that people were judging me -- that I was an irresponsible mother. I re-

member thinking I no longer wanted to live, and seriously considered taking my own life," confessed Nora.

"What saved me was my love for my husband. I couldn't imagine that he would have to suffer the loss of our daughter, and to grieve my passing by suicide. I just couldn't do it. We had to be there for each other."

After about a year in a half, the couple decided to try having another miracle baby. "Thank God that I did not go through my urges to commit suicide because now I have another miracle child," said Nora.

Deaths of despair – loss of a loved one by death or separation – is among the most common reasons why people commit suicide, experts say.

Nora could have been another statistic, but fortunately for her, she had a lot of support to get her through those dark days.

While Norma did not tell anyone of her suicidal thoughts, she had many family and friends around to talk



to about her despair, which experts say helps people thinking about suicide to not act on it.

Listening to loved ones, especially during hard transitional periods of loss can make all the difference between life or death, experts say.

At-risk groups

Besides people like Norma who experience a major loss of someone very special to her, there are other at-risk groups for suicide -- people with clinically mental disorders, people addicted to drugs or alcohol, people who have a history of trauma or abuse, and people who are under serious legal and financial problems.

Mental health professionals also say suicide happens in all age groups and socioeconomic demographics. Depression does not discriminate; such is true with suicide.

Some experts believe the rise in suicides across the board could also be related to the opioid addiction crisis and economic uncertainty of the past decades.

A 2019 study by a private non-profit called National Bureau of Economic Research says there is a direct causal link between worker's wages and suicide rates.

Military veterans and

youths of the LGBTQ community have always had higher rates of suicides than national averages. Military veterans have double the suicide rate of non-veterans; and LGBTQ youths are three times likely to commit suicide than non LGBTQ youths because of feelings of rejection.

While heterosexual individuals have a 4 percent chance of attempting suicide in their lifetime, lesbian, gay, and bisexual individuals have an 11 to 20 percent risk, and transgender individuals have a staggering 30 percent lifetime risk of attempting suicide.

Half of all suicides are committed using a firearm; so households with a gun are also at greater risk for suicides.

Asians and Suicide

Overall suicide rates among Asian Americans (5.24 deaths per 100,000) are lower than the national average. But Asian immigrants are at higher risk of suicide, according to the National Latino and Asian American Study, a first-ever study conducted on the mental health of Asian Americans.

Within the Asian ethnic group, Filipino Americans have the lowest rate of suicide (3.5 per 100,000) while Japa-

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COVER STORY

(from page 4)

nese Americans have the highest rate (9.1 per 100,000), followed by Chinese Americans (8.3 per 100,000).

The study doesn't offer an explanation for the differences in suicide rates, but cultural experts could point to Filipinos' religion (majority are Catholics) as a deterrent to suicide. Under the Catholic faith, suicide is considered a mortal sin, which means to Catholics, is a sin that could lead to after-life damnation.

Nora said besides her love for her husband, another saving grace that prevented her from taking her own life was her faith. "I grew up Catholic and suicide was one of the major sins we were taught that is unforgivable by God. Now that I am older, I believe God is a forgiving God and will forgive anyone for anything as long as there is true repentance while in life or after life, including suicide. But because that taboo was impressed upon me over and over as a youth, there was some fear back when I was thinking about suicide.

"Having been so close to actually doing it, I would never judge anyone or even speak about what God would or would not do to people committing suicide."

Warning Signs

The National Suicide Prevention (NSP) says there are

warning signs people thinking of suicide exhibit. The NSP wants to convey that people who commit suicide don't want to die; what they really want is to end their pain. These individuals are suffering deeply; they feel helpless and hopeless.

Here are signs to look for:

Preparing for death: suddenly updating wills, giving away cherished belongings, saying goodbyes.

Becoming isolated: avoiding family and friends, losing interest in social events and activities.

Showing despair: talking openly about unbearable pain. When people are at the depths of their hopelessness, they talk about having no purpose, feeling trapped.

Having erratic mood swings: emotionally going up and down, being depressed, anxious, sad, angry, irritable, or aggressive in spurts.

Changes in sleep pattern: extreme changes of sleeping, either too often or a lot less than usual.

Drinking or taking drugs: substance misuse raises the chances of suicide, using a lot of drugs and/or alcohol are attempts to dull pain.

Acting recklessly: engaging in risky behavior like driving dangerously or having risky sex.

Mental health experts say it's never out of place to ask someone if he or she is think-

ing of committing suicide when warning signs are present.

Emergency Numbers

The Hawaii State Department of Health's Adult Mental Health Division (AMHD) has a statewide ACCESS line program that was launched in 2002 to help provide phone counseling and other crisis support to individuals who are contemplating suicide. The Crisis Line of Hawaii also dispatches mobile crisis workers for individuals in the community who are at high risk and need urgent assistance. On Oahu callers can reach the Crisis Line by dialing 832-3100. Neighbor island residents may call toll free at 1-800-753-6879.

There is also a National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255). It is open 24-7 and manned by trained counselors. If there is an urgent threat, it's recommended to call 911.

Prevention

Mental and public health experts say one of the best preventable measures to suicide is talking about the subject. The taboo of suicide makes it difficult to talk about but there needs to be better communication within relationships, within families, within the community.

When people are under extreme stress and despair, healthy communication is the best cure.

"Wherever you are, at any moment, try and find something beautiful. A face, a line out of a poem, the clouds out of a window, some graffiti, a wind farm. Beauty cleans the mind."

—MATT HAIG,
*Suicide Survivor and
author of "Reasons to Stay Alive"*

When people feel there is no one to receive their deepest worries, they feel isolated. That isolation puts people at risk for suicide when other factors are also present like drug abuse or mental illness.

Seeing a mental health professional when suicide ideation occurs is life-saving. Professionals can help people deal with healthy coping strategies and emotional management. They can help the at-risk individual with techniques to get through life stressors.

There are many suicide awareness books available. Besides the topic of suicides itself, any book that helps individuals with mental-emotional well-being can be helpful. Spiritual books have also been known to be uplifting for sufferers of depression and suicide ideation.

There is a powerful saying on suicide: "When you feel like giving up, just remember the reason why you held on for

so long." This saying makes people think about aspects of their lives that give meaning. If that meaning is gone through a loss – the reason why someone might think about suicide in the first place – there are many other significant meanings for living in a person's lifetime. Remember what they were and the joy they've brought.

For people who lost a loved one by suicide, there are also resources for coping.

Suicide survivor and author Matt Haig gives an uplifting perspective: "Wherever you are, at any moment, try and find something beautiful. A face, a line out of a poem, the clouds out of a window, some graffiti, a wind farm. Beauty cleans the mind."

Problems are real. Everyone has them. Haig advocates changing our perspective if thoughts of suicide become overwhelming – that worked for him, it could also work for others. ■

HAWAII-FILIPINO NEWS

Bill Introduced to Fund Hanapepe Massacre Film Project

Rep. Rida Cabanilla Arakawa introduced HB 2515 that seeks financial assistance for the "Hanapepe Massacre Mystery 1924" documentary film project.

The film project is led by Emmy award-winning filmmaker Stephanie J. Castillo, who is from Kaua'i.

"We see a critical opportunity here to better educate and inform our Hawai'i community about a shrouded and tragic history suppressed for 95 years," says Castillo.

"The introduction of this bill by Representative Rida Cabanilla Arakawa (D-HI-041) and several colleagues in the House (Romy Cachola, Richard Cregan, John Mizuno, Roy Takumi, Tom Brower, Troy Hashimo-

to, Dale Kobayashi, Chris Lee, Mark Nakashima and Joy San Buenaventura) affirms our effort and strengthens our commitment to set straight the record of this tumultuous event in Hawai'i's early labor history and to correct the racist misperceptions of Filipinos in that day that have colored coverage and understanding of the tragedy. Grave injustices that occurred and the lack of understanding of why this massacre happened is at the heart of the story we will tell, based on historical documents."

Castillo had originally planned to create the film as a 90-minute documentary for future broadcast on national PBS, but changed her plans when it became clear after intense media attention surrounding the

announcement of her project in September 2019 that "the greatest interest and the highest impact instead would come from staging the screening of a 30-minute docudrama for our Hawai'i community statewide in conjunction with community 'talk story' forum events. A sharper focus on this tragedy to educate and inform our future generations who know nothing of this history is needed as we approach the 100th anniversary of the massacre in 2024."

HB2515 asks the Legislature to fund these efforts, as well as the publication of a compendium of articles and research documents used by the filmmakers in the making of their 30-minute film, which is titled THE HANAPEPE MASSACRE MYS-

TERY 1924. The film, she says, will focus on What Happened, and the forums will engage attendees with speakers, lecturers and panelists who will address the questions of Why Did This Happen, and How. HB2515 also seeks to fund memorials and displays on Kaua'i to pay homage "to the sugar plantation workers who struggled for dignity and self-determination."

Castillo, a former Honolulu Star-Bulletin reporter (1984-1989), is especially interested in exploring the coverage Hawai'i newspapers of the day provided in telling the massacre story and in setting in place this history for 95 years.

The record is still amiss, often contradictory, and needs updating, says Castillo. The mass

grave was just found in October at the Hanapepe Filipino cemetery, using ground penetrating radar brought in by community researchers on Kaua'i who had been searching for the unmarked burial site.

The former journalist also cites recent findings by the Legislative Reference Bureau in its 2020 report to Rep. Cabanilla that found injustices against the Filipino strikers and their survivors were very apparent. It said: "The Hanapepe Incident is blamed entirely on the strikers and quotes to substantiate this are taken from interviews with the policemen involved. Court records and documents which may have provided insights from the perspective of the strikers

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OPINION



By Melissa Martin, Ph.D.

Editor's Note: Update – The U.S. Senate has voted to acquit President Donald Trump of the two impeachment charges. On the first article, abuse of power, the Senate vote was 52-48 (not guilty/guilty), with one Republican Mitt Romney voting with Democrats. On the second article, obstruction of Congress, the vote was 53 Republicans voting not guilty and 47 guilty. On both charges, 67 votes were necessary for conviction. While Trump will go down in history as the third president to be impeached in the U.S., the Senate acquittal enables him to remain in office.

The Impeachment Circus Is Still in Town

Presidents lie. Bill Clinton, Richard Nixon, Lyndon B. Johnson, and the list goes on. While some know they are telling lies, others believe their own lies. They rationalize their reasons. And some are better than others at hiding lies and deceitfulness. And some have narcissism—it's just to what degree.

"When the President does it, that means that it is not illegal." —Richard M. Nixon

But an individual with Narcissistic Personality Disorder takes his misuse of power to a higher level. Why? Because his character defects are ingrained. This individual feels entitled to

do whatever it takes to get what he wants and actually believes he is above the law. He believes his followers should follow without question. And when you question his decisions, you are judged as disloyal. He reacts with indignation when questioned about his unruly behaviors. "How dare anyone on this planet question me!" He also craves and demands admiration. His brain is stuck on me, myself, and I. He will never admit when he is wrong—because he believes he is never wrong.

How does the public expect a President to react when his deceitful deeds are exposed? When impeachment fails, will he decide to play by the rules and adopt ethical principles or will he try harder to hide indiscretions and self-serving

acts? A genuine narcissist rarely changes. He will debate, argue, and fight until he gets his own way. He surrounds himself with apple polishers. Scams and scandals R US.

"A narcissistic personality disorder causes problems in many areas of life, such as relationships, work, school or financial affairs. People with narcissistic personality disorder may be generally unhappy and disappointed when they're not given the special favors or admiration they believe they deserve. They may find their relationships unfulfilling, and others may not enjoy being around them." Read more at www.mayoclinic.org.

"Narcissistic personality disorder is characterized by a long-standing pattern of grandiosity (either in fantasy

or actual behavior), an overwhelming need for admiration, and usually a complete lack of empathy toward others. People with this disorder often believe they are of primary importance in everybody's life — and to anyone they meet. While this pattern of behavior may be appropriate for a king in 16th century England, it is generally considered inappropriate for most ordinary people today." Read more at www.psychcentral.com.

"The essence of Government is power; and power, lodged as it must be in human hands, will ever be liable to abuse." —James Madison

President Trump will want and demand more than acquittal. He will want and demand vindication. Why? Because he actually believes he

had the right to bully another country's leader into doing his dirty work. Trump is portraying himself as the victim of a partisan crusade. It's not for show—he really believes he is the victim. Really? Yes, really. He will demand an apology from the Democrats.

If Donald Trump is impeached by the Senate, will he pack his bags and leave the Oval Office without a fight? I doubt it.

I Just Don't Like the Sound of "No!" is a children's book. I suggest the Republican party read this paperback to President Trump every morning and every night. ■

MELISSA MARTIN, Ph.D., is an author, columnist, educator, and therapist. She lives in Ohio. www.melissamartinchildrensauthor.com.

FEATURE

THIS VALENTINE'S SEASON, LOVE YOURSELF MORE

By Mark Lester E. Sanchez

It's that time of year again. Your social media is flooded with sweet, syrupy posts of lovey-dovey pictures, heart-laden camera filters, and cloying love quotes shared

recklessly by your friends on their Facebook feeds. While there you are, miserable in your pajamas, caressing a cup of tea--or a glass of vodka--pondering whose idea it was for your staying single this long.

Well, worry no more. Because the only love you need--the one that you truly deserve--is within yourself. It is true, what Whitney Houston said, that the greatest love of all, the one you desperately need, is something you cannot find elsewhere, outside yourself. It is within you. It has been inside of you all along.

Loving yourself--or "self-love," as we Millennials call it--particularly in the golden age of social media, cannot be overstated enough. Clinical depression has exponentially increased in the last few years in spite of, and due to, rising virtual interactions online. Indeed, according to the National Institute of Mental Health, as of 2017, 17.3 million adults in the United States had at least experienced one major depressive episode, exacerbated by our longer screen time and less face-to-face interaction.

This Valentine's Season, it is important to remind yourself that true love is within your grasp. Here are ten steps to help you fulfill this:

1. Sign Off...For A While

Logging off from social media will leave you with free time to spend...with yourself. Take this time to do little things that will gain you genuine satisfaction, like finally reading that book you've been setting aside for months, or taking long walks around the new block, or watering the dry, wilted plants sitting on your patio. Without the stress of virtual peer pressure, you can grant yourself more time to do the things you really care for.

2. Meditate

Nothing beats a good, old satisfying dose of meditation. Not only shutting your mind off from outside disturbances will help you stay calm and composed for a good amount of time, but it will also give you the focus you need to overcome stress and anxiety amidst your busy lifestyle. In the morning when you wake up, or as you slip into bed, a

focused mind and body will get you through any hardship there is in life, both within your emotional and physical well-being--and maybe even the fact that your still single, despite yourself. According to Mayo Clinic, "Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health."

3. Get Sleep...Like Plenty

Yes, this is the "Go Signal" you've been waiting for. Take that extra nap. Snooze that evil alarm clock as many times as you want. In fact, don't even bother to turn it on. Give yourself the suggested amount of sleep necessary for productive waking hours (around 8-10 hours). Meaning enough of that Netflix spree before you get into bed. Instead, stick to a healthy night routine. Turn off any devices within 20-foot radius. And if you can't find your way into Dreamland, for some unknown reason, maybe it's time to seek professional help.

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CANDID PERSPECTIVES

The Good “Parasite” and Oscars’ Universal Lesson of Love



By Emil Guillermo



Film Director Bong Joon Ho of the movie Parasite

As I write we still don’t even know the winner of the Iowa Caucus, though New Hampshire may be done. Probably the two whitest states in the union. They are the anti-Hawaii. And they will decide how the candidates for president winnow out.

At this point the only safe thing to say is, it sure won’t be Tulsi Gabbard.

Not unless they look at the polls upside down.

Her vanity run is exactly what Trump had in mind for himself. And then he surprised everyone by winning. To everyone’s detriment.

So I’ll refrain from further comment since politics divide. Let’s talk about happier things like the recent Oscar telecast.

Hawaii is such a mash-up of race the tendency is easy to see how we often see ourselves in each other.

At least when we’re good, or forced to.

Of course, we know we are Filipino and have our different styles. But how of-

ten do you see your auntie watching the Korean soaps?

How often do we eat ethnic Asian food and are comforted by it as if it were our own?

This year’s Oscars gave the world this a lesson. “Foreign” doesn’t mean “foreign” anymore.

What’s foreign when you have WiFi and streaming cutting through borders when immigration won’t.

And because of that, we know the world wants all of our stories.

That’s the lesson from the Oscars. Once again, the Oscars had no host. But it sure had a “Parasite.”

The South Korean film was the first-non-English-language movie to win Best Picture. But by also winning the Best International Film honor, it made a mockery of all the divides and categories

that keep us separated and apart.

What better inclusionary, pro-diversity message. Excellent is just excellent, right? This is the year that the best film was the best film, universally, no matter what race, ethnicity, or country of origin.

If we’re all in this together, why should there be distinctions, anyway? “Parasite” was that good, and in doing so made history at the Oscars by tearing down a few walls.

So, of course, the film also won two other Oscars for original screenplay and for direction by auteur Bong Joon Ho, who said upon winning that he would “drink until next morning.”

It wasn’t direction of a foreign film. Or writing of a foreign screenplay. Good is just good in everything.

All the time. Or should be. (Unless you want award inflation, like Ivy League grad-

ing). For film, this was more like baseball’s recognition that there was real talent in the Negro Leagues. Maybe “Parasite” will open up everyone’s eyes to stories of both Asians and Asian Americans.

For me, the movie was love at first sight. I have since watched it repeatedly for its look, style and dramatic sense. I was also consciously looking at Asians. They weren’t on the bus, on the street. They were on the screen. The movie’s actors won no Oscars, but they were certainly watchable all the way through (the men and the women). All of them Oscar worthy. It’s one thing to watch a foreign soap on TV. But it’s quite another to see a top feature film from Seoul. It didn’t matter whether they were from Korea or Queens.

Nor did their Asian ethnicity matter. I saw me. If we are not immigrants ourselves, we relate to the immigrant way as Asian Americans. When a character in “Parasite” claims to have been a Korean art student who studied at Illinois State, that’s relatable. We know that person, this story, this

family—as both Asian and Asian American.

Not quite with all the dark twists, of course. But that’s where the imagination and vision of the filmmaker comes in to make for a compelling, watchable work of art.

I have seen Asian films at the different Asian film festivals around the country. And film is big business in Asia when you think about the genre films from Hong Kong, Bollywood, Manila or Tokyo.

To see “Parasite” win, was a recognition that global tastes and sensibilities are changing. And it’s not just because of immigration and global travel. It’s that, sure, but it’s also our stories are so darn universal. We know that, but Hollywood too often puts up barriers and categories and other marketing devices. The thinking is the audience wants to see themselves.

That was the beauty of “Parasite.” When you see class dramas in the U.S., race always comes into the equation. Or in Hollywood storytelling, it’s the absence of race.

“Parasite” is a dark comedy because it depicts a universal condition of class

(continue on page 8)

HAWAII-FILIPINO NEWS: Bill Introduced....from page 5)

have been routinely destroyed along with other records of the same era. “And it points out that “the Kauai sheriffs ... were not reprimanded for their role in the violence.” It also noted this injustice: cited in a 2010 Honolulu Magazine article, Hawaiian Sugar Planters Association “gave each of the four sheriffs’ families \$500 (\$6,300 in 2009 dollars), while the families of the 16 strikers had to split about \$75 (\$947 in 2009 dollars), barely \$5 per dead striker.”

Says Castillo: “Questions and mysteries about this tragedy abound. The 1924 Hanapepe Massacre is a forgotten story and needs retelling. Missing for 95 years are the voices of the community on Kaua’i that lived

through it, and the first-person accounts of those who remembered it in oral histories taken in 1979 by University of Hawai’i researchers. The relevance of this story resonates today for issues involving labor rights, immigration and transnational workers.

Castillo’s project team leaders include co-Executive Producer Randy Francisco of Hanapepe, the former film commissioner of Kaua’i, and Lead Researcher / Producer Christopher Ballesteros of Boston / Kaua’i, who wrote an award-winning history paper on the massacre for his Harvard undergraduate degree thesis.

The Hanapepe Massacre Mystery 1924 film project is the

11th documentary for veteran filmmaker Castillo, whose Filipino family comes from Kapahi, Kaua’i. The filmmaker is planning to testify in person when HB2515 comes up for a hearing.

Castillo and her team asks everyone to submit testimony electronically in support of HB 2515, or to sign a petition that is circulating. To submit testimony, register at <https://www.capitol.hawaii.gov/> and select SUBMIT TESTIMONY for instructions.

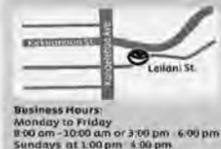
To sign the petition, send an email to randallfrancisco@gmail.com or christopherballesteros@gmail.com. Or contact Rep. Cabanilla Arakawa’s office at repcabanilla@Capitol.hawaii.gov. ■

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CANDID PERSPECTIVES

(The Good Parasite...from page 7)
struggle. It makes you look beyond the Asian faces and see their living conditions and what they do to survive. In a country where the rich and poor all look alike, there are fine distinctions. For example, the poor in "Parasite" definitely smell worse, as the movie notes wryly.

And yet they live together in a parasitic relationship, until one day, dark secrets surface. Worth seeing. And afterwards, you'll want some Ram-Don. But without the sirloin.

The broader message — anti-speciesism

Move over racism. Speciesism is the bigger, badder, all-encompassing evil that must unite the world against all wrongs—if we're all to survive intact.

It's the message of the moment delivered by Joaquin Phoenix, who had just won the Oscar for Best Actor for his role as the villainous Joker. But now he

wasn't joking.

On an Oscarcast that typically reaches 30 million on a bad year, this was Phoenix speaking not just truth to celebrity, but to the world.

As if with a camera's zoom lens, he went from an extreme tight shot—the "me" in his victory—to the widest shot possible. We're all in this together. So be kind. To all. Sentient. Living. Things.

Here's his speech:

"I think the greatest gift that it's given me and many of us in this room is the opportunity to use our voice for the voiceless. I've been thinking a lot about some of the distressing issues that we are facing collectively and I think at times we feel or are made to feel that we champion different causes. But for me, I see commonality.

"I think whether we're talking about gender and equality or racism or queer rights or indigenous rights or animal rights, we're talking

about the fight against injustice. We're talking about the fight against the belief that one nation, one people, one race, one gender, or one species has the right to dominate, control and use and exploit another with impunity.

"I think that we've become very disconnected from the natural world. And many of us, what we're guilty of is an egocentric world view: The belief that we're the center of the universe. We go into the natural world and we plunder it for its resources. We feel entitled to artificially inseminate a cow and when she gives birth, we steal her baby, even though her cries of anguish are unmistakable. And then we take her milk that's intended for her calf and we put it in our coffee and our cereal.

"And I think we fear the idea of personal change, because we think we have to sacrifice something, to give something up. But human

beings at our best are so inventive and creative and ingenious. And I think that when we use love and compassion as our guiding principles, we can create, develop and implement systems of change that are beneficial to all sentient beings and to the environment.

"Now, I have been a scoundrel in my life. I have been a scoundrel, I've been selfish, I've been cruel at times, hard to work with and ungrateful. But so many of you in this room have given me a second chance. And I think that's when we're at our best: When we support each other, not when we cancel each other out for past mistakes, but when we help each other to grow, when we educate each other, when we guide each other toward redemption. That is the best of humanity.

"I just — I want to — um — When he was 17, my brother wrote this lyric: He said 'Run to the rescue with

love and peace will follow.' Thank you."

It was the night's broader message of unity. The big script in the sky might say, "Enter Lovingly." Phoenix's speech complemented the message from the night's "Parasite." Or you can say the Joker leached on to it.

Because "Parasite," the best movie also was about love. One critic I saw said he didn't get the movie's twist at the end. Funny coming from a writer in violence-ridden America. But as a Filipino American who has struggled to the middle and who writes under the moniker "Emil Amok," I understood "Parasite" completely.

Now eat your Ram-Don. Skip the sirloin. Enter lovingly. ■

.....
EMIL GUILLERMO is a veteran journalist and commentator. He was a member of the Honolulu Advertiser editorial board. Listen to him on Apple Podcasts. Twitter @emilamok.

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By Elpidio R. Estioko

The Political Divide Between GOP and Democrats Widens as Election Nears

With US President Donald Trump ignoring Speaker of the House Nancy Pelosi's handshake and the latter tearing Trump's prepared speech into half and throwing it away after Trump's speech, the rift between the GOP and the Democrats widens even more!

What was thought to be a reconciliatory gesture from Pelosi turned out to be a knife that stabbed her leading to her giving a retaliatory gesture of tearing Trump's prepared speech. That increased the already existing rift between the President/GOP and Pelosi/Democrats after the Senate acquitted Trump last Wednesday from the two impeachment articles.

A couple of days before the President delivered his State of the Union Address, a portion of the unpublished book, "The Room Where it Happened: A Whitehouse Memoir," written by former National Security Adviser John Bolton was leaked by the New York Times

tying up the military aid to Ukraine to the investigation of the Bidens. The White House was rattled and President Donald Trump and his legal panel vowed to exercise executive privilege in order not to allow Bolton to testify.

As the clamor for witnesses increased as a result of this leakage, the White House this time issued a formal threat to Bolton contained in a letter to his lawyer to keep him from publishing his book, because it contains items of national security, according to CNN as told by sources familiar with the matter.

According to the letter, a top official at the National Security Council wrote the unpublished manuscript of Bolton's book "appears to contain significant amounts of classified information and couldn't be published as written." This means "it reasonably could be expected to cause exceptionally grave harm to the national security."

With the latest revelation of Bolton's book, it resurrected and bolstered the Democrats' move to call for witnesses. Sen. Mitt Romney of Utah, who initially wanted Bolton to testify, said the report about Bolton's book strengthened the case for

witnesses. This, however was short-live when two of the four expected juror-senators (Sen. Alexander Lamar and Alaska Senator Lisa Murkowski) who were inclined to vote yes to the issue of witnesses announced their "no" answers a day before voting. As a result, only two GOP senators (Romney and Maine Senator Susan Collins) sided with the Democrats and voted yes killing the witness issue.

Then on Wednesday, the Senate acquitted Trump 48-52 for the first article re abuse of power with the Democrats remaining solid while one GOP senator Mitt Romney voted to convict Trump. He explained to the Senate why he voted to convict Trump on both counts calling Trump's actions "an appalling abuse of public trust." As to the second article on obstruction of Congress, Romney this time voted to acquit Trump with a 47-53 along party lines.

After this, the battle continues but this time, it shifted to the November 3, 2020 presidential elections, with the American electorate as the "jurors" as they exercise their right to vote.

So the Senate impeachment trial is now water under the bridge, but the issue still continues and is very much at the helm of the national political landscape nudging the electorate to make their decisions through the ballots. After his acquittal, Trump started the campaign rhetoric Thursday morning during the National Prayer Breakfast meeting by attacking the Democrats and

Romney who told the Senate in his explanation of his vote to convict Trump that he is a religious man. Trump picked this line against him.

President Trump will likely-be the GOP nominee and so he will be the first impeached president to face re-election. Several state Republican Party organizations have cancelled their primaries in a show of support for his candidacy hence making him the GOP standard bearer for president while the Democrats have yet to select their standard bearer.

The Democratic challengers to Donald Trump are energized... Here's the list of the 11 candidates left in the race, out of the nearly 30 serious candidates who vied for the presidency last summer. They are former vice president Joe Biden, 77, veteran politician who was a Delaware senator for more than three decades before becoming Barack Obama's vice-president in 2009;

Elizabeth Warren, 70, a progressive senator from Massachusetts who was a law school professor before entering politics;

Bernie Sanders, 78, a Vermont senator who came close to the nomination in 2016, and lead proponent of a single-payer Medicare-for-All system;

Pete Buttigieg, 38, former mayor of South Bend, Indiana, a military veteran and the only openly gay presidential hopeful;

Andrew Yang, 45, a Columbia Law School graduate who became a successful tech-

nology entrepreneur;

Amy Klobuchar, 59, senator and a three-term Minnesota senator who has shown she can win votes in a Midwestern battleground state;

Michael Bloomberg, 77, a wealthy ex-mayor of New York, former banker and who is one of the richest men in America;

Tom Stayer, 62, billionaire, tycoon, has a history of advocating for liberal causes;

Tulsi Gabbard, 38, Iraq veteran, a progressive congresswoman from Hawaii - and the first Hindu member of Congress;

Deval Patrick, 63, former Massachusetts governor, trained lawyer and close friend of Barack Obama; and

Michael Bennet, 55, two-term senator from Colorado and former head of Denver's public school system.

Now, if Biden becomes the Democratic nominee, the more reason that the issue of impeachment will reverberate wherever the campaign is. Trump will surely target Biden re Ukraine anomalous transaction and Biden on the other hand, will hammer on the Bolton book and Bolton's pronouncement to testify and other obstructions the president has incurred.

To the American people/electorate who are now the new "jurors," the fate of the country is in your hands! ■

ELPIDIO R. ESTIOKO was a veteran journalist in the Philippines and an award-winning journalist here in the US. For feedbacks, comments... please email the author at estiokoelpidio@gmail.com.

(FEATURE: This Valentine...from page 6)

For not only a good nightly doze will render you a better mood the next day, but it will considerably improve your physical and mental health.

4. Hydrate

It's time to skip the soda, caffeine, and alcohol inside your fridge for a bit, and give your undivided attention to taking H2O. Other than the

fact that your biological functions--that is, everything that moves and breathes inside you--depend greatly on hydration, frequent drinking of water can also boost your external health. Hydration gives your skin natural glow, helps with weight loss, and improves your physical performance. So if you're looking for a cheap, non-invasive way to bolster

your outer looks, just quickly run to a tap nearest you, and drink the suggested 8-10 glasses of water a day.

5. Head To The Gym

It's time to take head to your senses and sign up at your local gym. Keeping yourself active and fit supplies you the endurance to keep doing

(continue on page 11)

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HAWAII-FILIPINO NEWS

UH Economic Research Organization's Annual Hawaii Forecast: "After a Cloudy 2019, New Year Looks A Bit Brighter"

By Jim Bea Sampaga

Last December 20, 2019, the University of Hawai'i's Economic Research Organization (UHERO) published its Annual Hawaii Economic Forecast detailing the state's economic standing in sectors such as tourism, population, and employment.

According to the report, Hawaii's economy entered a "soft patch" in 2019 because the decline in real vis-

itor spending and the local population have "suppressed demand and halted growth in non-farm payrolls." However, the construction industry is holding up while the number of visitor arrivals continues to grow.

For the tourism industry, visitor arrivals are rising while the local hotel industry is performing better than the national average.

Visitor arrivals are most-

ly coming from the mainland as emerging international markets are less likely to visit Hawaii compared to previous years. In August 2019, regulatory changes were implemented on transient vacation rentals (TVR) on Oahu but the statewide supply for TVR continued to grow especially on Maui.

International flight routes remain weak but interisland and mainland routes are rising following the entry of Southwest Airlines.

As the state's population has been declining over the past three years because of mainland or overseas migration, the payroll job growth has dropped below zero in 2019 according to UHERO estimates of the government benchmark revision. The tourism industry is most affected by the payroll job decline but the slowdown is widespread, touching several key industries.

However, the unemployment rate remains low by

historical standards despite the decline in payrolls.

"[The] risks of a more negative downside have grown, including global weakening, ongoing trade disputes, and political uncertainty," according to the UHERO Annual Hawaii Forecast report. "Still, we think the odds favor a return to modest expansion for the next few years." ■

Please visit www.uhero.hawaii.edu to read UHERO's full Annual Hawaii Forecast report.

SSA Advises Public to Look Out for Scammers

The Social Security Administration launched a new Public Service Announcement (PSA) campaign to continue warning people about the ongoing nationwide telephone impersonation scheme.

Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudu-

lent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

"I want every American to know that if a suspicious caller states there is a prob-



lem with their Social Security number or account, they

should hang up and never give the caller money or personal information. People should then go online to oig.ssa.gov to report the scam call to Social Security," said Commissioner Saul.

People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get

people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes. ■

AARP Offers Free Tax Preparation

The AARP Foundation announced it will be providing free in-person tax assistance through its Tax-Aid program beginning Feb. 1 and continuing through April 15.

"Tax Aide is a valuable and free service that helps

thousands of people in Hawai'i," said Keali'i Lopez, state director of AARP Hawai'i. There are 17 sites on Oahu and 16 on the Neighbor Islands. "Our volunteers and tax software can help taxpayers get the return they are entitled to."

AARP Foundation Tax-Aide volunteers are trained and IRS-certified each year to ensure they know about and understand the latest changes to the U.S. Tax Code.

Last year in Hawai'i, 214 AARP Foundation Tax-Aide

volunteers helped people file 15,648 federal and state tax returns. Tax refunds totaled nearly \$4.8 million, including \$786,718 in Earned Income Tax Credits.

To find an AARP Foun-

dation Tax-Aide site or more information, including which documents to bring to the tax site, visit aarpfoundation.org/taxhelp or call 1-888-AARPNOW (1-888-227-7669). ■

(FEATURE: This Valentine...from page 10)

the things you love to do, and also keeps you mentally focused and productive at work. Likewise, other than the great health benefits it provides, going to the gym can aid you in your dwindling social skills. Doing the things you enjoy and constantly stepping outside your comfort zone can significantly lower down social anxiety and stimulates you to explore and connect more with others. And besides, that '90s-themed Zumba class you saw in the local newspaper looks really interesting.

6. Take A Vacation

Waiting for the right time

to visit that place? It is that time. In fact, pack your belongings now and take the next flight. Yes, it's no secret that taking time-off from everything--from work and life stresses--has salubrious, conducive effects on our health. Taking time to reset and wind down does not only help us feel refreshed and more productive the next time we hit the desk, but it also improves our psychological and physical well-being. Indeed, studies have shown that not taking vacations can lead to health issues. And so get that itinerary rolling and bid your co-workers goodbye.

7. Skip The Fats

We, Filipinos, can't deny we love eating fats. I mean, that lechon at your Aunty's party was so good, you couldn't help but take two more Ziploc bags to take home with you, right? This Valentine's season, avoid the thing with your life. Take this time to fast, to recharge, from the back-to-back-to-back months of just eating fats after fats after fats. Studies have shown that constant or excessive consumption of saturated fats--the fats you get from red meat, whole milk and whole-milk products, and oil--can lead to deadly health risks, like

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HEALTH FEATURE

From Bystander to Lifesaver

By Marel Ver, MD

On the world, trauma is the number one killer of people ages 1-44. In trauma, time is important to survival. In the “golden hour” after injury, prompt removal from danger, assessment, stabilization, and intervention are key to improve mortality and outcomes.

Here in Hawaii, we have a Hawaii State Trauma System which is a consortium of hospitals who work together to take care of trauma patients. The highest level of care for the state of Hawaii is Queen’s Medical Center – Punchbowl (Honolulu, Oahu), which receives and provides care to the most severely injured patients. At this Level 1 trauma center, experts in subspecialty fields are available 24 hours a day. To aid in triage and keeping patients near home, there are other hospitals participating in the trauma system: Pali Momi Medical Center (Aiea, Oahu), Tripler Army Medical Center (Honolulu, Oahu), Kapiolani Medical Center (pediatrics, Honolulu, Oahu), Castle Medical Center (in development, Kailua, Oahu), Wilcox Medical Center (Lihue, Kauai), Maui Memorial Medical Center (Wailuku, Maui), Kona Community Hospital (Kona, Big Island), North Hawaii Community Hospital (Waimea, Big Island), and Hilo Medical Center (Hilo, Big Island). Our trauma centers are partially funded by the State of Hawaii.

Trauma centers serve specific catchment areas in strategic geographic locations.

Trauma centers are required to have trauma-trained staff, the proper equipment, and protocols to take care of trauma patients. Our triage and transfer guidelines are very effective to help provide prompt transfer of trauma patients. That is why a severely injured shark attack victim from the Big Island might be medivaced to QMC, or perhaps a severe car crash patient with a head bleed from the west side of Oahu may be transferred from Pali Momi to QMC for immediate brain surgery. The Hawaii State Trauma System does not just involve hospitals. It also involves other entities including the ambulance companies, air transport companies, police departments, fire departments, ocean safety, legislative arms, and the Department of Health. Every quarter, the trauma system stakeholders meet as individual islands, and then also come together to meet as a state, to discuss issues specific to trauma care coordination. There is always constant collaborative efforts to aid in system improvement.

An important responsibility of being a trauma center is to educate and empower the public about safety and emergency preparedness. Trauma centers participate in community outreach specific to the populations with whom they serve.

It is obvious that we now live in a world that is very different from before. There are more tragedies such as shootings, stabbings, and very bad accidents with devastating injuries in Hawaii compared to the past. Furthermore, globally, there are increases in mass casualties, violence, and very



Participants of a Stop the Bleed (STB) class learn how to identify life-threatening bleeding and techniques to stop the bleeding.

unfortunate events affecting us all. We may not realize that many of these events are not publicized in the media unless they involve a public place, have racial or religious connections, or affect a significant person or population.

The definition of a mass shooting is an incident that involves four or more people. In 2019 alone, there were a total of 435 mass shootings in the United States.

In 2012, the Sandy Hook Elementary School shootings received national attention because it was at a school where a shooter killed 26 people, including 20 children and 6 adult staff members. After examination of the victims’ bodies, it was concluded that many of the victims died from severe bleeding. Therefore, if bleeding was controlled, subsequent shock might have been prevented, giving the victims more time for the chance of survival and for help to arrive. From this knowledge, experts in trauma surgery, emergency medical care, government, and law enforcement came together to develop recommendations to improve the rates of survival with severe bleeding. The Stop the Bleed national awareness campaign was developed by this Hartford Consensus. In 2015, the Obama

administration called to action to begin training more lay people to become immediate responders until professional help arrives.

The Stop the Bleed program continues to grow nationally and internationally. As we continue to experience these unexpected events in our lives, making the safety of ourselves, our family and friends, and those around us, is more of a priority.

The average ambulance response time on Oahu is about 7 minutes for an isolated incident. However, this may be different if there is an incident that involves injury to multiple people like a building collapse, or a public shooting, or if access is difficult like falling during a hike. With Oahu traffic, transport times can be even worse, especially from the north and west sides of the island. We feel that it is important to teach a bystander to be a lifesaver in these situations, because you too as a normal everyday person, can save a life.

Stop the Bleed (STB) classes are one-hour classes, free of charge, taught by health care staff of the Hawaii State Trauma System. In these classes, we teach the importance of this STB initiative, how to identify life-threatening bleeding, and learn techniques to stop the bleeding. These techniques, which involve necessary proper training and hands-on practice, include effective compression, use of a tourniquet, and correct wound packing. Upon completion of the class, participants receive STB certificates. At Pali Momi classes, participants also receive free Stop the Bleed kits, which include a tourniquet, gauze, trauma sheers, protective gloves, and marker. These free kits are provided from

funds from generous private donations to the Pali Momi trauma program. We hope in the near future, to have Stop the Bleed kits mounted next to AEDs (Automated External Defibrillators used for CPR) throughout the state, to enhance a life-saver station.

On the island of Oahu alone, our instructors have provided STB training to over 2000 people, including staff of the Aloha Stadium, Honolulu Zoo, Blaisdell Center, Pearlridge mall, HPD, Community Emergency Response Teams (CERT), and various school, church, and work groups. The classes are well-received by our participants, with a common compliment of “everyone should take this class” at class completion. Many of our participants have encouraged their family, friends, and co-workers to attend a STB class. We also encourage our community members to support their local trauma programs.

If you are interested in learning more, go to stopthebleed.org. Stop the Bleed classes on the island of Oahu are ongoing and available at Queen’s Medical Center, Kapiolani Medical Center, and Pali Momi Medical Center. There are also STB classes available in the outer islands. If you are interested in participating in a class near you or interested in organizing a class for your community or work group, please contact STB state coordinator Matthew Wells, RN at matthew.wells@palimomi.org or 808-485-3038.

Don’t just sit back and watch world events unravel in front of you. You don’t have to feel helpless. Take a chance and learn to be a lifesaver.

Save a life. Stop the Bleed. stopthebleed.org ■



DR. MAREL VER is a general surgeon and Trauma Medical Director at Pali Momi which has been a Level 3 trauma center since 2016. Dr. Ver is also President of the Philippine Medical Association of Hawaii.

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LEGAL NOTES

Challenging and Finding of Marriage Fraud



By Atty. Reuben S. Seguritan

Fraudulent or sham marriages are marriages between a US citizen or lawful permanent resident (LPR) and a foreign national for the purpose of evading the immigration laws and gaining an immigration benefit such as getting a green card. The marriage is a sham from its inception if the parties do not have the shared intention of establishing a life together for the rest of their lives.

The United States Citizenship and Immigration Services (USCIS) will not approve any I-130, Petition for Alien Relative, for a person who previously obtained, or attempted or conspired to obtain, immigration benefits by reason of a fraudulent or sham marriage. Hence, a prior sham marriage will always prevent

the approval of any subsequent I-130 petition.

In a recent case, the court clarified that the government must show by substantial evidence that there is a sham marriage in order to deny an I-130. In a recent case, the US citizen filed the I-130 for his husband who was a citizen of Romania. They were married in May 2015. They were interviewed by the USCIS on January 12, 2017. They were given a Notice of Intent to Deny (NIOD) because of the Romanian's former marriage. In response, he submitted an affidavit discussing his current and former marriages. He stated that both he and his first US citizen spouse were young and immature and didn't think about the future. They had no savings and did not plan ahead. Hence, they eventually divorced.

However, on March 29, 2017, the USCIS denied the I-130 on the ground that the Romanian previously entered into a fraudulent marriage with his former US citizen wife. The USCIS stated that

the Romanian and his former US citizen wife met on December 31, 2005 at a New Year's Eve party and married a month later. On August 24, 2006, the US citizen filed a I-130 petition with USCIS for the Romanian. In September 2009, the USCIS denied the petition and the appeal was dismissed by the Board of Immigration Appeals (BIA) in February 2011. In September 12, 2011, the Romanian and his former US citizen wife were divorced. The USCIS concluded that the Romanian and the US citizen wife's marriage was a sham marriage because they did not demonstrate by preponderance of evidence that their marriage was entered into in good faith. Their Judgment for Dissolution of Marriage stated that they lived separate and apart since March 15, 2007.

The USCIS concluded that since the former marriage of the Romanian was not bona fide and only to gain an immigration benefit, the I-130 petition with the new US citizen spouse could not be approved

and denied it.

When I-130 petitions are submitted for spouses of US citizens or LPRs, the initial burden is on the government to identify substantial and probative evidence of marriage fraud. Substantial evidence is evidence a reasonable mind would find adequate to support a conclusion. If the government is able to establish marriage fraud by substantial and probative evidence, then the burden shifts to the couple to rebut the finding of marriage fraud.

The BIA dismissed the US citizen's appeal on December 14, 2017. The BIA stated that the denial of the I-130 was proper because the Romanian had previously entered into a prior marriage for immigration purposes and not to build a life together with the US citizen.

On appeal to the US District Court, the court concluded that the evidence was not substantial to support the decision of the BIA. The BIA did not explain how the US citizen's failure to present evidence of a shared life together (including lack of commingled financial assets) showed that there was substantial and probative evidence of marriage fraud. The government had the burden to initially show that a marriage was fraudulent. Here, the Romanian explained that he and the US citizen were immature and did not have insurance or much other evidence of commingled life because they had very little money and any savings they had were just spent

right away. The BIA did not show affirmative evidence that creates more than a reasonable inference of fraud. Furthermore, the US citizen stated in 2009 that she and Romanian were now good friends. A fraudulent or sham marriage is intrinsically different from a nonviable or nonsubsisting marriage. The fact that a marriage at some point becomes nonviable or nonsubsisting does not in itself indicate that the marriage was a sham at its inception. The BIA also failed to discuss or reference the affidavit the US citizen submitted in response to the 2017 NOID to show that their marriage was bona fide and not for immigration benefits only.

The court added that the government failed to show evidence that the Romanian and the US citizen married for immigration benefits only. There was no admission by the US citizen that she was paid to marry the Romanian; there were no statements by family or friends that the marriage was a scam or they were unaware of the marriage; nor were there admissions by the Romanian or the US citizen that the purpose of the marriage was for immigration benefits. The Director did not make an affirmative finding that their marriage was a sham. Hence, the case was remanded to the BIA. ■

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

HAWAII-FILIPINO NEWS

DOE Makes Teacher Recruitment Trip to the Philippines



The Hawaii Department of Education (DOE) sent two recruiters to Manila, Philippines to hire teachers, a first-ever international teacher recruitment strategy launched by the DOE to deal with the state's teachers' shortage.

Kerry Tom, director of DOE's personnel management branch, and Gary Nakamura, recruitment administrator, interviewed over 150 potential candidates for Hawaii teaching jobs.

The DOE identified at least 40 certified special ed teachers and another 20 in-

structors who teach in other subject areas across all grade levels during the trip.

"I think this is quite innovative because it's new for us," Tom said. "I think only time will tell, but the caliber of teachers was on par or better than us," said Tom.

Positions are expected to be for next school year. Hired teachers from the Philippines would be paid commensurate with DOE teachers. Alliance Abroad would help them find housing,

Foreign teachers are being hired by school districts

throughout all 50 states in the U.S., and allowed through the temporary H-1B work visa and J-1 teacher exchange visa.

The U.S. Department of State statistics show the Philippines as among the top countries that export foreign teachers. English is widely spoken in the Philippines which makes it attractive for recruiters. ■



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PERSONAL REFLECTIONS

LOVE WILL ALWAYS BE WORTH IT

By Seneca Moraleda-Puguan



This February, my husband John Marc and I are celebrating our sixth year anniversary. Oh how time flies! It was just like yesterday when I wrote about our love story and wedding as my first story for Hawaii Filipino Chronicle in 2014 entitled 'Love is Worth It.' Six years and two children later, I can still say that love is worth it and choosing him has been one of the best decisions I have ever made.

It hasn't been easy. It wasn't always good. It wasn't always happy. We've had a lot of fights and misunderstandings. Many times, we would get into each other's nerves. There are days we don't feel like being sweet to each other. We make each other sad, mad and furious. But these don't define our relationship. We are partners in everything. We are the best of friends. We choose to lay down our lives for each other. We choose to apologize for our mistakes and forgive if we have been wronged. We

decide to love and make our marriage a priority.

Marriage is hard. Marriage is work. Marriage is hard work. What have I learned about marriage for the past six years?

Love is a decision, not an emotion. When we were still a young couple, we were smitten with each other. Everything felt beautiful. Even during our honeymoon stage, we were so in love. We still are. But as the days and years passed, and we see each other's flaws and weaknesses, we have learned to not love each other based on how we feel, but to deliberately choose to love each other even if we don't feel like it and to always work things out if things don't go our way. Two different people becoming one is not easy at all. It takes humility to love. Love demands selflessness. If we choose to follow our heart, knowing that it is deceitful, we could have gone our separate ways. But when we gave our "I do's" on our wedding day, we have made a decision to love each other no matter what, flaws and all. Emotions change. Our

decision is firm.

Marriage is a Covenant. A covenant is an agreement. On our wedding day, we made an agreement to have and to hold each other, for better, for worse, for richer, for poorer, for sickness and in health, to love and to cherish, till death do us part. But sadly, for many marriages, these have become empty words. As for us, we are working out our marriage in a way that is not dependent on our circumstances but on the covenant that we have made six years ago. No matter what life throws at us, we will choose each other.

My spouse is a top priority. After God, my second top priority is my husband, and then my children. As a mother, my two young children tend to consume all my time and attention. But I realized that I need to fight for my time with

my husband. In the midst of all the chaos that raising a family brings, my husband and I deliberately go on date nights and spend time with each other. We pray together. We laugh, cry, do things together. We want our children to grow in an environment where their parents prioritize their marriage and prioritize each other so that when they grow, they will have a sense of security and they will have a strong foundation on how to build their own families someday.

Six years is still short. I have yet so much to learn as we face the years up ahead together. Every day is an opportunity to learn. Every quarrel we have, every problem we face, every mistake we make is an opportunity to make our union stronger. It is my prayer that my husband and I would be given a chance to grow old together, be able to witness our children growing and take care of our future grandchildren. It is my desire that our love story will inspire our children to choose their future partners wisely and in faith.

We live in a world where relationships are disposable. We live in a society where and at a time when divorce is rising at an alarming rate. We live in a world where they say

#walangforever (there is no forever). We want our marriage to be an exemption. We want to be a living proof that forever does exist. We want to be our children's inspiration and example when it comes to relationship, marriage and raising a family.

Marriage is easily said than done. But because we have the greatest example we can look up to, we can make it work and make it stronger. Marriage is a reflection of the love of Christ for His bride, His church. He expressed His love for us by laying down His life. And we ought to do the same. A cord of three stands is not easily broken. We have made Jesus the third strand in our marriage. When we don't feel like loving each other, we look to the love we have received from Christ. We are undeserving but yet He loves us.

When life is hard and the things happening around us challenge our marriage, we remind ourselves of this verse in 1 Corinthians 13. *'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.'*

Love can be hard but it will always be worth it. ■

(Sagot sa Krosword Blg. 12 | February 1, 2020)

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COMMUNITY CALENDAR

WAIPAHU CENSUS FAIR: COMPLETE FILIPINO COUNT | Saturday, March 14, 2020 | Waipahu High School, Honolulu | Learn more about the upcoming Census Survey at the Waipahu Census Fair. For more information, contact Raymund Liongson at rliongson@gmail.com

MABUHI PACIFIC EXPO & SUMMIT | July 24-26, 2020 | Hawaii Convention Center | Panelists-presenters on various topics are being accepted for the Expo. For details, contact Rose Cruz Chuma at rosechurma@mac.com

Have your organization's events listed in our community calendar. It's recommended to submit press releases a month in advance of your organization's event. Send information to filipinochronicle@gmail.com.

GLOBAL NEWS

WHO Names Deadly Virus from China as 'COVID-19'

GENEVA, Switzerland – The UN health agency on Tuesday announced that "COVID-19" will be the official name of the deadly virus from China, saying the disease represented a "very grave threat" for the world but there was a "realistic chance" of stopping it.

"We now have a name for the disease and it's COVID-19," World Health Organization chief Tedros Adhanom Ghebreyesus told reporters in Geneva.

Tedros said that "co" stands for "corona", "vi" for "virus" and "d" for "disease", while "19" was for the year, as the outbreak was

first identified on December 31. Tedros said the name had been chosen to avoid references to a specific geographical location, animal species or group of people in line with international recommendations for naming aimed at preventing stigmatisation. ■ (www.inquirer.net)

(FEATURE: This Valentine....from page 11)
high amount of bad cholesterol. Resort to healthier alternatives like vegetables, fruits, seeds and fish--it will also make you feel good.

8. Go Green

Show your love, too, to Mother Earth. Making better choices for the environment such as buying local products, avoiding harmful pesticides, or taking eco-friendly transportation alternatives will give you a more profound sense of satisfaction, for it is not only yourself you're helping but an entire world. Using nature-friendly products also benefits your health as they are less obtrusive to the human body and provides more health-boosting ingredients.

9. Stop Procrastinating

Stalling on an ambition due to a

busy schedule or seemingly lack of time? Stop and assess the situation. Loving yourself is also having to make sure you carry out your plans, especially ones your passionate about, in a timely manner; that is, without procrastinating. Procrastination is the bane of progress, and in extension success. Progress gives us a sense of fulfillment and deep pleasure, and in return boosts our emotional and psychological moods. To avoid delay of plans, step back and assess what's in front of you, and ask yourself if the continuous frustration you feel from avoiding the activity is more satisfying, more meaningful, than doing it.

10. Reward Yourself

Yes, give yourself a pat in the back. Accomplishing things, es-

pecially for the sake of self-love, is sometimes hard. People tend to think that loving yourself is arrogantly narcissistic, a selfish act, and so we tend to avoid that path. Or we have been conditioned to believe that true love can only be found somewhere else, not within ourselves. And so we try so hard to gain approval or validation from others, to act pleasing to seek attention. However, as the old adage goes, one can only truly love others when one has truly love himself.

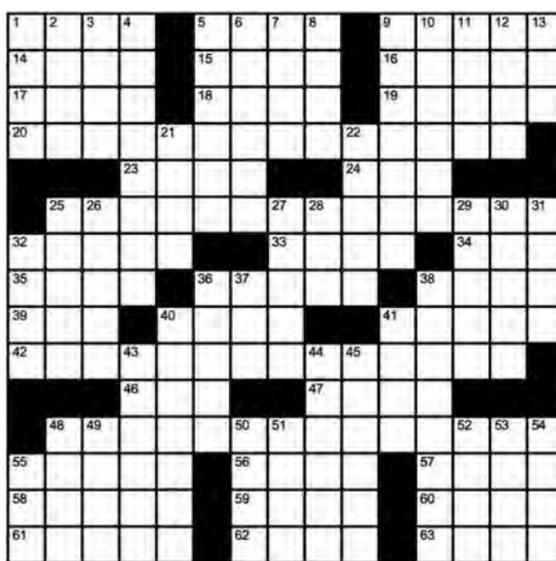
This Valentine's season, take it easy. Take a deep breath, and slowly ease yourself away from the sweet, syrupy posts of lovey-dovey pictures, heart-laden camera filters, and cloying love quotes shared recklessly by your friends on their Facebook feeds. ■

CROSSWORD No. 14 by Carlito Lalicon

ACROSS

- 1. Arab chieftain
- 5. Dressing ingredient
- 9. Like a horse or lion
- 14. Corn bread
- 15. "Not only that..."
- 16. Fine porcelain
- 17. Bit
- 18. Pandora's release
- 19. Small finch
- 20. Dictionary feature
- 23. Dirty
- 24. Be mistaken
- 25. Offset
- 32. Circumspect
- 33. Sacred
- 34. Spanish wave

- 35. Acclivity
- 36. Attack
- 38. Ablutionary vessel
- 39. Black cuckoo
- 40. Caught in the act
- 41. Birdlike
- 42. Noncom
- 46. A little bit of work
- 47. Count, now
- 48. Song of Nazareth
- 55. Flora and fauna
- 56. Broad valley
- 57. Alpine river
- 58. Cay
- 59. French cordial flavoring
- 60. Old Chinese money
- 61. Caterpillar competitor



- 62. In perfect condition
- 63. Carbon compound

DOWN

- 1. Big story
- 2. Anchor
- 3. Digging, so to speak
- 4. Comfort
- 5. Apparition
- 6. Cause of hereditary variation
- 7. Split
- 8. To be, in old Rome
- 9. Cheap

- 10. Egyptian god of the universe
- 11. Bust maker
- 12. Great Lakes city
- 13. Cacophony
- 21. Big name in electronics
- 22. Camelot, to Arthur
- 25. Fine dinnerware
- 26. Haven
- 27. French wine region
- 28. Routine

- 29. Unsuccessful
- 30. Traction aid
- 31. Make, as money
- 32. Jam
- 36. Durable fabric
- 37. French possessive
- 38. Weigh
- 40. Notched
- 41. Sleek, for short
- 43. Move unsteadily
- 44. Land, as a fish

- 45. Most festive
- 48. Cheeky
- 49. Burrow
- 50. Eve's man
- 51. Eastern royal
- 52. Indian bread
- 53. Creme cookie
- 54. Healthy
- 55. Nod, maybe

(Solution will be on the next issue of the Chronicle)

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Pwede akong sumagot sa Tagalog. Importanteng 'di lang ako ang sasagot, kaya makilahok tayong lahat! Mas malakas tayo kapag nagkakaisa!

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