Without Health, You Are Nothing

Bernard Paet’s New Lease on Life.

Alfredo G. Evangelista

In 1946, Zacarias Paet, and his fellow Sakadas, toiled the fields for many hours. Hardworking and dedicated, they enjoyed a simple diet with mainstays of rice, vegetables and fish. But they were robust and healthy men. They worked hard with the hope their children would have a better life and wouldn’t need to be out in the sun, toiling in the sugar or pineapple fields.

Many of the Sakadas’ children would go to school and return home to be an active part of Maui’s community. But the children would grow up with a heavier diet of meat and rice and access to alcohol. Coupled with the stress of working long hours to make ends meet, the next generations developed health problems such as diabetes, obesity, heart disease, and high blood pressure.

Zacarias’ son, Bernard, would chase the American dream of climbing the social ladder through education and hard work. After graduating from school, Bernard Paet’s life changed forever.

Bernard Paet of Bentos & Banquets by Bernard and Cupie’s esteem, takes a “new lease on life.”

Buses line up outside of Maui High School to pick up students.
PHOTO: STACY WOODSON

A closer look at how we look at, ingest, and respond to today’s news.

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Filipino and meatless? You’ll be greatly surprised!

This legacy is truly a project worth its perpetuation.

A freer look at how we look at, ingest, and respond to today’s news.

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shares his truly remarkable and life-changing story.

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Buses, Buzzers Bells and Books

Back to School in 2017.

Elizabeth Ayson, Ph.D.

of commuter traffic and the parents are parking in staff spaces,” said Bradley Cayorin, a fourth grade teacher at Kahului Elementary School. “So teachers can’t park at school.”

The failure of Ground Transport to provide enough bus drivers and the failure of the Department of Education to quickly come up with a resolution is just one of the shortcomings of the Department of Education. For over ten years, the lack of air conditioning at public schools has
Bernard returned home in August 1979, when his parents offered to rent their Oha‘a Street residence (four houses away from Maui Filipino labor leader Pepito Ragasa) for only $300. Bernard continued to work at Foodland but became interested in the catering business. While still employed at Foodland, Bernard started “Happy Cooks” with Andres Oania. Bernard and Andres worked together for five years until Andres left to open Aurelio’s. Bernard continued Happy Cooks with his family. During this period, Bernard attended a PSI seminar and eventually became a PSI seminar speaker. In 1991, with a confidence acquired through PSI, Bernard left Foodland and opened Bentos & Banquets on North Church Street in Wailuku. When Cupie’s Drive-in became available in 2003, Bernard and his partner, Song Solagross, purchased Cupie’s, with Bentos & Banquets relocating to Cupie’s Kamehameha Avenue site in 2008 when the North Church Street lease expired.

Those in the restaurant and catering business know its challenges and stresses. By September 2016, Bernard’s weight had increased to 248 lbs. He was on daily medication for diabetes, gout, and an enlarged heart.

Bernard started a weight loss plan, reducing his rice, pork, and drinking. By May 2017, Bernard had lost some thirty pounds but he continued to work hard—and play hard. He personally felt his health was good—he had no pain, no shortness of breath, no symptoms of anything. He felt so good that one day after work, he killed a goat, drank a bottle and a half of wine, played cards until 1 a.m., and was back at work at 5:30 a.m. “I’m a happy go lucky guy. I love to have fun,” explained Bernard. And then—it happened.

At 4:30 p.m. on May 13, 2017, Bernard finished cooking for Holy Ghost Church’s dinner meeting. Scheduled to deliver the food and after loading the last tray of food into the van, Bernard went into Cupie’s and collapsed, gasping for air.

Bernard suffered a sudden cardiac arrest (SCA)—what’s commonly called a heart attack. Song called 911 and she began giving Bernard CPR. Song had been enrolled in the Maui Community College nursing program but stopped when she and Bernard opened Cupie’s. The police arrived first, followed by the firemen, with the ambulance arriving within four to five minutes.

Published medical studies in journals such as the New England Journal of Medicine have found that of the more than 300,000 cardiac arrests in the United States, less than ten percent suffer an out of the hospital cardiac arrest survive.

At Cupie’s, Bernard was given an electric shock with the defibrillator. No success.

Another electric shock. Still no response.

A third electric shock. Nothing.

A fourth electric shock. Still nothing.

A fifth electric shock. Still nothing.

A sixth electric shock did not produce any results.

But the seventh electric shock did. Bernard wouldn’t be out of the woods yet. “I was told there were about forty people praying for me. There was a vigil outside in the waiting room, which was full. Only two people at a time could come in to the room.” I learned they prayed for me ‘Shine a light on him,’” Bernard said. “When one or more pray, the prayer is stronger. I’ve experienced it. It’s chicken skin.”

Bernard was placed in an induced coma for two days. “They froze my brain and my intestines,” said Bernard. “They didn’t want my heart to overwork and they wanted to keep my temperature down.”

Bernard’s near death experience would strengthen his faith. “When folks in a near death experience tell me they saw St. Peter’s with the long beard, I didn’t believe it. Now I believe. It was weird. It was just white. So bright. It was all around. I was thinking ‘Where am I?’ And then I woke up. And somebody asked me, ‘How are you?’”

Bernard had experienced the white light phenomenon. “I’ve heard of the white light before. I never believed when people would talk about it,” said Bernard. “I didn’t see St. Peter,” explains Bernard, “I just saw the white light.”

For five days, although Bernard was awake, he doesn’t remember anything. An implantable cardioverter defibrillator (ICD) was inserted. “When the heart goes down, it’s supposed to shock to bring the heart back,” said Bernard “but so far, I haven’t had a
been a news item. A few years ago, the teachers’ union, HSTA, even sug-
gested canceling school on Heat Days. While the Department of Education
has begun installing air conditioning units at some schools, for some teach-
ers, the timing represents a lack of
planning. “I feel challenged because of the timing when they started to renou-
ve our classrooms,” said Cacayorin.
“They’re adding AC units but it won’t work
for another two months. It de-
layed my time to set up and my time
to plan for the school year.” As Jenna
Yanos, a kindergarten teacher at
Kahului Elementary School said, “The
air conditioning won’t be there at the
honor time.”
The Department of Education is go-
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tion of Christina Kawamoto from Ari-
zona as the new School Superintendan
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HSTA elected a new slate of offi-
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Another Facebook friend said she gets
notes and asked customers to return
in a few weeks to check on their miss-
ing supplies. One parent posted on Face-
book and asked if anyone found
oil pastels or unrulled composition
books. The
parent did not want rec-
ommendations on where to try but vendors who
had a supply. Another
parent chimed in that she
was also looking for
those same items. Face-
book friends suggested
Walmart, Ben Franklin,
Longs, Ace, Foodland, Of-
ce Max, and Barnes & Noble. A Facebook friend
suggested Amazon while
a family who was on
O’ahu volunteered to
check stores on O’ahu. Another Facebook friend said she gets
every of her kids’ oil pastels from the
Philippines. The mix of emotions ranges from
high anticipation to profound fear,
with hints of sadness. “I’m kind of sad
this is my final year of high school. I
don’t want to leave,” said Evangelista.

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Kahului School Kindergarten teacher Jena Yanos stays after hours to help students.  PHOTO: BRADLEY CACAYORIN

Kahului School 4th grade teacher Bradley Cacayorin on the first day of school.  PHOTO COURTESY BRADLEY CACAYORIN

Maui High School student leaders at a Back-to-School camp. PHOTO COURTESY ROSE ANNE RAFAEL
A Healthy Lifestyle is the Recipe for a Good Life

My special recipe for health comprises a generous portion of each of the following ingredients, enjoyed often and shared with those in your life who matter most, served with a heapingspoonful of gratitude, and most of all, winkle in your eyes.

2 ounces of Attitude - A change in attitude can change your life.

1 cup of Dream - A dream does not become reality through magic; it takes sweat, determination and hard work.

2 cups of Love - Love conquers all things; let us yield to love.

1 cup of Happiness - It is not what you have or who you are or where you are or what you do that makes you happy or unhappy. It's who you are or what you do that makes you happy or unhappy. It's what you think about.

1 cup of Family - Children are the world’s most valuable resources and its best hope for the future.

2 cups of Friendship - Do not forget small kindnesses and do not remember small faults.

1 cup of Relationship - Forgiveness is the oil of relationships.

3/4 cup of Teamwork - When spider webs unite, they can tie up a lion.

2 cups of Health - To insure good health, eat lightly, breathe deeply, live moderately, cultivate cheerfulness, exercise often and maintain an interest in life.

1 ounce of Faith - Take the first step in faith. You don’t have to see the whole staircase. Just take the first step.

3 ounces of Blessings - For those to whom much is given, much is required.

Mix all ingredients. Simmer for tenderness. Stir delicately, affectionately and lovingly. Adjust taste and offer compliments for lovely relationships.

-E Tante Urban

Bernard’s parents, Zacarias (right) and Cayetana Paet, in the home he grew up in.

New Lease

...from p.2

work plus renovating a house,” said Bernard. “He’s committed to having a healthy lifestyle. “It’s hard to go on a diet,” he says, “your mind has to be strong because it’s mind over matter. I believe in that because I’ve done it. Bernard explains his diet regimen: “Now I don’t eat as much. I eat smaller portions. For me, the key is to eat rice. I eat three times a week. Watch your rice. You can eat meat but not too much. At night, don’t eat after 7 p.m.”

Bernard says he’s active—allways doing something. His goal is to walk 9,000 steps a day and on a recent Thursday and Friday, he got his goal. On a recent Saturday, he exceeded his goal and walked 12,577 steps. On his day off on Sunday, he walked 2,851 steps.

Bernard advises to “drink plenty of water.” His alcohol intake is reduced. “I hardly drink. I can’t stand light beer because the beer has to have taste. Everything I do has to have taste,” explained Bernard. “Plus, you have to keep your body and mind in shape. If you’re going to go on a diet, you have to do it. I don’t believe in the word ‘try.’ Just like in life, if you make life hard, it will be hard. If you make it easy, it will flow. I really believe in the PSI saying, ‘to think, is to create.’”

And the bottom line is health. Without health, you are nothing.”

From the Editor’s Desk

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Filipino food rocks! We Filipinos are known for our positive values, sense of hospitality, being hard-working, and our ability to face whatever challenges that life brings with a smile on our face!

On top of that, we are also known to have a great passion for food—Pinoy food—to the point of considering eating as a hobby! What I find amazing is that when Filipinos prepare their favorite food you seldom see them having to use any kind of a recipe—and I think that is a testament of the legacy that is perhaps passed on by family members.

Of course, the last statement does not apply to all; although I venture to guess that it covers the majority. Every time you visit a Filipino home, whether here in the U.S. or the homeland, and hungry or not, you will always hear (without exception) from the host, “come eat—we get plenty food!” And that is Filipino hospitality! Somehow the host family knows exactly your favorite food to serve, and I can certainly attest to that, having been invited to many Filipino gatherings.

Well, let’s talk about my favorite Filipino foods and I hope it’s your favorite too. What are your comfort Pinoy foods? What are the foods that you find irresistible? Well, let me share a few of my favorite Filipino foods that will knock your socks off!

**Tortang Talong** (Filipino Eggplant Omelet) - This is an eggplant omelet wherein grilled eggplants are soaked in a beaten egg mixture then fried. This is a simple yet delicious Filipino recipe that you can enjoy anytime of the day, especially for breakfast. It is best eaten with steamed white rice and tomato with anchovies or patis. This dish is a simple, comforting, everyday meal. It remains my top request whenever I go to a Filipino restaurant or to a family gathering. This dish will surely satisfy your palette.

**Veggie Sinigang** (vegetable soup) - When you feel like eating healthy Filipino food without the trappings of pork or beef that is normally in the Filipino sinigang dish, you may want to try this dish with veggies only—I can assure you that you will love this veggie sinigang dish. I experimented with this dish recently and I found it to be comforting and quite healthy. Sinigang is a Filipino soup or stew characterized by its sour and savory taste. By tradition, the souring ingredient of this dish comes from fresh tamarind fruit, calamansi, or kamias. This particular dish was popularized by the Ilokano of northern Luzon. Sinigang is an indigenous Filipino dish believed to have been influenced by the Philippine’s neighboring countries. In fact, sinigang resembles that of the sour based cuisine of other Southeast Asian countries like Malaysia’s “Singgang,” Indonesia’s “Sayur Asam” and Thailand’s “Tom Yum.” This fabulous dish consists of bok choy, eggplant, fresh green beans, daikon radish, tomato, chopped onion, a few slices of ginger, chicken broth, and a few dices of chopped tofu. Of course, it is best
served with a condiment composed of fish sauce (Patis) and lots of hot chili pepper. So, if you want to try a Filipino healthy food without compromising the authenticity of sinigang dish—this veggie sinigang will certainly open new opportunities for a healthy Filipino food alternative!

**Pinakbet** (mixed vegetable dish)

This dish is one of my favorite Filipino foods which always reminds me of my childhood. I have been told by my Ilokano friends that this dish originated and was popularized in the Ilocos region of the Philippines and you will always find this dish in every Filipino party or family gatherings. Just recently, I have been experimenting cooking this pinakbet dish without the usual pork or bagnet or the use of lechon kawali ingredients in order to make a healthy dish. Instead, I have used shrimps or tofu, and chicken broth. What is pinakbet? There are as many recipes of this dish as there are cooks, some Ilokanos claim that only the Tagalog version of the dish includes squash, others say other, wise because, like most regional dishes with a peasant origin, pinakbet is really about cooking with whatever ingredients are on hand. Therefore, although there are vegetables that are considered traditional for cooking pinakbet—like ampalaya (bitter melon), mallunggay pods and okra—it is not the presence of all traditional pinakbet vegetables in the dish that makes it pinakbet. Rather, it is about how it is cooked and how it tastes. And many Filipinos judge the authenticity of a dish not so much by cultural or historical standards, but by the way their mothers and grandmothers cooked them to the point that they will insist that a recipe is wrong unless it is exactly the same as their mother’s and grandmother’s. There are even some who say that unless you’re a true-blue Ilokano, you can’t cook Ilokano dishes properly! Let’s live healthy—and try to cook healthy Filipino food with authentic flavor—and I promise you will feel so much better!

**Heathy Food...**

from p.5

Veggie Pinakbet or Mixed Vegetable dish promises to be a tasty and nutritious dish with lots of iron and vitamins to boot. **PHOTO: CHEF JOAQUIN BELMONTE | FOOD PLATING: RICHARD GAOIRAN OF TANTE’S ISLAND CUISINE**

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Back to School...

from p.3

friends immediately and there were so many great activities at preschool. As a parent, the hardest part is walking away from your child’s classroom as they get ready for their school day. It is difficult because of the emotions that are attached to being a parent and needing to let go so your children can grow and experience life.”

Pre-school activities open all the portals of learning for the toddlers who engage in the prepared environment designed to optimize the natural modes of learning which are switched on at birth. Curiosity is the unstoppable driver for the youngster, who makes a beeline towards everything that arouses interest. Many of these moments are fleeting, and we have not yet figured out how to measure or define what is learned in each brief encounter. One thing for sure, we now agree that humans are social beings, and that healthy interactions between people at every age promote, reinforce, and encourage self-confidence, many interests in what life has to offer, and higher likelihood of emerging leadership, and ultimately, the willingness to open our hearts to love. Resiliency of spirit is built upon having lessons of disappointment, self-doubt, heartbreak, and loss. The reliance on self, on the belief that we have a reserve of strength when we need it, the confirmation from those who love us that we are capable to the world, and that we matter to someone, all serve to connect us heart to heart. Being loved makes us forgiving because from facing hard truths, we truly understand that even in our imperfection, we can do something good with our life. These early lessons are all part of the fabric of learning. Some lessons are needed again and again. Yet, it is also true, that some lessons will take us a whole lifetime to learn.

With middle school being the world of uncertainty and conflict, it is refreshing to hear eighth grade Keilah Galiza being excited. “I can’t keep calm, it’s back to school. Where did the summer go? It’s not going to be easy but I will try my best and enjoy every moment of my school year.” Keilah’s sister, Vanessa, who will enter her second year of college at the University of Hawai’i Maui College had a more sophisticated outlook: “Paint this new school year with a whole box of crayons.”

Zyra Dela Cruz, who will be a sophomore at Whitworth University in Spokane, Washington changed his major three times last year because he wasn’t really sure about what he wanted to do. He started as a Biochemistry major, switched to Chemistry, and now is majoring in Math. “I’m planning self- enroll as a Chemical Engineer so I plan to enter the dual degree program.” Idica worked at the State of Hawai’i Department of Transportation as well as Tutti Frutti in Kahului. As far as looking forward to going back to school, Idica said yes and no. “Yes because I have so many friends there but no because politically-wise, it’s very tense at my school. Plus, this summer I came out of the closet. It was a big step for me and I was not sure how people would react but my family and friends have all supported me and showed me their love and understanding.”

At colleges and universities, students like Sheena Dela Cruz and Idica are reassessing to discover whether their original college plans are still on track. The availability of classes always plays a role and the sabbatical schedule of professors limit when classes will be taught. Housing and roommate issues also come into play—something most students never faced during high school. For soon to be college graduates, the relevancy of their field of study is a major concern with many wondering whether there will be a job waiting for them. Yet, students and their parents are excited for the new year. “My children and I had a great summer and I look forward to what they’ll be learning in school this year but I’m dreading the traffic that will come when UH Maui begins their traffic,” said Natasha Lau, parent of a pre-schooler and a seventh grader at Kamehameha Schools-Maui. “Aside from the bus situation, back to school has been somewhat smooth, an easy transition from summer vacation,” said Alpuro.

Despite the transportation and school supply challenges, most teachers had a positive outlook. “I think this year will be better than last year,” said Yano. “Last year was my first year and I was inexperienced and trying to learn everything. But all the other teachers at school really helped. All the teachers support each other.”

The new school year is above all an opportunity to accomplish more than before, to get clear about the next steps in the path to a successful future, to take corrective action for previous mistakes and judgement, and to build a strong, well-designed bridge that can take you to the place of your dreams. Be bold. Take the risk. Make the leap of faith. You will never find out what you are made of until you choose to take a chance on yourself, to show the world that no matter what, you believe it is your responsibility, that you are in charge of bringing into the light the best that you can be. Elizabeth Ayson, Ph.D., is a retired educator, having served in the State Department of Education for over forty years. She previously served as the Principal at Iao Intermediate School, the Vice Principal at Lihikai Elementary School and Maui High School, and she taught at Lihikai Elementary School, Blanche Pope School in Waimanalo, O’ahu, Frank Thompson Middle School in Boston, Massachusetts, and Stuart Elementary School in Boston, Massachusetts. She was gradu - ated from Baldwin High School, Knox College in Galesburg, Illinois (majoring in Music Education and Elementary Education), and University of Hawai’i at Mānoa (M.Ed.). She received her doctorate from University in Cincinnati.

Alfredo G. Evangelista contributed to this article.
I was in 2011 when I first started the Foodtrucks on Maui Facebook page. That was the year I saw many food trucks starting on Maui and I thought it would be nice to help promote them online. Many food trucks have come and gone since then. There are few that successfully truck around but many have sold their trucks which gave way to new food trucks (same trucks, different owners and menu).

Some of the food truck owners decided to move to a more permanent location or invention of like the Shark Pit Maui in Lahaina. Some decided to have both food truck and a “brick & mortar” store like Donut Dynamics. Have you tried a donut from Donut Dynamics yet? Oh my, so yummy! The one with Poi topping is my favorite!

The food truck industry on Maui is alive and growing! I thought it would be great to feature some of them on this month’s Kwento-Kuwentuhan.

Since Filipino-American, newspaper, let us start with the food truck that serves Filipino food here on Maui. Introducing the “Kusina Ni Jayboy” in Lahaina. It’s located next to the Maui Jim Store across from Maria Lanakila Catholic Church. It had great reviews on Yelp. Here are a couple examples. Lahaina 808 commented, “The best Filipino food in town! We always eat here because we know the food is not sitting in the warmer for hours. It’s always fresh and delicious!” And here’s Alexis’s review “This was a fun little food truck to stumble upon during our walk through of Lahaina. If I had more time, I would have tried the whole menu. Instead, we tried a couple of the BBQ skewers. We tried the BBQ pork and the intestines. Both were juicy, saucy, and came with a tasty vinegar dipping sauce. They were very tasty and I think the street vendors of the Philippines would be proud!” Alexis is a visitor from Reno, Nevada.

Since I live in Kihei and rarely go to Lahaina, I must admit I have not tried “Kusina ni Jayboy” yet. But after reading all the great reviews, I think I will drive to Lahaina very soon just to have a taste of Filipino dishes they have. I wonder if they are serving halo-halo too.

Moving to another food truck—how about that Maui Fresh Stretey? Kyle Kawakami, the owner of Maui Fresh Stretey was a professor at UHMC and taught there for about 10 years. Kyle pursued his passion and in 2013 opened Maui Fresh Stretey. It’s been a very popular food truck on Maui since its opening. Maui Stretey was recently featured on popular Food Network television show, Diners, Drive-Ins and Dives with host Guy Fieri. Yelpers also love Maui Fresh Stretey and it has a high review rating. Here is an example from Feli of Hayward, California, “Best place ever! One of a kind distinct flavors amazing people came here on vacation looking for a unique eat and found it here! Recommend this place to anyone looking for something to make their bellies happy.”

So where are the food trucks on Maui located? They are often invited to various events on Maui, like The Maui’s Town Parties. During Kihei Fourth of July, town party, you can find many food trucks at Azeaka Shopping Center.

You will also find many food trucks across from Costco Gas station in Kahului. There’s Like Poke’, Thai Me Up, Mo Ono Hawaiian bowls and Dino’s Gourmet On-The-Go. At Home Depot Parking lot, there are two food trucks that just opened, Gyro, and Pu’a BBQ Co. The owners of these food trucks are also creating a Food Truck Place in Kihei at Liloa Drive (in between Safeway and Azeaka Shopping Center.)

There are also many food trucks at the Kahului Harbor, especially on Saturday mornings, because that’s when the Maui Swap Meet is happening across the road from the Harbor. There at the Harbor you will find Geste Shrimp truck, Alba’s Cuban Coladas and Auntie Lia’s Baked Goods. Back in Kihei, food trucks such as Big Beach BBQ Makena, Aloha Thai Fusion and That’s A Wrap are usually at the Maui Brewing Company on Lipoa Street. There is also the Kina’ole Grill food truck close to Kamalani Beach. We Filipinos love to eat and we love good food. Now I am waiting for a Filipino food truck to open in Kihei. Can you tell I am now thinking of tinola, adobo and halo-halo?

Do you currently have a favorite food truck on Maui? Let us know! Next time you stop at any of the food trucks and you take a photo to share on your Instagram, please use hashtags #FilAmVoice #FoodTrucksoOnMaui so we can see and enjoy your photos as well.
I’m excited to be involved in The Field & The Harvest on Saturday, August 19, 6:00 pm at the University of Hawai’i Maui College, Pā'ina Food Court and Main Dining Room. The Field & The Harvest is the fundraiser dinner for the Bahay Kubo Heritage Foundation, a 501(c)(3) tax exempt organization, whose purpose is to restore the Bahay Kubo at Kepaniwai Heritage Park in historic Iao Valley. Over the years, the Bahay Kubo was vandalized and although many have tried to restore and renovate it, only recently has an organization been created whose prime purpose is to take care of the Bahay Kubo. Renovation efforts started in 2015 but the September 13, 2016 storm put all renovations on hold. The evening also features entertainment and a silent auction featuring a bounty of gift certificates to favorite Maui restaurants, specialty items, and gifts.

We realize we needed to pull together as a community, because if it happened elsewhere, we would do it again, just like how we pulled together for Project Kōkua for Hawai’i island in 2014, Kōkua for the Philippines in 2013, and Kōkua for Japan in 2011. This time around, it is in our own backyard. We will need all the help we can get to restore and maintain the Kepaniwai Cultural Heritage Garden at Iao, which is a unique place. It is the only place in Maui that shows the cases of the different cultures that migrated here during the beginning of a by-gone era, the plantation era. We are connected through our roots, our food, and most especially our aloha. The desire to want to help each other in an unfortunate situation like this is when we realized we still have the values we were taught growing up, and in return, we do what needs to be done, as it is the right thing to do.

With over a dozen chefs, what can possibly happen through these words: pamilya, which means gathering in Hawaiian, kūlua, which means to share, and kaim na, which means let’s eat in Filipino. The Field & The Harvest will give guests a delicious sampling of dishes by top chefs and restaurants from across the island of Maui. Just a few of the menu items include:

- Seared Diver Scallop, Parmesan
- Pandan Shredded Lamb Shank Crêpe
- Pandan-Coconut Glaze, Toasted Rice
- Puffed Rice
- Matcha Green Tea Unagi Foie Pâté on Chicken Skin Cracker, and Persian Barberries

... and much more—all prepared in fresh, local ingredients.

Volunteers donate their time and effort to beautiful and restore the Bahay Kubo legacy, with their Bayanihan spirit—“the work of many hands lighten the load.”

Artistic work of the Bahay Kubo at Kepaniwai Cultural Heritage Gardens was skillfully rendered by local artist, Phil Sabado.
A Longer Life… What’s Your Plan?
Elsa Agdinaoay-Segal

A mericans today live longer than previous generations, and that added longevity is putting stress on traditional retirement plans and financial strategies. On average, men and women who reach the standard retirement age of 65 can anticipate living another two decades, according to the Social Security Administration. How does a longer life impact retirement spending, costs? The level of retirement income will depend on the level of savings accumulated over the years. Another factor would be how much of the next 80 years is spent in the workforce after retirement. Market performance may also be a factor, depending on the type of retirement investments involved. Also, many people plan on combining their own savings with Social Security benefits. In 2016, Social Security recipients will not see a cost-of-living adjustment increase. It may mean those approaching retirement age ought not to rely too heavily on Social Security as the generation before. Beyond questions about how much money a retiree is likely to receive, there is the prospect of increased costs in retirement and how those costs may be exacerbated by longevity. Retirees spend considerably on health care. Advanced age tends to come with increased health risks and health care costs balloon as retirees get older. Longevity action plan The first thing retirement-worried investors should look at is whether to make catch-up contributions. These are extra contributions to tax-advantaged retirement accounts that older savers can make without exceeding IRS limits. Essentially, it’s a way of depositing more money now as retirement approaches to draw from a bigger pool later. This is not always ideal, as many people don’t have the flexibility or desire to compromise comfort today for comfort tomorrow. Another low-risk alternative to catch-up contributions would be to peruse your tax-deferred accounts to ensure you’ve maximized opportunities there. Who knows? You might be able to capitalize on something you missed earlier in life. Explore additional income and benefit sources Other savings and investment options—real estate or commodities for example—may yield higher financial rewards, but they also include their fair share of risks. Because of the longevity concern, many savers and investors are looking at annuities, which can provide guaranteed lifetime income. They can be funded either through personal savings or a rollover of retirement funds. But different annuities offer different types of advantages and drawbacks. Given the variety of savings plans available and the building blocks questions about longevity, many people opt to consult a financial professional to sort out what choices might best fit their personal circumstances.

Of course there’s the option of delaying retirement in order to prepare for a longer life span. Delaying your retirement by three years from age 62 to 65 can boost your assets meaningfully, thanks to the combination of making extra contributions to your employer-sponsored retirement plan, not taking withdrawals and allowing your funds more time to grow. Also in regard to Social Security retirement benefits, it’s important to understand that monthly benefits differ substantially based on when you start receiving them and the filing option you choose. For every year you postpone collecting benefits beyond your full retirement age (typically 66 or 67), you can earn an annual delayed retirement credit of up to 8 percent. That’s a big bump in benefits every year up to age 70.

Unfortunately, working longer isn’t always an option for many people due to the effects of age or the job market. This reinforces the need to examine options now and take what steps are necessary to ensure a financially comfortable life in the growing number of later years for most Americans. Provided by Elsa Agdinaoay-Segal, registered representative of MassMutual, courtesy of MassMutual Life Insurance Company (MassMutual). Lic. #357268. Agdinaoay-Segal was graduated from Hawaii Pacific University where she received a Bachelor of Science in Business Administration with an emphasis in Human Resource Management. In 2009, she earned the Chartered Retirement Plans SpecialistSM designation (CRPS®). Agdinaoay-Segal has nine years of experience in the financial services industry. She is the mother of two children, Joshua and Lily, and married to Brandon Segal, a deputy prosecuting attorney with the County of Maui.

Chef’s Corner

Legacy…

from p. 3
stage Foundation® and mail it to me at P.O. Box 6130, Kahului, HI 96733 or contact me at Jake.Belmonte@gmail.com or (808) 283-6358 and I will gladly pick it up! Chef Joaquin ‘Jake’ Belmonte, Jr. is a Culinary Arts student at the UI Maui College, Culinary Arts Program. Belmonte was graduated from Maui High School and worked extensively in the Food & Beverage operation in the hotel industry. He is currently the Chef Representative of the Blue Zones Project - Central Maui Restau

rants & Grocery Stores, a Facilitator of Hawaii National Great Teachers Seminar; and an active member of the American Culinary Federation.

Belmonte was recognized by the Hawaii’s Hospitali-

ty Magazine as one of the 2008 Top 10 Rising Chefs of Hawaii under 40 and was the 2009 representative of the Hawaii’s Visitor and Convention Bureau’s West Coast Marketing Campaign. Happily married with two children, Belmonte is also a Small Business Owner and Operator of Maui Lifestyle Healthy Choice, a premier healthy vending company.
M

y mom told me, “No re-

new the newspaper.”

I tried read. No mo’

good news,” she explained. “Better you give me the money and I go buy fish.”

I realize my 88 year old mother is exaggerating. Every time I go by her

home, if she’s not watching her story on PBN, she’s tuned into her favorite

talking heads on MSNBC.

I doubt what she’s watching is all

good news on the cable shows. But it’s an up-to-the-minute yell fest on the

latest national storylines. And when I’m there, she’s commenting right along with that show’s panel of

experts.

All the attention being paid to na-
tional issues is great because while some in the mainland blogosphere, D.C.-based journalists, or even

Hawai‘i as an island in the Paciﬁc, our State has a lot at stake in what the

U.S. Congress and current Administra-

tion are debating. Approximately 20%

($3.2B) of the State’s $16.4B budget

comes federal funds, grants and con-
tracts. For local residents, while Wash-

ington, D.C. may seem awfully distant, the mainlander’s and our four

member Congressional delegation are talking about on the East Coast may have profound impacts for the islands.

As an example, the repeal-and-re-
place circus over the Affordable Care

Act (Obamacare) has dragged on

whether any change would have im-

pacted Hawai‘i’s unique employer-pro-

vided healthcare law.

Since enactment of the Hawai‘i Prepaid Health Care (PHC) Act, Hawai‘i Re-

vised Statutes Chapter 393, has set

minimum standards of health care

beneﬁts for workers. Under the law,

businesses are required to offer health

insurance to employees who work for

more than 20 hours per week for four

or more consecutive weeks. The law

only excludes individuals working less

than twenty hours per week, agricul-
tural seasonal workers, insurance or

real estate salespersons paid solely

by commissions, individuals working

for family members (son, daughter,

spouse) or children under 21 working

for their mother or father. In contrast,

the federal law requires employers to

offer coverage to employees working

at least 30 hours per week effective


Employers are required to pay at

least half of the premium and the law

also limits the amount that employees

contribute towards premiums to 1.5% of

their wages. While employers are

not required to provide family cover-

age, depending on the type of plan of-

fered by an employer, employees may

offer family coverage and either the

employer pays 100% or 50% of the

family premium.

Hawaii’s prepaid health and Oba-

macare also differed in the kind of

commodities tax (TAT) allocation to

the Counties’ share of TAT funding returned to the base cap of

$93M.

At the close of the legislature, the House and Senate were split on how

to address the rail shortfall and whether to address the County TAT cap.

The House at the end of the session proposed and approved increasing the

TAT statewide to 10.25% (1%) for 11 years (2028) and extending the life of the

0.05% Honolulu-only GET sur-

charge for an additional year from the

present 2027, also to 2028. The Sen-

ate countered by proposing that the

0.05% Honolulu only GET surcharge be extended ten years from the pres-

ent 2027 extension to 2037.

The Governor recently announced he would be open to a 1% hike in the

TAT to help fund Honolulu’s rail proj-

ect. But he also opposed increasing

the Counties’ share of the TAT above

$93M.

On the other hand, Neighbor Island County ofﬁcials are opposing any in-

crease of the TAT that applies statewide, arguing that their residents should not have to pay for rail since they will not be using the system. Of course, since 2007, Neighbor Island state services have received some por-

tion of the $193M paid by O‘ahu res-

idents from the GET surcharge, as well as most of the general tax rev-

enues supporting government services like schools, health inspectors, social

workers and the public hospitals serv-

ing rural parts of the islands. The Hon-

olulu Mayor, the City Council and

HART— and the workers supporting

and building the rail system—just

want a funding solution at this point.

And the Federal Transit Adminis-

tration is lurching with the uncharted threat of pulling back its commitment of $1.5B in the rail project and de-

manding repayment of what has al-

ready been contributed.

So the parties have staked out their

positions and we’ll see what funding ideas are actually included if the leg-

islature returns at the end of August.

In the meantime, I think when I

pick up some fish for my mom, I’ll just

wrap it in the newspaper so she can

still get some local news. Or I suppose

I can wrap it in the Fil-Am Voice.

Gilbert S.C. Keith-Agaran

Gilbert S.C. Keith-Agaran has re-

presented Central Maui in the Hawai‘i State Senate since 2013. He recently was named as vice-chair of the Senate

Ways and Means Committee after serv-

ing as chair of the Judiciary and Labor Committee.
A n ambitious, successful, talent-
ed Filipina psychologist, Dr. Virginia Dagdag Cantorna is within our midst. She is the daughter of 1946 Sakada Ramon Calibuso Dagdag and his wife Valeriana Donia Dagdag, who emigrated from Ilocos Sur, Philippines. Born on New Year’s Eve in 1955, she is the eldest of three daughters. Her siblings are Evelyn “Eve” Chargestula and Sandra “Sandy” Hew. The Dagdags resided in the plantation village of Reabua which is no longer in existence. Virgie, as she is fondly called, shared her memories of a kerosene stove used by her family to cook their meals, butchering pigs for lechon, neighboring cattle, and an outdoor kaaihu and latrine.

In 1960, the Dagdag family moved to Kauhulu’s “Dream City.” Virgie, a 2nd grader attended the old Lihikai School (located across the Maui Beach Hotel). That’s when President John F. Kennedy was assassinated, Virgie recalls. When she was an eighth grader, the new Lihikai School on Papa Avue opened. Virgie entered a contest to write the school’s alma mater for a $5 prize and won. The song Virgie composed continues to be Lihikai’s alma mater.

Virgie is a very talented individual especially in the area of music. She was a member of Sing-Out Maui and performed weekly aboard cruiseships and at hotels. She participated in the drama club in which she held a big role as Mother Abbess in the Sound of Music. She studied voice and performed as a soloist in the Maui Symphonies Orchestra’s Opera Gala.

According to Virgie, her parents sacrificed a lot to provide the best education for her and her sisters and her parents frequently reminded them: “We sweat so you don’t have to work in the sugarcane fields or the pineapple cannery.” Virgie attended St. Anthonys High School, excelled in the social and biological sciences, and fell in love with psychology. She graduated at the top of her class.

Virgie received a scholarship to the Catholic University of America in Washington D.C. It was a culture shock to Virgie for she knew no one there. The late Congresswoman Patsey Mink provided to be a big help; Mink dispatched her secretary to help Virgie get settled-in.

In 1970, Virgie graduated Magna Cum Laude, earning a Bachelor’s degree in Nursing. She stood out at her college graduation as the “Hawaiian with all the lite.” After graduation, Virgie remained in Washington, D.C. and worked for Children’s Hospital. She was assigned to some very unique cases including confined twins, a baby with ambiguous genitals (both male and female), and infants who were raped. Virgie was promoted to the position of Nurse Recruitment Coordinator, the youngest person in nursing administration, and travelled nationwide in search of staff nurses.

In 1982, Maui boyalfred Cantorna asked her, “Will you mau me?” They had a small wedding in Maryland and a year later had a second wedding ceremony with four hundred guests. They came back to Hawaii. While on Maui, Virgie accepted a teaching position at St. Anthony High School as there were no openings for a nursing position. Virgie was assigned to teach growth and Development and Morality because of her Catholic education and nursing background.

In 1986, Virgie was hired as a nursing instructor at Maui Memorial Hospital. She earned her Master’s degree in Nursing in 1995 and was promoted to Director of Nursing, overseeing a $13 million budget. It was a period of growth for the hospital according to Virgie. They opened the adolescent psychiatric unit, renovated the obstetric unit, added the cancer center, and expanded the emergency department.

Virgie shared her most personal predicament: “Clinical testing revealed I couldn’t have children. After our ninth year of marriage, I became pregnant with our surprise, miracle child.

Our daughter, Emily, is a true blessing in our lives. She is following in my footsteps, pursuing a career in nursing.” After a few years, Kula Hospital recruited Virgie to direct its Nursing Department. But in 2000 she felt an urge to pursue her dream of becoming a psychologist. Although her mom did not approve at first, Virgie’s Mom conceded when she realized Virgie would be addressed as “Doctor.” Alfred supported her by working a second job that offered free flight benefits.

Virgie recalled her first day of graduate school in Honolulu was followed by the September 11 attacks. She completed her internship at Boston University Medical Center, School of Medicine during the year of Hurricane Katrina. Their cohort assisted in giving crisis emotional care to the victims. Virgie is very grateful her mother Valeriana lived long enough to attend her graduation where she was the valedictorian: “Mom introduced me as ‘my daughter, Dr. Virgie Cantorna.’”

Virgie worked as a psychologist for the Department of Education for six years. She also taught health care for the University of Phoenix and psychol- ogy for Argon University’s Masters program. Today, she has a thriving private practice specializing in the treatment of depression and anxiety. Virgie also enjoys working with couples on relationship problems. Because Virgie has a basic command of Tagalog, many Filipino clients are referred to her.

Dr. Virgie Cantorna is involved in many community activities such as the renovation of Kepaniwai Park, musical theater and choral work, non-profit organizations, and co-founded the Maui Filipino Working Group which teaches cultural competency and advocates for progressive social change.

Virgie also created the Safe Keiki Project, a foundation for the prevention of child sexual assault. She received several awards such as Maui Peace Hero, Gintong Pamana Leadership Award, and Maui News People Who Made a Difference. “I am grateful to my parents for all their sacrifices and for teaching me the value of education, family, and hard work. I try to honor their memory through my contribution to our community,” says Virgie.

“My hope for the Filipino community includes teaching children about their Filipino roots, customs and traditions; decreasing domestic violence, abuse, and drug addiction; encouraging our talented youngsters to grow through the performing arts; and supporting and nurturing more Filipinos in leadership positions,” says Dr. Virgie Cantorna.

Lucy Peros is a retired school teacher, having taught for 32 years, 11 years at St. Anthony Grade School and 21 years at Wailuku Elementary School. Both of her parents, Elpidio and Ale- jandra Cabalo of Hāli‘imaile, worked for Maui Land and Pine Company. Her dad was a 1946 Sakada. Lucy is currently a Realtor Associate at Peres Reality, the business her late husband Sylvester Peros, Jr. started 30 years ago, where her daughter Lianne Peros-Busch is now the Broker. Lucy devotes a significant amount of time to activi-
ties at Christ The King Catholic Church as well as babysitting her grandchil-
dren.
A round Our Com munity

If you have a photograph of a community event, please email it to info@filamvoicemau.com. Please include a short description, your name and contact information.

Members of the Knights of Columbus attended Monsignor Terrence Watanabe’s 40th anniversary of his ordination to the priesthood.

PHOTO COURTESY REYNALDO GOLINO

Consul Joyleen E. Santos (center) led a team of eight officials from the Philippine Consulate General in Honolulu to provide consular services to Filipino-Americans on Maui. A total of 242 consular services (passport, civil registry, notarial and authentication, and dual citizenship services) were provided and a record-breaking total of 155 new overseas voters were registered. The outreach activity was held in coordination with the Maui County’s Immigration Services Division, Department of Housing and Human Services, which provided logistic and manpower assistance.

PHOTO COURTESY JEFFREY DE NESA

Miss Hawai‘i Filipina 2017 Kimberly Yap (2nd from left) and her court: Miss O‘ahu Filipina Angelica Concepcion (1st runner up), Miss Kaua‘i Filipina Salisa Pegeder (2nd runner up), Miss Hawaii Island Filipina Lykia Raza (3rd runner up).

PHOTO: MADELYNE PASCUA

The newly elected officers of the United Filipino Council of Hawai‘i.

PHOTO: MICHELLE SANTOS

Miss Hawai‘i Filipina 2017 Kimberly Yap with her parents.

PHOTO: MICHELLE SANTOS

Amanda Patoc (5th from right in lei) celebrated her birthday at Christ the King Catholic Church.

PHOTO COURTESY PAUL PIGAO

Savannah Mari‘i Tagorda Gankiewicz, daughter of Yvienne Peterson, was crowned Miss Mutya Ng Pilipinas 2017 - Overseas Communities during the 49th annual Mutya Ng Pilipinas pageant which promotes Tourism, Social Responsibility, Fashion, and Beauty.

PHOTO COURTESY YVINNE PETERSON

Mayor Alan Arakawa attended the 27th wedding anniversary of Tante and Telly Urban.

PHOTO: DONNA URBAN - HIGUCHI

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ealth is the essential foundation for effective employee performance, regardless of age, educational standing, or position held. Without health, the quest for wealth and stability for survival becomes unattainable. Health is the key to a fulfilling, equal, and the richest and the poorest have the same need when they become unhealthy, requiring equal attention, treatment and care to bring them back to the state of being healthy. Every September we as a nation observe Labor Day, to give recognition to all the workers we rely upon daily, and whom we often take for granted, until their services are halted, by sign or not. A healthy labor force is the bedrock of any nation’s economy. Where this fact is honored and given attention, employees are provided time in their week for exercise, healthy eating, strategic rest, and the health benefits of social networking. The Council was charged not only with promoting the “collective responsibility, accountability and health benefits of good nutrition,” as the former American record holder, in addition to three other nationally ranked weightlifters. This is where I quickly accepted the fact that my 5’5”, 135 pound frame was not cut out for strength training. This is where I pushed to the brink of injuries and unfitness. General physical activity developed a close relationship with the team. As a team we quickly learned that NONE of this would have been possible without Doc Yogi. He was my catalyst behind the Vision, for which I then decided to tag along with my brother to a local garage gym for strength training. This is where I was able to be very active in a variety of physical activities including soccer, football, golf, surfing, diving and weightlifting, to name a few. Heading into high school, I dreamt of playing in the NFL, so I decided to tag along with my brother to a local garage gym for strength training. This is where I quickly accepted the fact that my 5’5”, 135 pound frame was not cut out for professional football, as former football All-Stars were training there as well. In the months of tagging alongside my brother to the garage gym, I developed a close relationship with the weightlifting coach. Yogi, in particular, encouraged me to try out weightlifting, since my physical stature would be much better suited to that sport than professional football. It did help me get into a gym where there were a five-time National Champion and former American record holder, in addition to three other nationally ranked weightlifters. Timing could not have been any better for me to develop my athletic career in weightlifting. Fast forward 12 years: two Olympic teams, three National titles and a couple of American Records. I traveled around the world doing what I loved to do, compete in weightlifting, which was an ideal of “Being the Best You Can Be.” As a result, young athletes are being pushed to the brink of injuries and unhappiness. Parents are also influenced by programs selling them the pipe dream of believing their child will be a collegiate athlete or a Lebron James in basketball, or a Tiger Woods in golf, or a Lionel Messi in soccer. Good Fitness, Health and Wellness can be achieved by approaching it with the right mindset. What exactly is that mind set? Again, it all begins with FUN, while being Safe and Smart. By keeping the element of FUN in the program, the minds of our future generations shall remain open to absorb all the good that comes their way. General physical activity develops a fitter, healthier, and happier youth, physically and mentally. Run, play, swim, climb, tumble, jump, laugh. Encourage kids to participate in organized sports. It teaches them many different aspects of life lessons critical to becoming successful adults: work ethic, teamwork, commitment, passion, perseverance, respect, trust, sacrifice, leadership, critical thinking, and improves Fitness, Health and Wellness.

Today our community is saturated with fitness facilities, CrossFit Boxes, strength and conditioning programs, and the latest fitness fads. Health and fitness businesses are projected for growth for the next ten years, as demonstrated in communities of all sizes across the nation and the world. According to the U.S. Census Bureau, health care has over 16 million employees with annual revenues of $1.7 trillion. Maui shows these trends as well, with a visible increase of options, as well as the ongoing choice to create a gym at home, or include physical activity in one’s routine.

Find a program with a Certified Coach and staff who, most important, have the experience to back those certifications. Having our youth participate in physical activities will shape and build more resilient, self-motivated and happier individuals. Seek out a program where FUN with SAFETY and SMART training are top priorities in building a stronger next generation. Let’s ALL PLAY TO WIN! Vernon Patao is a Maui born, island trained and public school educated at Lihikai Elementary, Maui High School, and the University of Hawai‘i at Mānoa. Before the Olympics he ranked three times as U.S. champion. As an Olympic weightlifter he won one gold, one silver and two bronze medals. Today he is a firefighter and an enthusiastic coach and teacher for many who seek to be healthy and fit, especially for those who go to his gym regularly.
What Do You Think?

of the corruption problem in the Philippines?

Fil-Am Voice staff asked members of Maui’s Filipino community “What do you think of the corruption problem in the Philippines?”

Bernie of Wailuku with roots in Piddig, Ilocos Norte: “I believe there is still a rampant corruption in the government in the Philippines, in many agencies. COMELEC, BOC, DEPED, DLGCD, and even in the AFP. Check the lifestyles of the employees, how can they build mansions, drive in luxury cars and pay off properties in the United States? If they only get $1,000 to $50,000/month or more? Obviously, there is graft and corruption going on in many agencies.”

Cathy of Kahului with roots in Piddig, Ilocos Norte: “The corruption is very bad in the Philippines. Plenty people are involved in the corruption. The corruption affects businesses and elections.”

Cesario of Kahului with roots in Piddig, Ilocos Norte: “It’s not good the corruption because only the rich become rich.”

Danilo of Wailuku with roots in Sinait, Ilocos Sur: “Corruption is ingrained in the Filipino culture and it is not going away. The Filippino people will tolerate it. The Padrinio system is a normal way of doing business. The Filipinos think this system is okay, unless it puts them into the disadvantage.”

Dulce of Kahului with roots in San Nicolas, Ilocos Norte: “Corruption in the Philippines is already a tradition and will continue to exist until there is strong leadership to establish punitive measures and change the structure of government. It’s like a metastasis, it spreads to one another even without being directly connected.”

Flory of Makawao with roots in Sarat, Ilocos Norte: “Corruption in the Philippines is really bad. This must be stopped. That’s why the Philippines has no improvements because of the corruption.”

Gemma of Kahului with roots in Badoc, Ilocos Norte: “The whole world is corrupt.”

Julio of Wailuku with roots in Piddig, Ilocos Norte: “Corruption is the worst practice of the government in the Philippines. Done only by the rich people and the poor become poorer.”

The corrupt officials are the politicians, government employees, and sometimes judges. Before President Duterte, the prevalence of corrupt judges wasn’t widely known.”

Linda of Kahului with roots in San Nicolas, Ilocos Norte: “Corruption in the Philippines should end. It does not help the people. I have to hear all the corruption on CNBC Wall Street channel and hear all about it and it’s very embarrassing so nothing has changed since I left in 1980.”

Michelle of Wailuku with roots in Dingras, Ilocos Norte: “There’s a lot of corruption in the Philippines which is bad. Corruption destroys the progress of the Philippines. It’s very sad that the government is corrupt.”

Sergei of Kahului with roots in Dingras, Ilocos Norte: “Corruption is a sad word that is attached to the govern ment in our beloved land Philippines. I will make it short how I understand the situation. Government has a lot of amazing projects to help and make our countryside and country proud but each project is pick pocketed by the authorized officials. Money is power so the culture was kept dirty on this corruption officials and it’s one of the biggest links of killings just to have power. I pray and ask God to help the Philippines.”

Virgilio of Kahului with roots in Paoay, Ilocos Norte: “Corruption in the Philippines is already a tradition as far as I’m concerned. For commissioners Bautista, maybe there’s a truth in it. That’s normal for politicians and people who have positions in government and private sector. It will take several hundred years to change that system.”

What Do You Think...
Monsanto Hawai‘i is the largest high school on Maui, with approximately 2,000 students, and is the sixth largest high school in the State (Baldwin High School, with about 1,500 students, is the tenth largest in the State). This year, according to Maui High School principal Jamie Yap, more than 600 freshmen were expected to enroll at Maui High School.

Incoming freshmen will have an opportunity to enroll in a Career and Technical Education (CTE) pathway course. Through CTE, students have the opportunity to develop academic, employment, life and technical skills. There are six pathways: Arts and Communication, Business, Health Services, Industrial and Engineering Technology, Natural Resources, and Public and Human Services. The Health Services pathway includes clinical health, medical biotechnology, entry-level health professions, and health/nutrition.

As part of the Health Services pathway, Maui High School has a very active HOSA (Future Health Professionals) organization. Maui High’s HOSA started more than ten years ago in 2006. HOSA is an international student-led organization whose primary goal is to promote and guide students toward career opportunities in the healthcare field and teaches students about how to deliver quality health care to all people.

Sheena Garo, the 2016–2017 HOSA Vice President said she learned many skills through HOSA: “Some essential skills I have learned through HOSA include CPR, First Aid, trying to gain an area if a natural disaster were to occur, and even simple, yet helpful techniques such as proper hand washing, proper glove removal, and how to present yourself as a healthcare worker.”

In her opinion was the best reward I could possibly get.” Although HOSA is a good experience for students, they may not be sure about what they are talking about. Mattillano also explained that it was HOSA’s mission to volunteer. “Not only is this HOSA’s mission, but we make it a priority to give back to our community which served us our whole life.”

In February, Maui High’s HOSA Vice President said she learned many skills through HOSA: “Some essential skills I have learned through HOSA include CPR, First Aid, trying to gain an area if a natural disaster were to occur, and even simple, yet helpful techniques such as proper hand washing, proper glove removal, and how to present yourself as a healthcare worker.”

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HOSA members organize a date to volunteer at Hale Makua’s Bingo Night, where they help the elderly and listen to their stories. In addition, HOSA has volunteered for Kidney Da Kine Day, Haleakalā Lion’s Club, Maui Disability Alliance, Ho’omau, and Maui Food Bank.

Through HOSA, many members have participated in competitive events. “The members compete in competitive events focusing on the medical field against other students locally, and internationally,” details Genesis Balaan, HOSA Treasurer. Mattillano added, “I learned how to speak in such colossal audiences and feel confident about what I am talking about.”

HOSA also helps students toward career opportunities in the healthcare field and teaches students toward career opportunities in the field. “All I know is that I am interested in becoming a surgical technologist. Garo is also attending Kapi’olani Community College on Maui as a nursing major and plans to earn both a Bachelor’s and Master’s degree in Nursing at the University of Hawai’i at Mānoa. He hopes to become a Certified Registered Nurse Anesthetist. Garo is also attending Kapi’olani Community College and will major in Radiologic Technology, with the hope of eventually becoming a radiologist.

Hawai‘i will be honored to be in possession of such admirable and determined workers to serve our state.

This month’s guest columnist is Angela Cainguitan, a senior at Maui High School. Angela is an Advancement via Individual Determination (AVID) student at Maui High School and is interested in becoming a surgical technologist. She is also active in the youth program at Good Shepherd Episcopal Church and was selected as one of fourteen youth in the State to represent Hawai‘i at this summer’s Episcopal Youth Event in Oklahoma. Angela is the daughter of Benny and Juliana Bumaglag.