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Bernard Paet shares his truly remarkable and life-changing story.

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Education And Angst
This year's back-to-school rush has not been without its many problems and challenges!

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Fil-Am Voice

Magkaisa Tayong Lahat | "Let Us All Unite"

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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 see NEW LEASE p.2



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.

As teachers and administrators of Maui's schools prepared for the imminent opening of the 2017-2018 school year, hundreds of parents faced transportation challenges for their youngsters. The State had awarded a new school bus contract to Ground Transport, Inc. to service Baldwin High School, Lahainaluna High School, and Maui High School

but Ground Transport did not have enough qualified drivers. This last minute back to school wrinkle forced parents to scramble. "My kids have depended on the school bus services for many years but with the new school year and no buses for my kids for 'Iao School and Baldwin, it was very disconcerting," said **Lyn Alpuro**. "We are having to get up a little earlier and leav-

ing the house earlier to avoid the traffic." The rise in commuters has led to more traffic that's affected students and teachers. "There's a lot of traffic now because parents need to drop off and pick up their kids," said **Haile Evangelista**, a senior at Maui High School. At nearby Kahului Elementary School, parents are parking in teachers' stalls. "There's a lot

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 Cacyorin**, 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 see BACK TO SCHOOL p.3

FREE



In 1946, **Zacarias Paet**, and his fellow *Sakadas*, toiled the fields for many hours. Hard-working and dedicated, they enjoyed a simple diet with mainstays of rice, vegetables and fish. But they were robust and healthy men.

New Lease...

from p. 1

from St. Anthony High School in 1971, he received an Associate in Arts degree in Accounting and an Associate in Arts degree in Business from Honolulu Business College. After college, he bookkept for Blackfield Hawaii Corporation and then moved on to Foodland, first as a meat wrapper and then as a meat manager.

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 to 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 who 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.



Bernard... happily serves a plate lunch at Cupie's.



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.

After the fourth electric shock by the medical team, Bernard was still not responding so the emergency team decided to transport Bernard to Maui Memorial Medical Center.

In the ambulance, Bernard was given 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. It was so bright the light, 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

see NEW LEASE p.4



The business continues with Song and the employees handling day-to-day activities while Bernard's son **Matthew** (right), a fireman at Wailea, assists with catering.



Bernard's family when he was still a boy are; David (front), and left-to right; Clifford, Bernard, Dad, Mom and Arsenia



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

Back to School... from p. 1

been a news item. A few years ago, the teachers' union, HSTA, even suggested canceling school on Heat Days. While the Department of Education has begun installing air conditioning units at some schools, for some teachers, the timing represents a lack of planning. "I feel challenged because of the timing when they started to renovate our classrooms," said Cacayorin. "They're adding AC units but it won't work for another two months. It delayed 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 hottest time."

The Department of Education is going through some transition, with the non-renewal of the contract of School Superintendent Kathryn Matayoshi, the selection of Christina Kawamoto from Arizona as the new School Superintendent (she started the week before school started), and Governor David Ige's release in July of the final draft of Hawai'i's Blueprint for Education. Just a few years ago, HSTA elected a new slate of officials. The new HSTA officials successfully negotiated a new four year contract for teachers that will result in a 13.5% increase over four years. "The union is more visible than before," said Cacayorin "but I never really see much change." Although teachers received raises, they still incur a lot of unpaid time. "We're paid from 7:45 a.m. till 2:45 p.m." said Yanos. "But we stay at school, usually until 4 p.m. At home, I spend an average of two hours each day, doing work." Yanos, who begins her second year in teaching, receives the same annual salary (\$48,000) as Cacayorin, who begins his fifth year of teaching.

A continuing challenge for teachers is the lack of school supplies. "There's still not enough supplies for the curriculum. We are short of workbooks," said Cacayorin. "My biggest challenge will be some kids are not prepared for kindergarten," said Yanos. "For exam-

ple, some families can't afford school supplies so I have to buy a lot of stuff. To date, I've spent over \$200 of my own money to buy stuff like crayons, tablets, folders, Kleenex®, hand soap, sanitizer, and materials for projects." Cacayorin said he had to buy supplies for his whole class and spent \$500 of his own funds to buy tablets, folders, pens, pencils, and binders. "Kahului Elementary School is a Title I school with a lot of low income families," explained Yanos, "and there's a lot of students with English as their second language." The majority of Cacayorin's students are of Filipino ancestry.

The lack of school supplies also hit vendors. Some vendors ran out of items and asked customers to return in a few weeks to check on their missing supplies. One parent posted on Facebook and asked if anyone found oil pastels or unruled composition books. The parent did not want recommendations on where to try but vendors who had a supply. Another parent chimed in that she was also looking for those same items. Facebook friends suggested Walmart, Ben Franklin, Longs, Ace, Foodland, Office 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 all 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. **Joseph Lampitoc**, a senior at Baldwin High School explained: "With this being my final first school day until college, seeing everyone and all of my friends was familiar yet new. Even still, although I have been going to the school for four years at this point attending still set a new nervousness through my body. Anyways the first day of school was like all the others while still being new and exciting."

At the high schools, student leaders helped with registration tips, prepared packets with handbooks, events and activities information, and a list of counselors, phone numbers and room numbers where help is available. Be-

fore the first day of school, students needed to register for classes. You could tell who did not get the schedule they wanted by the looks on their faces and the sputters of inaudible expletives, or an occasional scream of joy from an overly exuberant student who just found out he passed his summer school class, and did not have to repeat the grade.

Younger children and their parents perhaps are the most anxious. **Rheena Lynne Acidera Campbell**, mother of a 2nd grader and a preschooler noted the difference between her two sons. "As a parent, I always prepare my children emotionally by going over the events of the day. My 2nd grader told me as we pulled

up to school, 'Mom, today you may walk me to class to help with my school supplies but tomorrow just drop me off at the gate. You don't have to walk me to class.' I'm proud of the confidence and independence my son has but at the same time I want to cry because he doesn't need his mom to hold his hand," said Campbell. Her pre-school age son, however, had a different take. "Today, my younger son, who will be attending his first day of pre-school next week said 'Mom maybe we can cancel preschool!' After asking him if he was scared he replied, 'I'm scared of the kids. I don't know anyone.' I reassured my youngest son that he will make

see BACK TO SCHOOL p.7

**"Kahului
Elementary
School is a
Title I school
with a lot of
low income
families..."**

— JENNA YANOS

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From the Editor's Desk

Tante Urban
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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, shared with those in your life who matter most, served with a heap- ing spoonful of gratitude, and most of all, a twinkle 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 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 for-

get small kindnesses and do not remember small faults.

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

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

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

— TANTE URBAN

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.

Building lovely relationships brings mutual and reciprocal benefits, thereby translating to a healthy lifestyle. ✱



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

New Lease...

from p. 2

shock since that time." After ten days in ICU, Bernard was released from Maui Memorial, with his weight down to 197 lbs. At Maui Memorial, Bernard's medical team was led by Drs. Howard Barbarosh and Jeffrey Drood. "Thanks to HMSA, my share of the \$50,000+ bill will probably be between \$5,000 and \$7,000," said Bernard, whose monthly premiums are over \$650.

Bernard stayed at home for a month and didn't need any new medications. "But I was so sore. It took me a month and a half before I could turn side to side," Bernard recalls. "And my ribs were so sore from the seven times they shocked me." Nevertheless, Bernard feels very fortunate. "I'm lucky. There was no stroke, no brain damage and no paralysis because of the immediate CPR by Song," he said. "My blood pressure has always been good, even in the hospital, my blood pressure was okay."

The Centers for Disease Control and Prevention says "genetic factors likely play some role in blood pressure, heart disease, and other related conditions." In Bernard's family, there is a history of heart disease. "My father Zacarias died in 1993 of a heart attack on a Sunday morning when he was getting ready for church; he was in good shape but he still suffered a heart attack. Uncle Minong also died of a heart attack and I have three first cousins who died of a heart attack."

Almost three months after his heart attack, Bernard is back at work. His hours are reduced significantly, two to three hours a day except for when there's a catering job. But Bernard doesn't go on-site for catering. Bernard, who can't be on his feet too long, helps with the cooking and tasting the food. "I'm old school with respect to taste. I'm a salt and pepper man—and garlic."

The business continues with Song and the employees handling day-to-day activities while Bernard's son Matthew, a fireman at Wailea, assists with catering. "For our catering jobs, our roast pork and Thai fried chicken is the best. And our Hawaiian menu does real good. It's the cheapest in town, can't beat the price," he proudly says.

Looking back, the 63-year-old, realizes he had too much stress, too much on his plate. "It was all leading up to it. I was working long hours at

work plus renovating a house," said Bernard. He's committed to having a healthy life style. "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 regiment: "Now I don't eat as much. I eat smaller portions. For me, the key is the rice. I eat rice, 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—always doing something. His goal is to walk 9,000 steps a day and on a recent Thursday and Friday, he met 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." ✱



Alfredo G. Evangelista is a graduate of Maui High School, the University of Southern California, and the University of California at Los Angeles School of Law. He is a sole practitioner at Law Offices of Alfredo Evangelista, A Limited Liability Law Company, concentrating in estate planning, business start-up and consultation, non-profit corporations, and litigation. He has been practicing law for 30+ years (since 1983) and returned home in 2010 to be with his family and to marry his high school sweetheart, the former Basilia Idica. Alfredo's recent gout attack convinced him he needs to go on another diet.



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Tortang Talong or Filipino Eggplant Omelet can be enjoyed anytime of the day.
PHOTO COURTESY OF VINCE BAGOYO



Veggie Sinigang or Vegetable Soup is a healthy alternative without the trappings of pork or beef.
PHOTO COURTESY OF VINCE BAGOYO

Maui Pinoy

MY FAVORITE FILIPINO HEALTHY FOODS

Vince Bagoyo

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 in 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 Ilokanos 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 few dices of chopped tofu. Of course, it is best

see HEALTHY FOOD next page

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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

Healthy Food...

from p.5

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 Ilokano 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! ✨

"There are as many recipes of this dish as there are cooks..."

— VINCE BAGOYO

Our Oct. issue will feature Filipino History Month!

If you want to place a special ad, please contact Sharon Zalsos by Sept. 7



Fil-Am Voice

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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 hard 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 valuable 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. Yes, 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 grader **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 the University of Nevada, Las Vegas, majoring in Hospitality Management spent the summer on Maui working at the State of Hawai'i Department of Transportation, had mixed feelings about going back to school: "Going back to school is bitter-sweet for me because I love Maui so much and I don't want to leave my family. But at the same time, I'm looking forward to starting a new year in my own apartment with my best friend. Also, I'm really excited for an-

other journey of experiences and adventures away from home." Zyra's cousin **Sheena Dela Cruz**, who will be in her third year in college, did not come home for the summer to save money by working at Home Depot as a specialist. She spent her first two years at California State University, East Bay and will transfer to Foothill College in Los Altos, California, majoring in Dental Hygiene. "I was majoring in Biochemistry but I decided to change majors because after two years, I realized that was not my field. I wasn't happy at East Bay so I decided to change schools. I'm looking forward to a new environment but I miss home so bad. I'm praying that I'll be able to come home for a week in December and eat good, delicious food, especially at the Food Trucks."

Nathaniel Idica, 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 to become a Chemical Engineer so I plan to enter the dual degree program." Idica worked at the

"It was a big step for me and I was not sure how people would react..."

— NATHANIEL IDICA

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 Yanos. "Last year was my first year and I was inexperienced and trying to learn everything. But all the



Whitworth college student Nathaniel Idica. PHOTO COURTESY NATHANIEL IDICA

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 mistaken 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 'Āao Intermediate School, the Vice Principal at Lihikai Elementary School and Maui High School, and she taught at Lihikai Elementary School, Blanche Pope School in Waimānalo, O'ahu, Frank Thompson Middle School in Boston, Massachusetts, and Stuart Elementary School in Boston, Massachusetts. She was graduated 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 Union University in Cincinnati, Ohio.

Alfredo G. Evangelista contributed to this article. ✨

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Food Trucks on Maui

Liza of “A Maui Blog”

It 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 stuck around but many have sold their trucks which gave way to new food trucks (same trucks, different owners and menu).

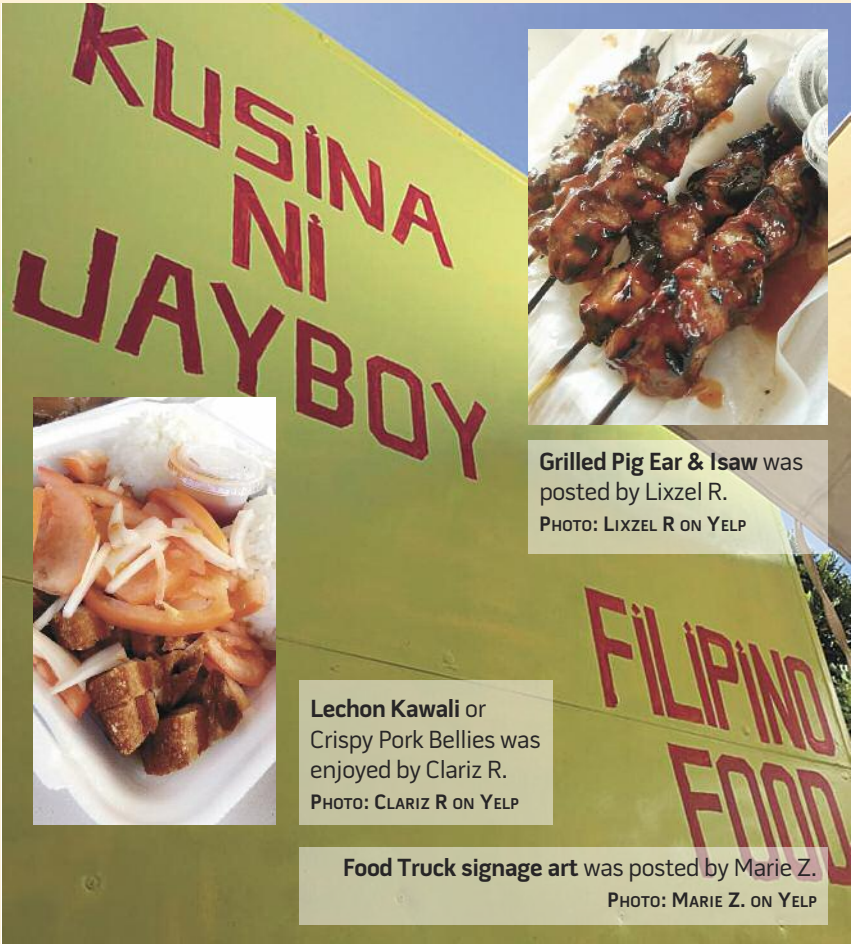
Some of the food trucks owners decided to move to a more permanent location or inside a facility like the Shark Pit Maui in Lahaina. Some decided to have both food truck and a “brick & mortar” store like Donut Dynamite. Have you tried a donut from Donut Dynamite yet? Oh my, so yummy! The one with Poi 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 *Fil-Am Voice* is a Filipino-American newspaper, let us start with the food truck that serves Filipino food here on Maui. Introducing “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. Wahine 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’ 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

“Kusina Ni Jayboy” in Lahaina. It’s located next to the Maui Jim Store across from Maria Lanakila Catholic Church.”



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 Streatory? Kyle Kawakami, the owner of Maui Fresh Streatory was a professor at UHMC and taught there for about 10 years. Kyle pursued his passion and in 2013 opened Maui Fresh Streatory. It’s been a very popular food truck on Maui since its opening. Maui Streatory was recently featured on popular Food Network television show, *Diners, Drive-Ins and Dives* with host Guy Fieri. Yelpers also love Maui Fresh Streatory 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 bellys 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 Friday’s town party, you can find many food trucks at Azeka 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 Hawai’i bowls and Dino’s Gourmet On-The-Go.

At Home Depot Parking lot, there are two food trucks that just opened, Gyro, and Pua’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 Azeka 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 food truck, Alba’s Cuban Coladas and Aunty Lia’s Baked Goods.

Back in Kihei, food trucks such as Big Beach BBQ Mākena, 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 Kama’ole Beach I.

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 #FoodTrucksOnMaui so we can see and enjoy your photos as well. ✨



Liza Pierce of A Maui Blog is an Interactive Media Strategist in Hawai’i. She started blogging in 2006 and she loves talking story online and spreading aloha around the world. She’s been living on Maui since 1994 and considers Maui her home. A wife, a mother, a friend and so much more. She loves Jesus; Maui Sunsets Catcher; Crazy About Rainbow; End Alzheimer’s Advocate. Her life is full and exciting here on the island of Maui.

Liza is currently the Interactive Media Strategist with Wailea Realty Corp.

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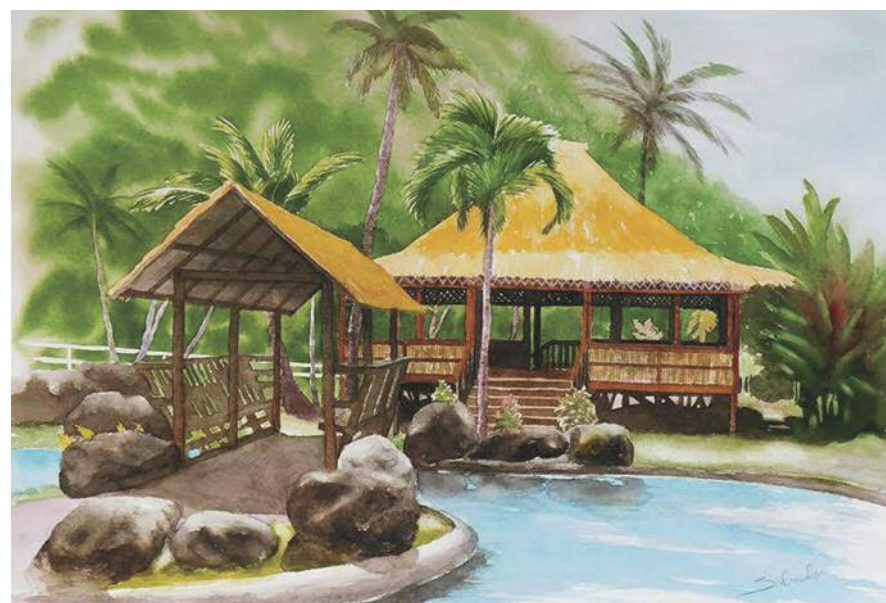
MAUI'S BEST KITCHEN



Restoring a Legacy

Chef Joaquin "Jake" Belmonte



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 Īao 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 Bahay Kubo Heritage Foundation is ready to resume the restoration efforts but of course, funds are needed.

Thanks to the support of Chancellor Lui Hokoana, along with 13 of Maui's finest chefs such as Chef Jojo Vasquez, 'Aipono Chef of the Year 2017; Chef Jeff Scheer of the Mill House; Executive Chef Isaac Bancaco of Andaz Wailea; Executive Chef Lyndon Honda of Sheraton Kā'anapali; Madame Donut of Donut Dynamite; and Chef Kyle Kawakami of Maui Fresh Sreatery, to name a few, the Bahay Kubo Heritage Foundation will be able to present an awesome fund raising dinner at the University of Hawai'i Maui College. I'm grateful that my fellow Chefs were inspired to action by my Facebook video post, calling attention to the need to generate awareness and support. With so much support from our friends and family, the team wanted to do something to help and they wanted to do it immediately before another heavy storm occurs.

We realized 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 ʻĪao, which is a unique place. It is the only place in Maui that showcases the villages 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 especial-



Volunteers donate their time and effort to beautify 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**.

ly 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: *pā'ina*, which means gathering in Hawaiian, *ka'ana* meaning to share, and *kain 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 Risotto, Braised Pork Belly, Adobo Sauce, and Gremolata
- Shredded Lamb Shank Crêpe “*Kaldereta Style*”
- *Pandan* Coco Rice Donut with Fresh *Pandan*-Coconut Glaze, Toasted Rice Glaze, and Puffed Rice
- Matcha Green Tea Unagi Foie Pâté on Chicken Skin Cracker, and Persian Barberries

... and much more—all prepared with an emphasis on fresh, local ingredients.

Participating restaurants and sponsors include: Tin Roof by Sheldon Simeon, Chris Schobel of Fat Daddy's, James Simpliciano of Simpli-Fresh, Joey Macadangdang of Joey's Kitchen, Humble Market Kitchen by Roy Yam-

aguchi, Badua's Maui Crêpes & Grill, Nick's Fishmarket, HFM Foodservice, VIP Foodservice, Envisions Entertainment, Family and Friends of Agriculture, Sabado Studio, Tante's Restaurant, MSI Maui, McDonald's, Magsingal Association of Maui, Kula Produce, and more.

The evening also features entertainment and a silent auction featuring a bounty of gift certificates to favorite Maui restaurants, specialty items, and gifts.

As part of the evening's event, ten culinary scholarships will be awarded to ten select students of the program. Also, four 'Aipono Chefs Of The Year together with their protégés—three alumni, and one graduating student will be recognized by Bahay Kubo Heritage Foundation.

We hope to raise more than \$25,000. If you haven't gotten your tickets yet (\$75 per person), I hope it's not too late, because we are projecting an oversold event! Try purchasing tickets via EventBrite and search for the Celebrating the Field and the Harvest event on the August 19 calendar or you may want to try and purchase tickets at Tante's Restaurant in Kahu-lui or the Sabado Art Studio in Wailuku.

I hope to see you there; and of course, if you want to make a tax deductible donation, please send your check payable to "Bahay Kubo Her-

see LEGACY next page

A Longer Life... What's Your Plan?

Elsa Agdinaoy-Segal

Americans 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 nest egg is tapped on a monthly basis 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 funds 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 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 Agdinaoy-Segal**, registered representative of MassMutual Pacific, courtesy of Massachusetts Mutual Life Insurance Company (MassMutual). Lic. #357268. Agdinaoy-Segal was graduated from Hawai'i Pacific University where she received a Bachelors of Science in Business Administration with an emphasis on Human Resource Management. In 2009, she earned the Chartered Retirement Plans SpecialistSM designation (CRPS7). Agdinaoy-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. 9

itage Foundation" and mail it to me at P.O. Box 6159, 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 Lecturer at the UH 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 Restaurants & Grocery Stores, a Facilitator of Hawai'i National Great Teachers Seminar; and an active member of the American Culinary Federation.



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.

Belmonte was recognized by the Hawai'i Hospitality Magazine as one of the 2008 Top 10 Rising Chefs of Hawai'i under 40 and was the 2009 Chef Representative of the Hawai'i Visitor and Convention

Ating Kabuhayan

John A.H. Tomoso †



If you're like me, you have and cherish your health. Health is a gift; like all of life, it is a gift from Almighty God. We are stewards of all that God gives us, and our health is certainly something we have stewardship over. In fact, I believe that as we have a relationship with God, we also have a relationship with health, our health.

As a compliant patient of my treating physician, every visit with him includes recommendations for my staying healthy. These recommendations are usually very specific to my "condition of health" at the time I'm in an office visit. However, I've come up with what I call a "General Health Recommendations List." Here it is:

1. Make sure you are eating nutritious and healthy. Avoid "junk food". Read the label of each food item you purchase.
2. Make sure the food you purchase is safe and know where each food item comes from; where it is grown.
3. Always wash your hands with soap and water, whenever you need to. Don't be afraid to wash your hands several times a day.
4. Exercise regularly. Exercise with what is comfortable for you, but do it regularly.
5. Reduce stress. Too much stress can kill you.
6. Drink clean water every day, as much as you can. The recommendation that I've been told is that one should drink at least 8 glasses of water every day.
7. Avoid all tobacco products and e-cigarettes.
8. Avoid excessive amounts of alcohol. If you drink do not drive. At home, I enjoy a glass of red wine every day, "pau hana" time.
9. Avoid mosquito and other insect bites.
10. If you're out in the sun, use a sunscreen.
11. Find a medical home, a Doctor or other Healthcare Professional. If you are in treatment, be compliant with him or her and know the prescriptions you are given and the effect each medicine can and will have on you, your entire body.
12. If you're traveling, and you're not sure if you can make the trip, consult with your Doctor and/or other Healthcare Professional to understand how where you're going to and how you're getting there, can adversely affect your health and wellbeing.
13. If you're not feeling well or sick, "Stay home".

The relationship we have with our health is akin, I believe, to our relationship with Almighty God. It is a relationship that one has to foster, through whatever means it takes, so that the relationship is mutual, accountable, clear, knowledgeable and understanding. You and I are on a journey. We will all get to the same place. But, you've heard the saying that the "journey is more important than the destination." I believe our health is a journey, without which we will never reach our destination. I believe Almighty God, who is the author and creator of all health, wants us to get to Him, in a healthy state of mind, body and spirit.

Almighty God is perfection. While we as mortal beings can never be that perfection we can, as we journey to Him, be as healthy as we can. You and I are personally responsible to be healthy as we journey to Him you is all wise, all perfect... all healthy.

Have an idea or a comment or even a question, contact me at this email address: atingkabuhayan@gmail.com. Until next time, take care! ✨

John A. Hau'oli Tomoso† is a Social Worker and Episcopal Priest. He is a Priest Associate at Good Shepherd Episcopal Church in Wailuku and an on-call Chaplain at Maui Memorial Medical Center. Tomoso was graduated from St. Anthony Jr./Sr. High School, the College of St. Thomas in St. Paul, Minnesota (Bachelor of Arts in Political Science and Sociology) and Myron B. Thompson School of Social Work at the University of Hawai'i at Mānoa (Masters of Social Work). In 2008, he retired from the civil service as the Maui County Executive on Aging. Tomoso is currently the Executive Director of the non-profit Tri-Isle Resource Conservation and Development Council, Inc. His wife Susan is a 7th grade Language Arts Teacher at Maui Waena Intermediate School.

My mom told me, “No re-new the newspaper.” “I tired 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 national issues is great because while some in Washington, D.C. may dismiss Hawai’i as an island in the Pacific, our State has a lot at stake in what the U.S. Congress and current Administration are debating. Approximately 20% (\$3.2B) of the State’s \$10.4B budget comes federal funds, grants and contracts. For local residents, while Washington, D.C. may seem awfully distant, what the mainlanders and our four-member Congressional delegation are talking about on the East Coast may have profound impacts for the islands.

But at the same time, focus on the beltway is bad for democracy at the local level. Former U.S. Speaker of the House Tip O’Neill famously wrote “All politics is local.” He probably didn’t originate that political proverb but most folks with any campaigning experience would wholeheartedly agree. Issues, especially complex ones, like say Health Care reform, should be fully discussed. But with the news cycle now shortened to instant gratification speed, people just expect Congress to follow the Nike slogan and “Just Do It.”

I still enjoy the long-form writing that used to fill the nation’s daily journals and monthly magazines. An in-depth story in the *Atlantic* or the *New York Times* or the *Washington Post* provides more opportunity for journalistic nuance and for profiling the decision makers and stakeholders.

But as moveable type allowed mass production of the written word, technology happens and continues to happen. First, radio brought immediacy. Then, television provided visual confirmation of events. Then Cable expanded news outlets from the monopoly of CBS, ABC and NBC. And most recently, online “news” providers—including bloggers and commentators—have provided even more alternatives to what had been traditional mainstream media.

With the growth of cable news and online information—and perhaps the smaller attention span of the American people that have adapted to and even adopted the new reality show ethos—there’s less patience with the traditional long slog that underlies the work of representative democracy—

Dinengdeng & Pinakbet

Are we not in the same canoe; and so, should we not all paddle together?

Gilbert S.C. Keith-Agaran

what John McCain described as “regular order” where legislators hear from local folks on their experience, advocates, opponents, think tanks and stakeholders on various options, and through that process can become informed of the trade offs in adopting particular policies.

In the Donald J. Trump-era—our first reality TV President—the news cycle can be as short as a minute, depending on whether he’s tweeting actively or on the golf course.

As an example, the repeal-and-replace circus over the Affordable Care Act (Obamacare) glossed over whether any change would have impacted Hawai’i’s unique employer-provided healthcare law.

Since 1974, the *Hawai’i Prepaid Health Care (PHC) Act*, Hawai’i Revised 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 more than 20 hours per week for four or more consecutive weeks. The law only excludes individuals working less than twenty hours per week, agricultural seasonal workers, insurance or real estate salespersons paid solely by commission, 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 Jan. 1, 2014.

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 coverage, depending on the type of plan offered by an employer, employers may offer family coverage and either the employee pays 100% or 50% of the family premium.

Hawai’i’s prepaid health and Obamacare also differed in the kind of penalties and incentives for compliance. Under the Hawai’i law, our insured rate has been consistently over 90%.

At the local level, what happens in the square building on South Beretania Street certainly impacts residents on Lower Main Street on Maui.

You would think from the local media, the only issue being considered



... The new President repeal and replace circus over the Affordable Care Act (Obamacare) glossed over whether any change would have impacted Hawai’i’s unique employer-provided healthcare law.

IMAGE COURTESY REPUBLIC BROADCASTING NETWORK

this past legislative session was whether to bail out the City and County of Honolulu on its rail project. And legislators certainly contributed to that storyline in how the session ended and in calling for the Special Session expected at the end of August.

The O’ahu-only GET surcharge (0.05%) has been in effect since January 1, 2007. As part of the political bargain to allow the counties the option of adding a surcharge on the GET, the State kept 10% of the collected surcharge. Only O’ahu passed an ordinance to implement a surcharge and through 2016, that 10% (approximately \$194,989,800) has been allocated to pay for statewide services, including schools, colleges, hospitals and social services on the Neighbor Islands.

In 2016, the Honolulu Mayor and Honolulu Area Rapid Transit (HART) Authority requested and obtained a ten-year extension of the surcharge to 2027. The Mayor assured legislators the extension would cover the budget overruns for Honolulu’s rail project. Unfortunately, after the legislative session ended, HART projected the costs of completing rail to Ala Moana to be much higher. The Mayor, HART and the City Council asked yet again for more funding for a project that has never been on time or on budget.

One of the casualties of the rail frenzy at the end of conference was the sunset of the current transient accommodations tax (TAT) allocation to the four counties of \$103M. Since a bill to extend the life of the \$103M allocation died, 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-



Rail car was unveiled by Ansaldo Honolulu and Honolulu Authority for Rapid Transit (HART) at Kapolei Hale in 2014.

IMAGE COURTESY ANSALDOHONOLULU.COM

charge for an additional year from the present 2027, also to 2028. The Senate countered by proposing that the 0.05% Honolulu only GET surcharge be extended ten years from the present 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 project. But he also opposed increasing the Counties’ share of the TAT above \$93M.

On the other hand, Neighbor Island County officials are opposing any increase 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 portion of the \$193M paid by O’ahu residents from the GET surcharge, as well as most of the general tax revenues supporting government services like schools, health inspectors, social workers and the public hospitals service rural parts of the islands. The Honolulu 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 Administration is lurking with the unstated threat of pulling back its commitment of \$1.55B in the rail project and demanding repayment of what has already been contributed.

So the parties have staked out their positions and we’ll see what funding ideas are actually included if the legislature 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 in it the *Fil-Am Voice*. ✨

Gilbert S.C. Keith-Agaran has represented 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 serving as chair of the Judiciary and Labor Committee.

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Sakada Offspring

An ambitious, successful, talented 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 "Evie" Chargualaf and Sandra "Sandy" Hew. The Dagdags resided in the plantation village of Keahua 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 *kasilya* or latrine.

In 1960, the Dagdag family moved to Kahului's "Dream City." Virgie, as 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 Avenue 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 Symphony 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. Anthony 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 Patsy 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 de-



Virgie Cantorna



Dagdag Family: Ramon & Valeriana Dagdag with daughters Evelyn Chargualaf, Sandy Hew and Virgie Cantorna.



Cantorna Family: Left to right, Emily, Friend, Virgie, Alfred.

Virginia "Virgie" Dagdag Cantorna, PsyD

Lucy Peros | PHOTOS COURTESY VIRGIE CANTORNA

gree in Nursing. She stood out at her college graduation as the "Hawaiian with all the leis." After graduation, Virgie remained in Washington, D.C. and worked for Children's Hospital. She was assigned to some very unique cases including conjoined 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 boy Alfred Cantorna asked her, "Will you Maui 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 Hawai'i. 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 obstetrics 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 nurs-

ing."

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, Doctor 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 psychology for Argosy 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 Ilokano, 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 Waihe'e Elementary School.

Both of her parents, Elpidio and Alejandra Cabalo of Hali'imaile, worked for Maui Land and Pine Company. Her dad was a 1946 Sakada. Lucy is currently a Realtor Associate at Peros Realty, 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 activities at Christ The King Catholic Church as well as babysitting her grandchildren.



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Around Our Community

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



The queens of Dance International Foundation assisted in the distribution of school supplies.

PHOTO: MADELYNE PASCUA



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



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 Hawai'i Island Filipina Lykia Raza (3rd runner up).

PHOTO: MICHELLE SANTOS



Maui delegation celebrate with Miss Hawai'i Filipina 2017 Kimberly Yap

PHOTO COURTESY MICHELLE SANTOS



Miss Hawai'i Filipina 2017 Kimberly Yap with her parents. PHOTO: MICHELLE SANTOS



The newly elected officers of the United Filipino Council of Hawai'i

PHOTO: MICHELLE SANTOS.



Recipients of the Progress Awards sponsored by the United Filipino Council of Hawai'i.

PHOTO COURTESY MICHELLE SANTOS

Members of the Knights of Columbus attended Monsignor Terrence Watanabe's 40th anniversary of his ordination to the priesthood. PHOTO COURTESY REYNALDO GOLINO



Savannah Mar'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 YVIERNE PETERSON



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 156 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



Mayor Alan Arakawa attended the 27th wedding anniversary of Tante and Telly Urban. PHOTO: DONNA URBAN-HIGUCHI

To Your Health: Iti Salun-At Yo

Vernon Patao

Health is the essential foundation for effective employment, regardless of age, educational standing, or position held. Without health, the quest for wealth and the struggle for survival becomes equal. The richest and the poorest have the same need when they become unhealthy, requiring equal attention, treatment and care to bring them back to recovery and ultimately a return 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 design 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 work day for exercise, healthy eating, strategic rest, and the health benefits of social networking.

Health took the spotlight to become a national focus in the United States in 2010, when then President Obama signed an Executive Order to launch the President’s Council on Fitness, Sports and Nutrition, outlining an emphasis on both good nutrition and physical fitness. Then First Lady Michelle Obama introduced the Let’s Move Initiative, joined by youngsters in the Washington D.C. area, enjoying full media coverage of a variety of events including jumping rope, making healthy snacks, juggling, planting the garden next to the White House and creating physical fitness presentations in schools and other venues. The underlying belief and hope in these initiatives, which the first couple led by example, was to habituate youngsters to the self-discipline of healthy activities, in order to move the nation towards healthy choices. The ultimate result, if continued, would be a new generation of more productive workers, a labor force with collectively less illness, leading to happier families and an overall sense of taking care of each other for the betterment of all.

Co-Chairs of the President’s Council were Drew Brees, quarterback for the New Orleans Saints, and guest blogger Dominique Dawes, three-time Olympian and former U.S. national champion in women’s gymnastics. In the process, Council leadership encourages all Americans to take steps in improving their overall health. In the words of our Olympic gymnast, “I have dedicated my time to educating others about the importance physical and emotional health.”

The Council was charged not only to focus on getting Americans active but also with promoting the “collective responsibility, accountability and health benefits of good nutrition,” as the key factor of being healthy, fit and strong. We are reminded that “Eating plenty of fruits, vegetables, choosing whole grains and drinking water will give you the energy to power through your day.” Continuing, Dawes writes,

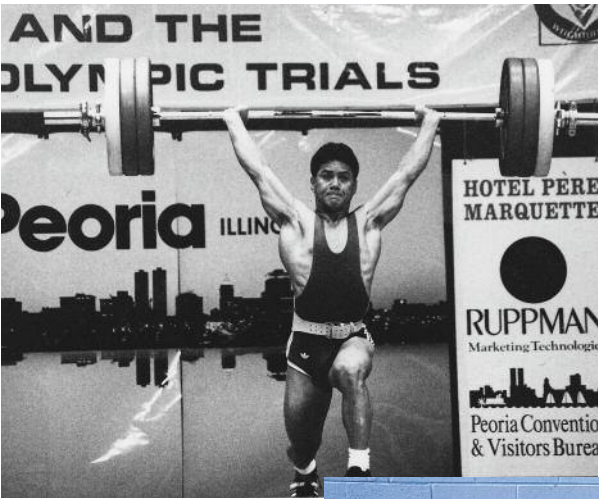
“We are challenging the American people to take control of their health. Think about how you get from one place to the next—choose to bike or walk with co-workers instead of drive, to play with your friends in the park instead of turning on the computer after school, to do sit ups while watching TV or to plant a garden with your neighbors instead of watching the grass grow, and eating those vegetables for lunch and dinner each day.”

The Council’s summary of facts and statistics provides compelling reasons for alarm related to lack of physical activity, dismal eating habits and a trending prevalence of obesity, especially among children and youth. The report also highlighted the human and financial costs of obesity, estimating that by 2018 this condition will cost the U.S. 21 percent of our total healthcare costs, or \$344 billion annually. Another warning point to obesity as a growing threat to our security, as “27 percent of young Americans are too overweight to serve in the military, where 15,000 potential recruits fail their physicals every year because they are unfit.”

Growing up here on Maui, where the weather is great all year round, allowed me 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, one of them standing 6’4” at 265 pounds.

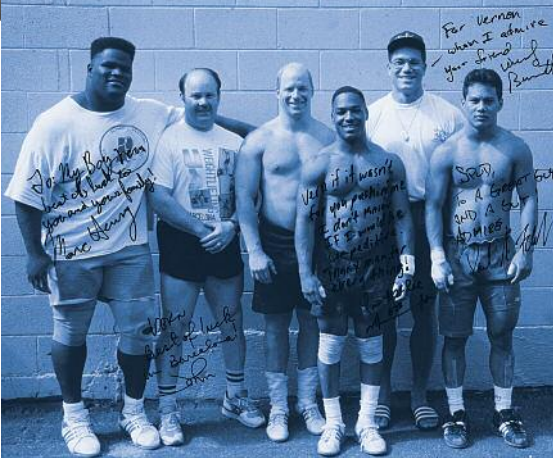
In the months of tagging alongside my brother to the garage gym, I developed a close relationship with the owner, Doctor Nelson Yogi. He quietly encouraged me to try out weightlifting, since my physical stature would be much better suited to that sport than professional football. It did help to walk 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 to devote my athletic career to 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. Never in my wildest dreams could I have imagined those accomplishments under my belt. I am truly grateful for a handful of people who have been paramount in helping to achieve my dreams. I need to say that NONE of this would have been possible without Doc Yogi. He was my trainer, teacher, coach, mentor and Father Figure. Doc was and still is the catalyst behind the Vision, for which I



Vernon Patao is shown here in Peoria Illinois in the clean-and-jerk lift that guaranteed him a slot on the 1992 American Olympic Team

Vernon Patao made many friends during his journey to excellence in his athletic aspirations.



am now determined to follow through.

This amazing journey through life has led me to this point, where I feel the need to give back to our community. Never had I thought of opening a gym to promote health, fitness, and wellness to our youth through athletics—until a few years ago. This Vision has now become a reality, with the opening of “OUR” gym, HI Performance Athletics, a little more than four years ago. I have been fortunate with my weightlifting success, for building a platform to promote what is most important: Health, Fitness and Wellness through athletics, starting with our youth.

Our motto is PLAY TO WIN. What do we mean by PLAY TO WIN? Well, there are a few definitions for the word PLAY in our motto, but the one we base our program on is: *to engage in activity for enjoyment and recreation rather than a serious or practical purpose*. Yes, all activity, exercise or sport revolves around one element: FUN. Coupling FUN with SAFETY and SMART training completes our program. When we all can enjoy the life-long process of fitness, the outcomes will always be a WIN for everyone involved.

Our society has drifted far from the objective of playing to have fun. The focus on winning has taken over the 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 mind set. 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 devel-

ops 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 importantly, 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 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?

Over the years, elected officials, appointed government officials, and even members of the judiciary have all been accused of corruption. Recently, Andy Bautista, Jr., Chairman of the Commission on Elections (COMELEC) in the Philippines, was accused of corruption by his wife.

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 Cabugao, Ilocos Sur: "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=₱50,000/month or more? Ob-



Patricia "Tish" Paz Bautista, estranged wife of COMELEC Chair Andy Bautista recently claimed her husband received some ₱500,000 in referral fees from controversial automated election technology provider Smartmatic Corp.
PHOTO LEFT COURTESY PHILSTAR.COM
PHOTO RIGHT COURTESY INQUIRER.NET

less it puts them into the disadvantage."

Dulce of Kahului with roots in San Nicolas, Ilocos Norte: "Corruption in the Philippines indeed still exists and will continue to exist until there is

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 countrymen and country proud but each project is pick pocketed by the authorized officials. Money is power so the culture was kept dirty on this corrupt 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 commissioner 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... of the corruption problem in the Philippines?

Fil-Am Voice Staff

viously, 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 *Pilipino* culture and it is not going away. The Filipino people will tolerate it. The Padrino system is a normal way of doing business. The Filipinos think this system is okay, un-

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."

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Maui High School is the largest high school on Maui, with approximately 2,000 students, and is the sixth largest 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 on how to deliver quality healthcare to all people.

Sheena Garo, the 2016-2017 HOSA Vice President said she learned many skills through HOSA: "Some es-



Maui High School HOSA show their pride at the Maui Fair Parade.

PHOTO COURTESY MAUI HOSA FACEBOOK PAGE

sential skills I have learned through HOSA include CPR, First Aid, tri aging 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 work-

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Maui High School's HOSA—one of six Pathways.

Angela Cainguitan | MAUI HIGH SCHOOL

er toward potential clients. All these skills are definitely essential for every healthcare worker and being taught these skills in high school allowed me to get a head start to practice my skills toward patients in my community." Rose Rafael, the current HOSA Director of Communication, dreams of



Maui High School HOSA at Orlando, Florida.

PHOTO COURTESY MAUI HOSA FACEBOOK PAGE

working at a health facility: "With the help of being in HOSA, I was able to gain more knowledge of the different branches in the medical field." "All I wanted was to help sick and poor get better, but HOSA helped me decipher what health profession I wanted to become in the future," said Selwyne Jei Matillano, the 2016-2017 President.

HOSA also teaches life skills such as leadership, confidence, and time-management. "HOSA has helped me improve my self-management time and teamwork skills. While competing in an event I also had school work. It was vital for me to manage myself and time for studying and for school," expresses Genesis Balaan, HOSA Treasurer. Matillano added, "I learned how to speak in such colossal audiences and feel confident about what I am talking about."

Matillano 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." HOSA members organize a date to volunteer at Hale Makua's Bingo Nights, where they help the elderly and listen to their stories. In addition, HOSA has volunteered for Kidney Da Kine Day, Haleakalā Lions 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 Chapter Treasurer. The first event is the regional, followed by states, and then International.

In February, Maui High's HOSA members were gold, silver and bronze winners at the statewide Career and Technical Student Organization Convention, held annually at the Hawai'i Convention Center in Honolulu.

Gold winners (1st place):

- BlessieMae Paguirigan - Nutrition
- Son Phan - Pathophysiology
- Ariane Alejo - Transcultural Health Care
- JoeBelle Daludado - Medical Reading
- Jhaymar Quedding - Medical Terminology

Silver winners (2nd place):

- Jolene Mae Pascua and Kateleen Lamog - Community Awareness
- Taysia Aspili, Cheyenne Kamea Mag-



Matillano and Garo.

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no, and Shmily Versola - Health Education

Bronze winners (3rd place):

- Jamaica Aquino and Sheena Garo - Health Career Display
- Kaitlyn Takeno - Medical Math

The state winners were eligible to attend the 2017 HOSA International Leadership Conference held this past June in Orlando, Florida. The Aspili, Magno and Versola team placed 2nd overall in the Health Education competition. In 2016, the same team, with BlessieMae Paguirigan, placed 1st overall in Health Education while Jamaica Aquino and Sheena Garo placed 5th overall in Health Career Display.

"Aside from competitive rewards, I had the privilege to become Maui High School's HOSA Chapter President," said Matillano "and this way I led my members to compete in their event as well. In my view, seeing my members keeping their eyes on the prize, witnessing them becoming stronger leaders in the future, and having the opportunity to see them grow as a better individual would be, in my opinion was the best reward I could possibly get." Although HOSA member Trixia Anne Delos Santos never received any awards, she says "the most rewarding experience was being qualified for states."

Matillano is currently attending Kapi'olani Community College on O'ahu 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 Anesthesiologist. 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.

Google® Is Not Everything is a monthly column authored by high school students. The title of the column emphasizes that education is more than just googling a topic. Google® is a registered trademark.

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 Julita Bumanglag.



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