



## Trends for 2018

The new rapid exchange of technology and information gives rise to a new and different society.

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## “Ber” months examined

Christmas brings food, fun and “swag” to all things Filipino.

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## Ballistic Missile Scare Blogged

Liza Pierce blogs about her morning of “the” emergency alert Hawai’i faced on Jan. 13.

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# Fil·Am Voice

Magkaisa Tayong Lahat | “Let Us All Unite”

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FILIPINO AMERICAN VOICE • UPLIFTING OUR COMMUNITY

FREE

## inside



This gentleman has led a life to be admired. Read Sakada Offspring!

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Putting aside our “1st-world problems” to see a world in need of our help.

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Trump says to the world, no to chain migration. What Do You Think?

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At the touch of a button, we can watch in real time on televisions and various mobile devices as Britain’s Prince Harry and American model Meghan Markle announce their engagement and a spring wedding in London.

PHOTO COURTESY SLATE.COM

## New Trends

Vince G. Bagoyo, Jr. & Elizabeth Ayson

In a world of growing uncertainty, we are invited to examine the trends of the New Year. The *Fil-Am Voice* staff extends to our readers best wishes and good cheer for 2018, as we touch on the newest trends in six arenas of central interest across the globe—education technology (Edtech), fashion, politics, sexual harassment, social media and superfoods. With instantaneous connection to most locales on the planet, at the touch of a button, we can for example, watch in real time on televisions and various mobile devices, along

with millions of curious viewers, as Britain’s Prince Harry and American model Meghan Markle announce their engagement and a spring wedding in London. Hours later we are informed by the media that the jacket, dress and shoes worn by the future member of British royalty has already sold out in numerous local outlets. Such is the magic of modern media!

### Education Technology (Edtech)

In its relatively short his-

see TRENDS p.2

## Pasko Sa Pilipinas

David Crim

Some have called the Philippines, “the land of fiestas.” And no other festival is so rich, so joyful, so meaningful and so... well, so long, as Christmas in the Philippines. From the moment the calendar changes from August 31 to September 1, Christmas is not far away in the Philippines. That’s right, Filipinos love to celebrate Christmas as long as possible; and they do. Although the formal Christmas celebration starts on December 16, informally, Filipinos proudly proclaim that their Christmas celebration is the longest in the world, with the beginning of the “ber” months. No, not “brr”, as in cold weather, but “ber”, as in September through December. In spite of no winter snow, few pine trees, no traditional yule logs or most of the usual trappings that decorate Christmas cele-

brations in the West, Filipinos will not be outdone in their celebration of Christ’s birth. But it’s not just the length of the holiday season that creates a unique Filipino Christmas, it’s the culture itself that has developed its own, one-of-a-kind Christmas spirit. What makes Christmas in the Philippines so unique?

### The People

Filipinos are, by nature, joyful, celebrative people. A few years ago the nation’s tourism industry marketed travel in the Philippines with the slogan, “It’s more fun in the Philippines.” The moniker, “land of fiestas,” attached to the Philippines is truly appropriate. The year 2017 included twenty national legal and non-working holidays. March and July were the only months that did not include a national holiday. As well, every barangay in the two



People gathered in the lighted streets during the “ber” months at this Naga Lantern Parade at the 2015 Naga City, Bicol, Philippines.

PHOTO COURTESY NAGA SMILES TO THE WORLD FACEBOOK PAGE

thousand inhabited islands celebrate an annual fiesta. When you add birthdays, anniversaries, graduations, weddings, and other celebrations, one can see why it really is

“more fun in the Philippines.” Though not without enormous challenges, such as more than a dozen typhoons a year, heavy flooding in low-lying ar-

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# Trends...

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tory, technology has come to mean “disruption,” to long accepted educational traditions. In the words of Zishaan Havath in the October 18, 2017 issue of Inc 42, *Disruptions in the education technology sector are now the next logical step. Advanced learning methodologies are being applied for students, while simultaneously eliminating bottlenecks faced by educators.* The article is entitled, “Here are the Catalysts That Will Change the Education Domain in 2018”:

1. **Mobile Learning.** The smartphone is identified as the strongest disruptor in technology, which is now empowering students to embrace technology despite their geographical and socio-economic boundaries. By giving students good quality learning materials, it is also eliminating disparities in the quality of students’ education. In India, for example, mobile learning is found to enhance the learning curve of students, as it generates data which are analyzed by teachers, who can then personalize the content offered to students.
2. **Cloud-Based Technology.** As a centralized repository of knowledge for teachers and students alike, cloud-based technology lifts the problems inherent in previously limited classroom only usage to

grant them the flexibility to interact and share data with each other—anytime, anywhere. Therefore, educators are helped to increase their reach without bearing the burden of expenses. while also reducing the end-cost for consumers, while adding considerable value to their education.

3. **Big Data, Machine Learning, and Artificial Intelligence.** “Big data helps to deeply analyze



The smartphone has become an essential learning tool.  
PHOTO COURTESY G-CUBE

the usage and performance of students. By using machine learning and artificial intelligence together with big data, educators can create an adaptive platform that personalizes learning for students. By studying data sets, algorithms create behavior models. Based on these behavior models, educators can better understand students’ strengths and weaknesses and pre-

dict their unique learning curve. Educators can “create a personalized training path that meets the precise needs of each student. This lets students learn at a pace conducive to their own growth and keeps them motivated.”

4. **Gamification** is known to deliver superb results across applications and industries. In the form of games, it provides people a goal-based approach to their day-to-day tasks. To achieve this, gamification uses animations and interactive media. In education, each learning task is converted into smaller stage-like segments, which offer rewards or incentives upon successful completion. Since gamin tendencies are well-received by students since childhood, they respond to this approach much better, even in academic learning. Compared to the traditional classroom learning setup, gamification also decreases fatigue and increases their overall output considerably.
5. **Augmented and Virtual Reality.** Manifestations of Augmented Reality (AR) and the market deployment of Virtual Reality (VR) are now ubiquitous (being everywhere at the same time) across the globe. The education technology sector is also leveraging them to offer an enhanced and evolved learning experience for students.

Compared to the traditional setup, AR and VR offer a more experiential learning experience to students. This experience registers much better in their minds, enhancing their retention and increasing their engagement. The increasing use of state-of-the-art technologies in both AR and VR is instrumental to evolve learning and increase the true academic potential of students. The edtech sector is proving itself to be very capable as an auxiliary support to classroom learning for students and an independent learning avenue for others. As technology increases its footprint in the market, the ed-tech sector will give us a glimpse of the ultra-modern education system of the future.

## Fashion

We begin with the fashion trends for 2018, guided by the gurus of fashion design who look to the runways in four cities every year, beginning with New York City, then on to London, Milan, and Paris. What showed up in New York recently is a return to the 1980s, with acid washed jeans, bike shorts, chokers and slip dresses. In the presentations by Popsugar there were abundant examples of flannel, socks with shoes, short suits, and shimmering fabrics. There is also a comeback of the feminine stylings from Jane Austen’s era, in a modern day romance version of billowy sleeves, corseted waists, and soft floral prints. There is evidence of a lavender takeover, as well as dress-over pants,

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Pasko...

from p. 1

eas during the rainy season, intense heat in the dry season, crushing poverty in many locations, huge overcrowding in urban areas, and horrible traffic in the cities, Filipinos are experts in finding a reason, and a way, to celebrate.

Filipinos are also a highly religious people. The Philippines is known as

ninety percent of Filipinos are Christians. The influence and impact of religion largely colors every fiesta in the Philippines, especially Christmas.

Without a doubt, secularism has made its mark in the Christmas season in the Philippines. There is a rising middle class in the Philippines, and recently, the economy has seen historic growth, especially in the cities. More people have more financial resources than, perhaps, ever before, affording them the possibility to do more than

their share of Christmas shopping. Yet, unlike Christmas in the United States and other Western nations, Christmas in the Philippines has maintained a largely religious tone.

Filipinos are family-oriented. For most Filipinos, there is absolutely nothing and no one more important than family. Strong familial ties hold people together. For example, if one family member becomes successful, he

or she will make significant personal sacrifices to help others “level up.” One of our friends in Manila has personally financed five of her nieces and nephews to get their college educations. This is but one of many examples of the strong family ties among Filipinos. Children are cherished. The



Lechon is the culinary centerpiece at every celebration, and is very popular during the Christmas season.

PHOTO COURTESY DAVID CRIM

aged are honored and respected. Everyone is loved. So these joyful, religious, family-focused people know how to celebrate. And Christmas is their best.

The Food

Filipinos love to eat. And if you taste the food here, you'll know why. Fabulous eats, created especially for Christmas, are spread on most every Filipino table.

Lechon (roasted suckling pig) is the culinary centerpiece at every celebration, fiesta, family event (wedding, birthday), and is also popular around Christmas time. Lechon is prepared by stuffing the inside of the animal with herbs and vegetables. The pigs are slowly roasted, usually by hand-turning over hot coals for hours, until their skin becomes crispy and turns reddish

brown, while the inside flesh becomes tender and flavorful. The crispy skin is always a favorite. The dish is often served with a thick liver sauce that is simmered with vinegar, sugar and herbs.

Perhaps the most popular rice delicacy during the Christmas holidays in the Philippines is puto bumbong. Purple rice is steamed in bamboo tubes, stuffed with butter, sugar and coconut, and served with grated coconut and brown sugar (usually muscovado).

Bibingka, although a year-round favorite, is another important rice delicacy traditional to Christmas celebrations. Sellers of bibingka line the streets during the Christmas season. This rice cake is traditionally cooked in clay pots lined with banana leaves,

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Colorful festivals. More fun in the Philippines.

PHOTO COURTESY BARANGAY.LIFE

the only Christian nation in Asia. This is largely based on the high percentage of Filipinos who claim to be Roman Catholic—more than eighty percent. There are also large numbers of Protestant and Evangelical Christian Filipinos too. Some missiologists and sociologists suggest that more than

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From the  
**Editor's Desk**

Tante Urban  
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## New Year's Resolution

The year 2018, known as the Year of the Dog, will challenge us once more to declare our New Year's Resolutions with optimism that everything will be much better. We share with others what we want to improve or change.

This yearning for change starts from one's self, whether it is for self-improvement, or physical, or taking a jump on an economic opportunity or financial windfall, such as investing, or putting up a personal business or looking for a better job. A lot of choices but it is always a good idea to write these down as new year's resolutions and at the end of the year, evaluate what you have accomplished.

The list of resolutions expands to think of one's family, including relatives and inner circles. What we can offer to our family and close friends such that the year will be more meaningful to them? What can be done to improve or strengthen our relationship and well-being? The people within our inner circles have great influence on who we are and it may be this time of the year to reverse the direction and lead them to greater heights.

Our resolutions radiate and may have a connection to the society or perhaps to organizations around us. Undoubtedly, there is no better path to follow than the Golden Rule: "Do unto others as you would have them do unto you." Growing up as a child in the Philippines, my mother always instilled upon me the Golden Rule

and it has always been my guiding path my whole life.

A group of people sharing the same ideals and mission may also adopt a resolution as a whole. In our dealings with one another, let us strive to uplift every Filipino who needs a helping hand in getting a business started or in climbing the ladder of success.

Ultimately, the incoming year should be the moment for our resolutions to revolve in 365 days on the core of Faith, Hope, and Love. Faith in a sense that we believe to have a secure place in the future with the talents and skills that we possess. Hope because we never give up; we always look at the brighter side of things and believing that something better is yet to come. Love conquers all things; let us yield to love.

Here are some favorites quotes that motivate and inspire me in my daily life:

1. Start your day with an Attitude of Gratitude.
2. It's all in the frame of mind.
3. Focus on the blessing instead of the burden.
4. All our dreams can come true if we have the courage to pursue them.
5. It is in giving that we receive.
6. To err is human; to forgive is divine.

Last but not the least: May your days be a gathering of Love, Laughter and Happy Memories.

Happy New Year! ✨

*"The people within our inner circles have great influence on who we are, and it may be this time of the year to reverse the direction and lead them to greater heights."*

— TANTE URBAN

Perhaps the most popular rice delicacy during the Christmas holidays in the Philippines is *puto bumbong*.

PHOTO COURTESY  
DAVID CRIM



*Bibingka* is another important rice delicacy traditional to Christmas celebrations.

PHOTO COURTESY DAVID CRIM



## Pasko...

from p. 3

with hot coals positioned on both top and bottom of the pots as the heat source. Depending on the region, you will find a variety of expressions of this traditional Filipino treat.

*Keso de bola*, cheese balls with red waxy coverings (also known as Edam cheese) are also a favorite food during the Christmas season.

If you celebrate Christmas with a Filipino this Christmas, you might also enjoy eating other delicious dishes, such as fruit salad, ham, adobo, pancit, and much more.

### The Traditions

Besides traditional foods, there are other traditions that set Christmas in the Philippines apart from any other. Though malls and shops begin playing traditional Christmas carols as soon as the "ber" months start, the religious life shapes many of the Christmas traditions.

Christmas officially begins on December 16. On this day, many people attend the first of nine consecutive pre-dawn masses called *Simbang Gabi*. Each of the first eight masses start as early as 4:00 a.m. The tradition was introduced by the Spanish friars during colonial days in order to allow farmers to attend mass before

starting their work in the fields. Sometimes the masses are called by the Spanish name—*Misa de Gallo* ("mass of the rooster"). Accompanying the roosters that crow every morning in every village, churches ring their bells, welcoming the faithful through their doors. The last of the nine masses is a midnight mass on Christmas Eve. *Simbang Gabi* is not just a tradition, the faithful view it as spiritual preparation for Christmas, in celebration of the birth of Jesus Christ. Most people believe that if one completes the whole series of nine *Simbang Gabi* masses, their wishes will be granted.

Following the Christmas Eve mass, traditional delicacies can be purchased in food stalls just outside the church doors. Remember? Food plays an important role in Filipino fiestas. Once the mass attenders walk outside, their noses, and appetites, will be tantalized by traditional food favorites: *bibingka*, *puto*, *puto bumbong*, *suman sa pasko*, *suman sa ibos*, and usually served with hot tea or coffee. Hot *pandesal* is also very popular. The food stalls provide a fitting segue into another Filipino tradition—a midnight feast.

*Noche Buena* (the midnight feast) is like a big, open house celebration

*"Keso de bola, cheese balls with red waxy coverings (also known as Edam cheese) are also a favorite food during the Christmas season."*

— DAVID CRIM

see PASKO p.11



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Christmas officially begins on December 16. On this day, many people attend the first of nine consecutive pre-dawn masses called *Simbang Gabi*.

PHOTO COURTESY DAVID CRIM



from p. 2

Western cowgirl, and an array of boots. Not totally erased, there is some use of monochromes and the traditional classic colors from Pantone, such as Sailor Blue, navy like; Harbor Mist - mid-tone dove gray; Warm Sand - neutral, comforting; and Coconut Milk - white/off-white mainstay.

From Pantone we are introduced to an attitude of boldness, defined in “12 call out shades,” to underscore a feeling of optimism and confidence in “colorful self-expression, kaleidoscopic flurry of uplifting shades and feel good tones.” Providing the palette includes a specific name for each shade with a brief description, which appear next in a condensed summary.

1. Meadowlark - subtle yellow
2. Cherry Tomato - orange red
3. Little Boy Blue - azure blue as promise of a new day
4. Chili Oil - earthy brown based red
5. Pink Lavender - soft, romantic violet rose, a soothing tone
6. Blooming Dahlia - understated pink
7. Arcadia - green with blue undertone
8. Ultraviolet - a complex purple shade
9. Emperador - rich chocolate infused brown
10. Almost Mauve - gentle, delicate ephemeral
11. Spring Crocus - flamboyant, tantalizing fuchsia
12. Lime punch - sharp, pungent, striking citrus.

In the popularization of the oversized jacket, some men's fashion is blended into women's designs. Each designer presented some version of The Naked Dress, sheer fabrics for transparency, some with jackets, slips or jeans. Some controversy arose with the appearance of the runways of plus sizes, and revealing pregnant bumps, leading one onlooker to comment "perhaps the catwalk is not the place for women in this period of their lives." Of some surprise was the frequent show of fanny packs, as a strong trend being designed directly for use with specific dresses. In addition were creative styles with sequins, tassels, designer denim, geometric cut-outs, bold, graphic prints and a great variety of suits.

Filipinos are known for their keen interest in fashion, as from around the world they keep abreast of fashion trends, and we can expect this priority to continue in 2018.

## Politics

The changing landscape of political terminology gives us reason to pay attention to word usage. More specifically, what was once called “liberal” is now labeled “progressive,” while for some unexplained reason, “conservative” remains the same. Most agree that everyone basically wants the

same things in life. The difference comes in disagreements about how to achieve these basic wants. What are some of the things we all want? Among the most noted on the short list are

1. healthy children,
2. a chance for prosperity,
3. little or no suffering,
4. no crime and
5. freedom.

According to Tom Hanks, in his recent interview on CNN with David Axelrod, what sets America apart from other nations is the freedom to express oneself without fear of repercus-



Tom Hanks recently told CNN's David Axelrod that what sets America apart from other nations is the freedom to express oneself without fear of repercussions.

PHOTO COURTESY CNN

sions. This kind of freedom is the envy of millions on the planet, many whose ancestors arrived on American shores to make a better life for their children and families.

An examination of contrasting beliefs between progressives and conservatives can be described briefly as follows: progressives look to the government to solve problems, to take actions that make possible equal opportunity and equality for all citizens; to act on its duty to improve social discrepancies and to protect civil liberties, as well as individual and human rights. Additionally, the government is given the role to guarantee that no citizen is in need. On the other hand, conservatives believe in empowering individuals to solve their own problems through personal responsibility, a strong national defense, free markets, individual liberty, limited government and traditional American values. Government is given the role to provide people with the freedom required to pursue their own goals and dreams. In general agreement, the two major political parties are usually termed as progressive for Democrats and conservatives for Republicans.

As we look to 2018, we see a growing divide between progressives (Democrats) and conservatives (Republicans) in America. Despite the fact that both houses of Congress are dominated by Republicans, as is the White House, coming to agreement remains a difficult task. The recent victory to narrowly pass the tax reform bill in the Senate is the only major win so far this year for the Republicans. The trend points to more division and a wider rift between progressives and conservatives in the coming months.

One bright spot is the higher visibility of women in elected office at all levels of government, although still grossly under-represented in governments both nationally and internationally. Sadly, even though the U.S. is a nation known globally for promoting

of the rights of women and girls, it has yet to elect a woman President. The modern day list of female heads of other nations remains short. Among the more familiar are: Kim Campbell, Prime Minister of Canada; Edith Cresson, Prime Minister of France; Julia Gillard, Prime Minister of Australia; Gold Meir, Prime Minister of Israel; Angela Merkel, Chancellor of Germany, Isabel Peron, President of Argentina; and Dilma Rousseff, President of Brazil, Margaret Thatcher, former Prime Minister and Theresa May, current Prime Minister of the United Kingdom and from the Philippines, former Presidents Corazon Aquino and Gloria Macapagal-Arroyo. There are 22 women world leaders currently in power.

## Sexual Harassment

No doubt, one of the most troubling revelations on the daily news is the mounting number of allegations of sexual harassment in the workplace, bringing reactions of surprise, if not shock, to viewers. The U.S. Equal Opportunity Commission (EEOC) defines workplace sexual harassment as “sexual advances or conduct of a sexual nature which unreasonably interferes with the performance of a person’s job or creates an intimidating, hostile, or offensive work environment.” We further learn that “sexual harassment can range from persistent offensive sexual jokes to inappropriate touching to posting offensive material on a bulletin board. Sexual harassment at work is a serious

problem and can happen to both women and men.”

Employees in both state and federal offices are protected by laws intended to prevent workplace violations. Under Title VII of the Civil Rights Act of 1964, sexual harassment is a form of sex discrimination. Title VII is the base for claims, but some states have even more strict sexual harassment laws. Following we provide information on two types of workplace sexual harassment, employer liability and strategies and procedures to put an end to this behavior.

The two types of workplace sexual harassment are

1. quid pro quo and
2. hostile work environment.

In the quid pro quo type of harassment, a person in authority demands that subordinates tolerate sexual harassment as a condition of getting or keeping a job or job benefit, including promotions and raises. A single instance of harassment is sufficient to sustain a quid pro quo claim. For example, a superior demands that you kiss him or her or lose your job. To qualify as a hostile work environment, a pattern of harassment is required.

Grounds for legal action based on hostile work environment is established when the behaviors are unwelcome, based on sex, and are severe or pervasive enough to cause an abusive or offensive workplace. In order to determine the validity of a hostile work environment claim, courts will analyze the following elements:

1. Whether the conduct was verbal,

**see TRENDS p.10**

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# My “Ballistic Missile False Alarm” Story on Maui

Liza of “A Maui Blog”

So you all have heard already. We had that False Alarm of a Ballistic Missile coming to Hawaii, this morning. (actually, by the time I uploaded this post on “A Maui Blog”).

At this time, it’s already all over the news. Various versions and multiple stories.

I initially thought of blogging about the false alarm on Hawai’i right after the official False Alarm Notice was issued but I had other more urgent things to do so I didn’t.

Then midday I thought, ok maybe I should blog about this now. However, I thought “oh by the time I finish writing and publish my post it will already be ‘old news.’ Maybe I should not spend time writing about it.”

Then tonight I read the post written by my friend Leslie, at The Aloha 360. Her 37 Thoughts in 37 minutes of waiting inspired me to write my story. I realized that even though it would be “old news” by the time I publish my post, I should really blog about our personal experience. It will be good to record it while it is still fresh in our mind. This may be fun to

share with our grandkids someday.

## So here’s our story:

I was actually writing a blog post about Teri and I’s Facebook Live when the alert on my phone came in. I looked at it, read it... and read it again several times to make sure what I was reading is really what I am reading. The line “THIS IS NOT A DRILL” is what bothered me the most.

I calmly walked to our lānai to show the emergency alert on my phone to my husband who was on the phone talking to our daughter in Oregon. When I interrupted him he told my daughter, “Wait, your mom is trying to show me something.” He read the message and told our daughter, “Oh this might be our last phone call to you.” Or something along that line. Oh my golly, that must have been very scary for her, my poor daughter.

I immediately went back to my computer and scrounged the internet for news. NOTHING! Why is there no news about this? CNN? Nope! Fox? Nope! Hawai’i News? Nope! Geez!

Then I quickly switched to Facebook.

I was about to go to Maui SMUG when I saw my friend Peter’s post and I commented on it.

About this time my husband said “We are about to get hit with a ballistic missile and you’re on Facebook?” Ha! I didn’t respond to the hubby. I continued my social media search.

Just a little background story—both Peter and I have experienced monitoring natural disaster via social media. We’ve done this with the previous earthquake and tsunami threats on Maui. We sort of have a way of finding information quickly via our social media networks, faster and more reliably than the news network.

“So if this is true, why are we not hearing sirens,” was one of the first questions in our minds.

By this time, a young lady friend, M, who is staying at our house was very concerned. She is away from her family and was understandably anxious. She was text-ing her dad. I wished I could do something to calm her fears. I told her to calm down, I am praying for our safety—yes I was—and I am searching the news and will keep her informed.

I again searched for news: MauiNow? Nope! MauiWatch? Nope!

Our daughter texted me: “I Love You Mom.” I texted back “I Love You Too.”

My husband was talking on the phone with someone—not sure who; might be our son.

I went back to my Facebook discussion thread with Peter and I saw a post via Maui 24/7. They confirmed that it’s a FALSE ALARM. I think I saw this confirmation 15 minutes after the false alert was issued. I immediately reposted it on my Facebook timeline. Then I told “young friend M” that it’s a false alarm. Whew! She was happy to hear that, but she was still a little shaken.

But wait... why are we not getting any further notification on our phone? Why are we not getting a retraction or an official announcement that it was a false alarm?

It took another 22 minutes or so—which is a total of 37 minutes from the time the false alert was issued—before the false alert alarm came through our phone! Why such a delay?

At any rate, we are thankful. We are thankful it’s a false alarm.

Looking back, I should have checked Twitter too because it’s usually a good source of information for emergencies. But my first thought this time was Facebook and I guess it worked. I got the confirmation that it’s false faster than their phone confirmation.

Looking back, “why weren’t we going; doing the step we were asked to do?” Why was my husband on the

phone on our lānai and I in our kitchen with my computer? Oh, I don’t know. I think deep down, both of us had the intuition that this was a false alarm. But still, we should have at least went downstairs instead of staying upstairs.

Looking back, I realized I was so busy trying to find if the news was false that I didn’t even think about contacting our son. But then again maybe it was best that we didn’t because he would just worry about us and there’s really nothing he can do. Well, at least I should have texted him “I love you” too like what my daughter and I did. But maybe he

was the one my husband was talking to when I was busy searching for news on the internet. The good thing is he is living with my brother and his family and so I am at peace knowing he is with a family. I did contact him later that day.

Oh so many “shoulda coulda”

but the bottom line is, we are happy it’s a false alarm. Truth is we were not prepared. But then again, how can we be ever be prepared for a threat like that?

Thank you to all our family and friends who prayed for us during this alarming event. Now that we are back to “normal,” so to speak, there are many lessons we have learned and as always, part of the lesson is being reminded of how precious the time is that we have with our family and friends while we are here on earth. Let us not take our relationships for granted. If not missiles, there could be something else. Let’s express our love more often, care more often and love deeply. Aloha!

And tonight’s beautiful Maui Sunset seems even more beautiful tonight... probably because of our crazy morning today. ✨



**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.

AND IT CAME TO PASS IN THOSE DAYS, THAT THERE WENT OUT A DECREE FROM CAESAR AUGUSTUS THAT ALL THE WORLD SHOULD BE TAXED.. .

And all went to be taxed, every one into his own city.

And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David:) to be taxed with Mary his espoused wife, being great with child.

And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.

(Luke 2: 1, 3-14 KJV)

Merry Christmas And Happy New Year

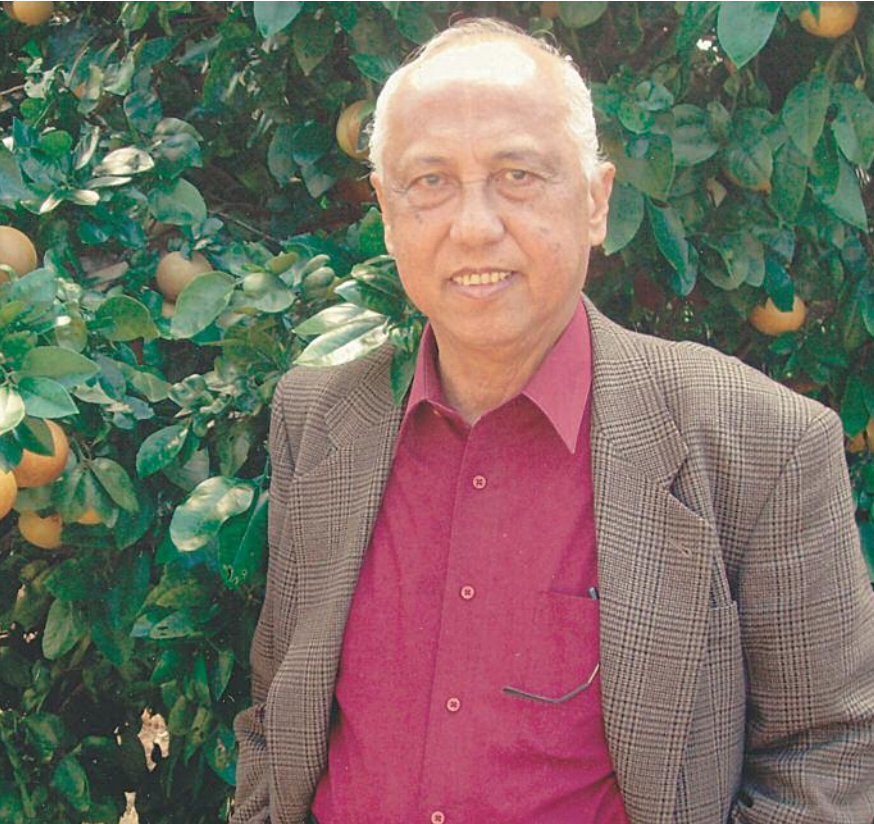
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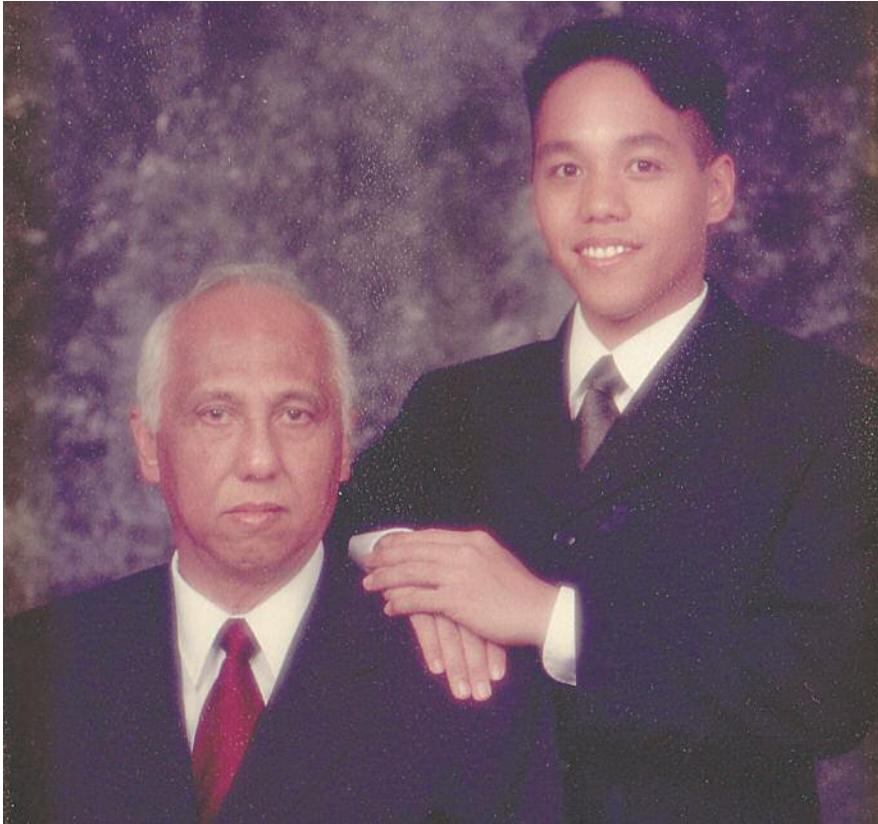
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*gil* **KEITH-  
AGARAN**  
SENATE





Artemio Baxa in his garden.



Artemio with his son, Artemio Baxa II

With all of his many accomplishments in life, this ambitious Sakada Offspring remains humble and compassionate. Artemio Baxa was not born with a silver spoon in his mouth but was born in a lowly household, in a tiny village in Bacarra, Ilocos Norte, Philippines on December 16, 1937. He is the son of Juan Eda Baxa and Maria Subia Constantino.

In his early formative years, Artemio spent quite a bit of time tending to the family's domestic animals like *carabao*, goats, etc. and helped with the needs of his household, like fetching water from the well, and gathering firewood from the nearby mountain. Unfortunately, his mother died when Artemio was only ten years old and his father's sister, Pilar Baxa took care of him and his brother, Arnold Baxa. Their father Juan was already in Hawai'i at that time because he came to Hawaii in the early 1930s. Juan was a very thrifty man saving his hard-earned dollars from the sugar plantation, HC&S, sending it to the Philippines for Artemio and Arnold to spend for their education. Artemio proudly shared that he earned his first dime by shining shoes in their town during weekends.

After high school, Artemio first attended the University of Sto. Tomas. Then he attended the Ateneo de Manila University School of Law in 1960. He passed his Bar in 1961. Then he went back to Bacarra and worked for a while.

Artemio first came to the United States in 1963 as a graduate student at the University of Chicago Law School earning a master's degree in Comparative Law. After Chicago, he went back to the Philippines and started his legal career as an Assistant Attorney with the Manila law firm of the

# Artemio Constantino Baxa

Lucy Peros | ALL PHOTOS COURTESY OF ARTEMIO BAXA

former Philippine Senator, the late Don Vicente J. Francisco who was also the publisher of the Philippine Lawyers Journal.

At the urging of his father, Artemio decided to immigrate to Hawai'i. When Don Vicente learned about Artemio's plan, he told Artemio that he was making a big mistake and that he would only be picking pineapples.

Artemio arrived in Hawai'i in 1967 and lived with his father in the plantation camps, first in Alabama Village in Pu'unēnē and in Camp I in Spreckelsville. Don Vicente was right. Life did not come easily for Artemio to find a job as a lawyer. Like everyone else, we all have to work to earn some money for our daily living. Artemio's first odd jobs included in doing yardwork, working as a bellhop at the Wailuku Hotel, now the Maui Medical Group Building, night clerk at the Maui Beach Hotel...

Artemio arrived in Hawai'i in 1967 and lived with his father in the plantation camps, first in Alabama Village in Pu'unēnē and in Camp I in Spreckelsville. Don Vicente was right. Life did not come easily for Artemio to find a job as a lawyer. Like everyone else, we all have to work to earn some money for our daily living. Artemio's first odd jobs included in doing yardwork, working as a bellhop at the Wailuku Hotel, now the Maui Medical Group Building, night clerk at the Maui Beach Hotel, and as a community aide in the anti-poverty agency, now called MEO (Maui Economic Opportunity). He saved his money and got married to the late Lucina Baxa.

When their child Artemio Baxa II was two months old, Artemio and Lucina agreed to sell their home to enable Artemio to attend the Richardson Law School at the University of Hawai'i-Mānoa where he earned his Juris Doctor Degree in 1978. It was his first previous training and education that paved his way to later become a Circuit Court judge in the State of Hawai'i, member of the Maui Charter Commission, member of the University of Hawai'i Board of Regents, and a member of the Hawai'i Civil Rights Commission. In 1985, he

attended Harvard University Law School and received a certificate from the Program of Instructions for lawyers.

Artemio went to work in the Maui County Department of Corporation Counsel and later became a County Prosecutor where he was working when named the first Maui County Employee of the Year in 1988. His wife Lucina had to accept the award

see BAXA p.13



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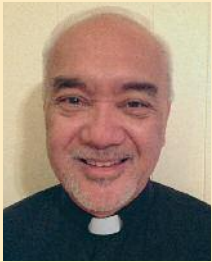
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# Ating Kabuhayan

John A.H. Tomoso †



Starting “anew” or “over again,” or at least thinking about it, on the first day of the New Year, is a habit I’ve practiced for a long time. I used to be a fan of making resolutions for the New Year. Having the chance to start over, to erase the bad habits, to “make up for lost time”, comes at the stroke of midnight on December 31st, exactly on time and I personally love it!

You know I like lists; to list things, places, tasks, actions, thought, even quotes, from which I can feel accomplished, complete, and whole. I grew up with lists and, the older I get, the more I need to list things down. You’d be surprised at what I forget now, at the ripe old age of 64, when I don’t write it down!

So, for 2018, here’s my top ten list for starting over or for personal “new trends,” that can be the building blocks to a new YOU!

- Get a full 6 to 8 hours of restful, deep sleep:** This, along with a healthy diet and regular exercise is a basic recipe for health. As a Social Worker, I would add healthy relationships to the recipe. As a Priest, I would add a healthy relationship with God, as the “spice and seasoning.”
- “‘Rise and Shine’ and eat breakfast”:** Of course, don’t forget to say your thanks to God for allowing you to wake up. More is being researched and written about how good breakfast helps to set one’s metabolism that will last the whole day, until restful, deep sleep kicks in.
- Wash your hands:** Wash them often, with warm water and soap and cover your mouth when coughing. I belong to the Hawai’i Public Health Association (HPHA) and a popular tagline for the members is “Public Health is Everything”. Consider this personal habit as showing respect for others and for yourself.
- Know your family health history:** The information you can get from this history, will say a lot about your own health and the health history you are adding the whole picture of health for you and your family.
- Eat Mindfully:** Starting with #2’s “eat breakfast”, always focus on your eating, and never in front of a TV. Sit at a table to savor and smell the food, enjoy its taste and texture. Have a relationship with your food that mirrors your relationship with your health. You will not only feel satisfied but find yourself eating less.
- Add variety to your diet:** consider 5 or 7 servings a day of fruits and vegetables. This will not only add color to your plate, but help, as # 5 cites, in your “eating mindfully”. Ah, the occasional glass of red wine (some would advocate for the daily glass of red wine) and dark chocolate, both of which contain antioxidants that benefit the heart, is a part of this “variety”. If you don’t know what antioxidants are, Google it right now. While you’re at it, Google red wine too!
- Volunteer:** Try helping yourself by helping others. “Give back” to the community you live in. This will help develop your “sense of belonging.” Who knows, someone else will be volunteering for you, in some capacity, in 2018.
- Maintain Strong Family Ties and Social Networks:** Did you know that Maui’s suicide rate is rather high? Maintaining one’s personal connections to loved ones and others in the community is good for all of us. Socially, having a support system and a good network of friends and personal companions are important components of a healthy life. Don’t forget to pray for your family and friends. Why not pray for them, nightly, before going to bed!
- Take Time Out:** Once a day, take 10 deep breaths. You can take more if you like. Also, make sure you get 30 minutes of moderate physical activity, at least 5 days a week. Physical activity, exercise, is an important component of “taking time out.” My favorite time out time is early in the morning and early in the evening.
- Drink water and drink lots of it:** We are blessed with an abundance of good, clean, even “sweet” water. “Drink up” and prevent dehydration and/or constipation. Water helps to flush out toxins from the body. Google “The health benefits of clean water” and you will be surprised at that you’ll learn!

So, for your personal “New Trends,” consider this List. I consider it to be my Top 10 for “starting over,” for “starting anew” in the New Year! Have you composed your own New Trends List?

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.

## Ka-Ching!

# Resolved: To Harness the Power of the Family in the Coming Year

Elsa Agdinaoay-Segal

Most of us start the New Year with good intentions. We resolve to work out more, eat better, get out of debt, learn something new, or help other people. But within the next few weeks, there is a good chance that we may have abandoned our resolutions. On the other hand, some of us have given up making these ambitious lists in the first place because we are not convinced we will make the commitment a priority.

Does this lack of commitment mean that we don’t have the best intentions? On the contrary: failure to meet a goal sometimes results from poor planning. With the right plan of action in place though, almost anything can be accomplished. Good planning means obtaining the right information, setting realistic, incremental goals, and surrounding yourself with the proper support.

This year, consider resolving to gain control of your family’s finances. And don’t do it alone! Involve the entire family so you can all work as a team. Instead of making vague, general resolutions like “save money,” set manageable, achievable goals like “Save \$25 per month by drinking filtered tap water instead of bottled water.” Decide on these goals only after assessing your current financial situation and brainstorming your ideas as a group.

Try not to worry that your kids will balk at the idea. Children love group activities and from toddlerhood to teen years they are fascinated by money. Finances may be a huge source of stress for parents but for most kids, the subject of money invokes not fear and dread but intense curiosity.

A survey conducted by Forbes Consulting group for MassMutual shows that less than half of parents feel they are good at managing money and because of that, less than 3% are actively involved in educating their children on finances. In fact, almost 50% believe that other organizations should be educating their children on finances. How many parents then, are actually teaching their

kids about saving, spending and budgeting? Now, at the beginning of the new year, is the perfect time to make family finances a priority. Make it a team effort, with everyone learning and contributing in the process.

Begin by talking with your children about resolutions. Ask them to give examples of resolutions, and make sure they understand the concept of setting goals for things they want to achieve in the future. Discuss your personal financial goals, and brainstorm ideas for each family member and for the family as a group. Discuss the ways people get and spend money, such as in exchange for services, labor, or material goods, as an allowance or gift, or as interest when money is loaned up front. Explain that the money any family receives is limited, and that spending it for one item or service means not having it for something else. Encourage each family member to make one personal resolution for the coming year and make it a priority to hold each other accountable

Almost any decision will have a financial component, so coming up with money-related resolutions should not be difficult. Say, for example, that your son wants to learn to play the drums. Does he have his own money to contribute, from an allowance, gifts, or a job? Who will teach him, and where will he obtain the instrument? He could purchase a drum set and pay for lessons but prices would vary widely depending on the source and quality. A used kit would probably be less expensive but as a novice drummer would he be able to choose wisely? Might a rental be available? Could he take lessons and have use of a drum set through his school at no charge? Perhaps the family could purchase a practice drum block and ten lessons to start. If at the end of that time he is still showing interest, a starter set could be bought.

Or let’s say your daughter wants to save \$100 by the end of the year. If she puts aside 50 cents a week

from an allowance, she’ll be a quarter of the way to her goal. Does she ever receive cash for birthday or holiday gifts? If so, help her to estimate how much she could plan to set aside. Could she earn part of the money by offering a service to friends, neighbors, or family members? Consider matching funds for some or all of her deposits, to introduce the concept and to encourage her to save.

Write up your resolutions neatly and post them where everyone can see them, on the refrigerator perhaps. On a regular basis, at the beginning of each month for example, do a quick check of everyone’s progress. With determination and cooperation, you’ll be toasting your success on the following New Year’s Eve!

### Gaining control

Today is a great day to start to gain control and begin preparing for the future. Guidance from qualified financial professionals can help overcome hesitancy and bring balance to the most challenging of financial circumstances. Working with a financial professional who understands your family’s unique, specific financial needs, can help you to establish key financial goals and make financial decisions a priority this year. ✨

<sup>1</sup>**MASSMUTUAL PROPRIETARY RESEARCH, STATE OF THE AMERICAN FAMILY CONDUCTED BY FORBES CONSULTING GROUP, FEBRUARY 2013**

Provided by **Elsa Agdinaoay-Segal**, a financial representative with MassMutual Pacific, courtesy of Massachusetts Mutual Life Insurance Company (MassMutual). Lic. #357268. Agdinaoay-Segal was graduated from Hawai’i Pacific University where she received a Bachelors of Science in Business Administration with an emphasis on Human Re-

source Management. In 2009, she earned the Chartered Retirement Plans Specialist<sup>SM</sup> designation (CRPS<sup>7</sup>). Agdinaoay-Segal has nine years of experience in the financial services industry. She is the mother of two children, Joshua and Lily, and married to Brandon Segal, a deputy prosecuting attorney with the County of Maui.





There seems to be a lot of talk sometimes about whether the Western holiday season has any meaning in our post-modern, global world. People complain that consumerism overshadows any real spiritual content of the weeks between Thanksgiving, Christmas and the Epiphany. Personally, I don't really do Black Friday (admittedly I'm one of those last minute gift shoppers). After large holiday meals, I tend to like hanging at home, reading a new book or graphic novel, or watching parts of the Thanksgiving weekend football and basketball games.

But I tend to lean towards what Christian music artist Chris Tomlin says: "I think that deep inside, all of humanity knows there's truth here, whether they want to admit it or not. There's a joy that come in Christmas. There's a season of giving, so people feel this generosity."

My wife and I spent the long Thanksgiving weekend at friends' home in chilly Kaupō.

While we were away, a fire at Kahului Elementary School destroyed a number of classrooms. It looked like arson. As a result, the school closed down for the following week to work on making sure the kids could continue classes on a safe campus and to ensure the rest of the buildings could be safely used.

On social media, the PTSA started

to collect money to replace supplies and equipment destroyed in the fire. My high school classmates who attended Kahului Elementary also wanted to look for ways to help the teachers and students. Business people and others in the community contacted the school and legislators offering assistance.

It's a sign that Maui's residents—religious or not—display great generosity during the holidays. Money and materials alone certainly can't and won't restore what the children and their teachers lost in the fire. But it's heartening how Maui residents and local businesses have opened their hearts and their wallets for Kahului School and others in need in our community.

I would expect of Mauians that it's not just a seasonal-thing, as Bob Hope once quipped, "My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

So I'm kinda skeptical about a study that claims Hawai'i people are not very generous. I'm one of those who like the Christmas holidays.

Every December I look forward to seeing "A Charlie Brown Christmas." It's one of my holiday traditions.

So it pained me that I couldn't keep that tradition this year with my Satellite Dish TV provider continuing its pissing match with the local affiliate of the network that annually airs the Peanuts holiday specials.

I'd already missed "It's the Great Pumpkin, Charlie Brown" and "A Charlie Brown Thanksgiving." But they settled the day after televising the Peanuts Christmas cartoon.

Admittedly, I have the seasonal shows on DVD but it wouldn't feel the same.

A first world problem, I know.

Family traditions remain at the heart of the holidays. Other customs followed in my family include the Christmas Pageant put on by the children of the Good Shepherd Episcopal Parish and a Carol Sing and Midnight Mass on Christmas Eve. When the kids are home from college, the Parish Youth usually do some caroling Upcountry and in Central Maui. Doris Todd, where I attended el-



This is the view from Lono Ave. as the fire at Kahului school raged. It happened Nov. 24, 2017 and upset many lives and experiences leading up to the holiday season. Despite this, Maui's residents—religious or not—displayed great generosity during the holidays. Money and materials alone certainly can't and won't restore what the children and their teachers lost in the fire.

PHOTO: LIEZL PALIÑO OANDASAN

## Dinengdeng & Pinakbet

... celebrating the holiday season right.

Gilbert S.C. Keith-Agaran

ementary school, would put on an annual Christmas Program—I still recall the *tour de force* turned in by teacher Leta Carpenter as the Grinch Who Stole Christmas.

Filipinos, I think, simply get into all-things Christmas. As kids in Pā'ia, we had Cook Pine Christmas trees decorated with bright balls and tinsel. My grandfather would make Filipino lanterns from bamboo, twine and colored crepe paper.

I tried convincing my spouse (a cradle Episcopalian from Texas) that Filipinos begin playing Christmas carols in September because the Christmas season in the motherland begins in the Autumn. She didn't buy it. In her view, people should follow the holidays in proper seasonal sequence.

But she was nevertheless amused when my mother left the Christmas lights up on her house for an entire year. But my spouse objected when Christmas decorations went up in certain big box stores even before the Halloween candy had been given out.

My niece came home for the first time in a couple of years this Thanksgiving and we went to her boy friend's house for his family's holiday gathering on the Wednesday evening before the holiday. They had all the traditional holiday food—curry, *pansit*, baked salmon, *cancanen*, and a little bit of turkey and gravy.

Let's hope as 2017 came to a close that we can take time for family and friends and those less fortunate, suffering or grieving during the holiday season.

As Linus from "A Charlie Brown Christmas" reminds us, the meaning of Christmas remains the hope that comes from gifts of love:

*And it came to pass in those days, that there went out a decree from Caesar Augustus that all the world should be taxed. (And this taxing was first made when Cyrenius was governor of Syria.)*

*And all went to be taxed, every one into his own city. And Joseph also*

*went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David;) To be taxed with Mary his espoused wife, being great with child.*

*And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.*

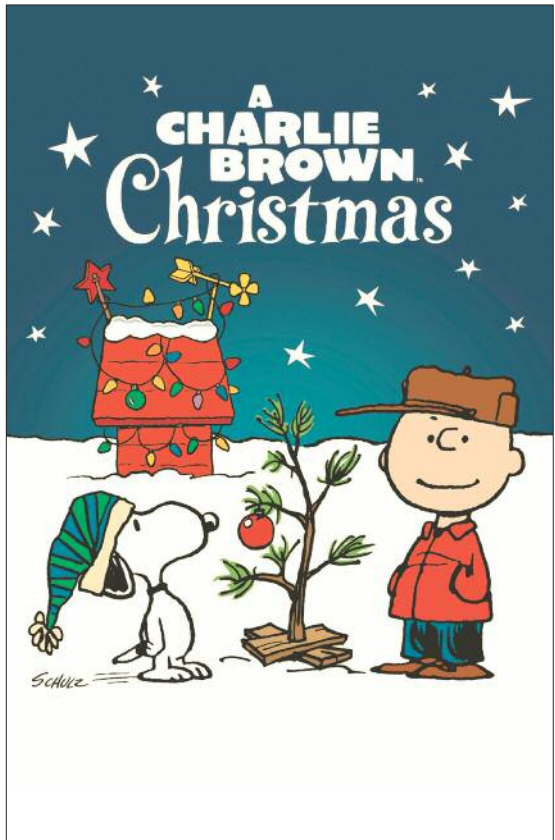
*And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.*

*And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.*

*And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men. (Luke 2: 1-14 KJV) ✨*

**Gilbert S.C. Keith-Agaran**

practices law in Wailuku. He represents Central Maui in the State Senate. He grew up in the Twelfth Increment across from Maui High School and Kahului Elementary School but attended Doris Todd Memorial Christian Day School in Pā'ia. His favorite Biblical passage comes from Micah: He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?



"Every December I look forward to seeing "A Charlie Brown Christmas." It's one of my holiday traditions."

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Trends...

from p. 5

- physical, or both;
- 2. Frequency of the conduct;
- 3. Whether the conduct was hostile or offensive;
- 4. Whether the alleged harasser was a co-worker or supervisor;
- 5. Whether others joined in perpetrating the harassment; and
- 6. Whether the harassment was directed at more than one individual or singled out the victim.

In these cases, the alleged victims are required to meet both a subjective and objective standard, and must show that:

- 1. he or she believed the conduct was hostile, abusive, or offensive, and
- 2. a reasonable person in the victim’s position would objectively believe the conduct was hostile, abusive or offensive.

In the area of employer liability, only employers with 15 or more employees are subject to Title VII consequences. State law governs the companies with fewer than 15 employees, and most states have in place laws to cover these workplace harassment claims. If either type of violation is proven, employers may be liable for punitive damages or compensatory rights, such as monetary loss, or pain and suffering claims. Liability may depend on who committed the harassment (co-worker or supervisor) and what corrective action was taken by the company. If a superior commits the harassment, the employer is liable if

- 1. there is actual employment action, such as firing, demoting, or negative changes in assignments or responsibilities, or
- 2. the harassment is shown to create a hostile work environment.

To defend against liability, the employer must show

- 1. exercise of reasonable care to prevent the harassment,
- 2. taking prompt corrective action to stop the unwanted behavior being told about it, and
- 3. that the employee unreasonably refused to take advantage of the corrective measures.

If the harassment is committed by

a co-worker, the employer is liable if it knew or should have known about the harassment, and did not act immediately to correct the problem. Most importantly, let us remember that employer retaliation is illegal.

To stop sexual harassment, strategies are suggested for everyone at the workplace. For the employer, a personal effort must be demonstrated to end the unacceptable behaviors.

Training sessions must be provided for staff at all levels, based on the company’s policies in place, and in writing in the employee handbook. Everyone must take seriously the mandate to document in writing all complaints related to workplace harassment, including the action or lack of it when such complaints are reported to superiors. Probably, the best strategy is to avoid the legal battle in the courts of law by showing respect, kindness, and care for all who work together, and to do everything possible to maintain the workplace environment that everyone is comfortable to go to each day.

The growing trend to report these uncomfortable and embarrassing incidents is encouraging. Most victims are women who have held on, sometimes for years, to their shame, guilt and fear because they have learned from other victims that they will be blamed for having caused the harassment or for not being brave enough to ward off the harasser. Given the widespread allegations now coming forth every day, across the entire spectrum of socio-economic classes, including the news that Matt Lauer’s Dutch wife returned to her homeland last week, gives us reason to feel encouraged and hopeful that these behaviors will trend to a halt in 2018.

Social Media

Don’t blink—you might miss the next social media trend for 2018. So, what’s more, you think it’s a passing fad? What’s here to stay, and what should you pay attention to? First, maybe it would be beneficial to examine what the term social media means. Random House, 2017, defines social media as “Websites and other online means of communication that are used by large groups of people to share information and to develop social and professional contacts.” Merriam-Webster lists social media as a noun, plural in usage, and defined as “forms of electronic communication through which people create online



Clarice Anne Cariño, a “Gen Zer” and soon-to-be returning culinary student at U.H. Maui College uses Snapchat on a daily basis.

PHOTO: CLARICE ANNE CARIÑO

communities to share information, ideas, personal messages and the like.” Social media usually refers to social networking sites of which the following are most used.

- 1. Facebook - a site that allows user to create their personal profiles, share photos and videos, and communicate with other users;
- 2. Twitter - an internet service that allows users to post “tweets” for their followers to see updates in real time;
- 3. LinkedIn - a networking website for the business community that allows users to create professional profiles, post resumes, and communicate with other professionals and job-seekers;
- 4. Pinterest - an online community that allows users to display photos of items found on the web by “pinning” them and sharing ideas with others;
- 5. Snapchat - an app for mobile devices that allows users to send and share photos of themselves doing their daily activities.

To frame a perspective for looking ahead, it might be helpful at this time to remember the significant happenings in 2017 related to social media. The biggest stories remind us that the President of the United States communicates official policy positions in 140 character tweets almost daily, that Apple plans to alter the way we interact with our mobile devices, and that Facebook enticed Snapchat users towards Instagram. In the coming

months, even more disruptions are expected as a number of new technological advancements go mainstream, while changing social norms related to social media come to the forefront.

Here are some of the trends for 2018.

- 1. **Augmented Reality** (AR) is expected to impact mobile gaming first, as announced by Apple at the initiating event in the Steve Jobs Theater, when introducing the iPhone 8 and iPhone X, in which a new chip will allow both phones to give “extraordinary augmented reality experiences,” and “it is likely that social media platforms will find ways to incorporate the new technology as well.” For those who are wondering what augmented reality is, Wikipedia defines it as “a live direct or indirect view of a physical, real-world environment whose elements are “augmented” by computer generated or extracted real-world sensory input such as sound, video, graphics, GPS data or haptics (the science of applying tactile sensation to computer applications in order to enable users to receive feedback in the form of felt sensations, mostly via the sense of touch.) First used in the entertainment and game businesses, other business industries are showing interest about possible AR uses, for example, in sharing knowledge, education, management of information and planning the details for distant meetings. Already familiar to most viewers are the overlays of supplemental information like scores over a live video feed of sporting events. Advanced AR technology also makes possible interactive and digitally manipulable information about the real world surroundings of the user. Finally, AR makes visible the components of the digital world into a person’s perceived real world. One such example is the AR Helmet used today by construction workers, that gives them information about construction sites. Originally invented in the early 1990s in the Armstrong Labs of the U.S. Air Force is the Virtual Fixtures system launched in 1992. In progress today, AR impacts the world of education as content is increasingly accessible by viewing or scanning an image with a mobile device.

- 2. **Instagram Stories**, now a year
- see TRENDS p.12



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Noche Buena (the midnight feast) is like a big, open house celebration with family, friends and neighbors dropping in to wish everyone “Maligayang Pasko”.  
 PHOTO COURTESY OF BJORN TABANERA, ISTORYA.NET

# Pasko...

from p. 4

with family, friends and neighbors dropping in to wish everyone “Maligayang Pasko” (Merry Christmas). As you might guess, food is in abundance, and usually served buffet style. The traditional fare is available: *lechon* (of course), rice cakes, barbecue, *adobo*, fresh fruit and plenty of festive drinks. It is a joyous night, without sleep, a continuous celebration right into Christmas Day. Some families exchange gifts. Some families conduct a talent show, when children are asked to perform a song, play an instrument, recite a poem, or dance. Four words shape the celebration: food, family,

fun... and *lola*. *Lola* (grandmother) is the endeared matriarch of the family, deeply respected, admired and cherished. In many families, the children line up to receive a gift of coins from *lola*. The older the child, the more coins received. Christmas Day is often an extended nap, sharing more food, and simply enjoying family.

*Belen* (the Christmas nativity scene) is often displayed at churches in preparation for the celebration of the birth of Jesus. The *Belen* includes baby Jesus in a manger, with Mary and Joseph. Shepherds and farm animals are also usually included, as well as the three wise men carrying their gifts to Infant Jesus, and the star of Bethlehem that guided them on their journey.

see PASKO p.16

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Trends...

from p. 5

old, is increasing in popularity, as evidenced in the data which shows that 200 million use Instagram Stories each month---over 50 million more than the users of Snapchat. With this trend, it is expected that almost half of all Instagram users will move to Stories by the end of 2018.

3. **Influencer Marketing** is uniquely related to social media, often viewed as an outcome of the studies on social influence conducted by Harvard psychologist Herbert Kelman, who identified in 1958, three varieties of social influence, which are,

- 1. Compliance, when people appear to agree with others but actually keep their dissenting opinions private;
- 2. Identification, when people are influenced by someone who is liked and respected, such as a famous celebrity; and
- 3. Internalization, when people accept a belief or behavior and agree both publicly and privately.

Defined as a type of marketing that focuses on using key leaders to drive the brand's message to the larger market, rather than marketing directly to consumers, the proponents of influencer marketing hire, pay, or inspire influencers to carry their message. Most campaigns include a social media component where influencers spread the message personally through their own means, using content provided by the marketers or their own. As a discipline of its own merits, influencer marketing encompasses a few key actions, which are:

- 1. Identify key brand or product influencers;
- 2. Create a marketing campaign directed specifically at those influencers;
- 3. Create a secondary marketing campaign for the influencers to drive greater awareness to a larger set of target consumers; and
- 4. Track key metrics relating to reach, sales and brand awareness.

At this time, over 90 percent of marketers who use the strategies of influencer marketing believe it is successful. North Face, Hubspot and Rolex are some companies

“... it is predicted that more brands will select influencer marketing to target those who have ignored traditional marketing strategies.”

who use social media-based influencer marketing strategies to improve connection with existing audiences and also to connect with new audiences. Due to the struggles faced in 2017 by companies who chose traditional advertising tools to attempt higher connection with social media users, it is predicted that more brands will select influencer marketing to target those who have ignored traditional marketing strategies.

4. **Generation Z** is a more valuable focus than millennials in 2018. Goldman Sachs conducted a study whose findings pointed to the 22 year olds of Generation Z as the most promising target, acknowledging that most are just entering the labor force and expected to have increasing purchase power for many years. As more brands recognize this prediction, they are likely to shift their social media investment to Snapchat and Instagram, both platforms known to be favorites of Gen Zers.



In January 2017, *Business Insider* reported Facebook users would “soon be able to flag news stories as fake and the social network may subsequently label the stories as ‘disputed’ in a test of fake news filtering tools starting soon in Germany.”  
PHOTO COURTESY BUSINESS INSIDER

- 5. **Messaging Platforms** such as Kik, WhatsApp and Messenger are expected to create a shift away from social networks, as there is growing awareness of the 2.5 billion people using messaging platforms worldwide. Trending is greater investment in chatbots, voice assistants and artificial intelligence that offer personalized shopping experiences.
- 6. **Live Streaming** has transformed from novelty to mainstream in social media, as brands of all sizes are increasingly using live streaming to engage the attention of captivated followers. One example is GORUCK, who organizes extreme endurance events and manufactures backpacks, and has expanded its reach by live streaming gripping content on Facebook. In a recent endurance race, thousands tuned in to watch its 48-hour coverage. The power of live streaming will be incorporated into content plans regularly as more brands acknowledge likely benefits for their businesses.
- 7. **Twitter** is making a comeback from its lack of growth in 2017, in recognition of the information that LinkedIn, Instagram and Facebook all have more social media followers. Also, this year Twitter lost to Amazon the rights to streaming NFL (National Football League) games. 2018 is seen by Twitter executives as the likely time to rethink the operations of the platform. Among the possible changes being considered by Twitter leadership are the offering subscriptions, sale of the company to pri-

- vate investors, revamping advertising options to keep up with other platforms.
- 8. **Digital Hangouts** are used daily by Gen Zers to connect with friends. Over one million people daily use the video hangout platform Houseparty, whose success has Facebook researching ways to create similar functions on their platform. With video becoming more important in social media, live video group hangouts appear to be the next natural trend.
- 9. **Facebook Spaces** is a project being designed to enable friends to connect in virtual reality (VR), a result in part to its ownership of Oculus, a VR software and hardware company. Now poised to scale Spaces in 2018, it is probable that Facebook will be the first successful VR social media product at scale (to change the size of an object while maintaining its shape, as found in most graphics software.)
- 10. **Governance Policies** are being considered in light of controversies encountered during the 2016 presidential election, particularly the declarations of fake news made repeatedly by then candidate Trump, which he continues still as POTUS (President of the United States). Specifically, Facebook recently turned over thousands of ads that seem to be connected to Russian meddling in the 2016 election, resulting in Facebook investing in new artificial intelligence (AI) and human forms of monitoring. Additionally, we have learned that

see TRENDS p.16

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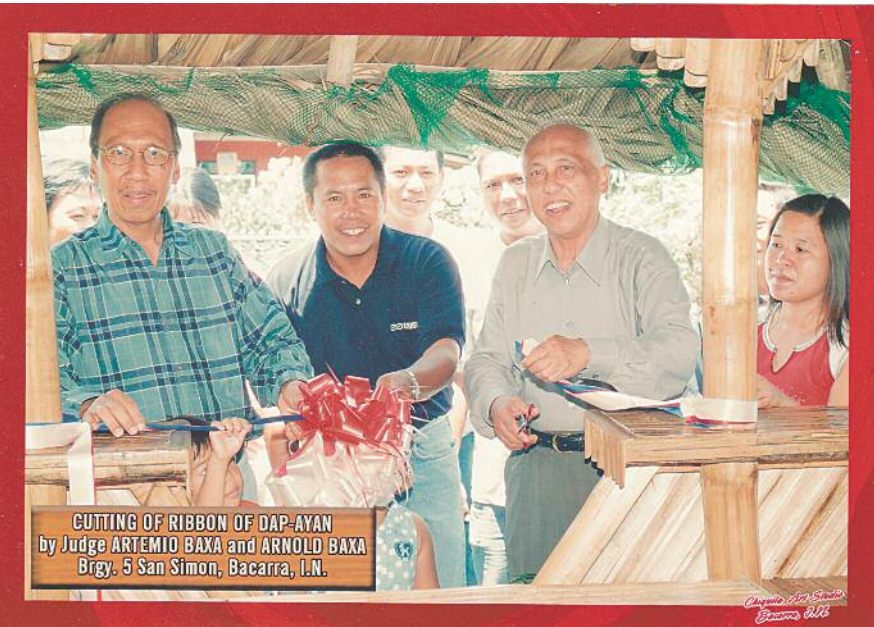
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Sakada Offspring



Artemio Baxa and brother, Arnold Baxa, with friends.



Lucina Baxa with her class in Mindanao.

Baxa...

from p. 7

for him because he had paid his way to a Mainland conference to learn how to be a better prosecutor. Artemio was selected from among 1,200 Maui County employees as the Maui County's first Employee of the Year. Now Chief Circuit Judge Joseph Cardoza said this about Artemio: "From my point of view, I really see the community has gotten much, much more because of the dedication of Artemio. In many organizations we have a consensus that everyone can be replaced. In our case, we feel Artemio is an exception to that rule. He's truly one of a kind." (Taken from the Maui News, July 4, 1988 issue). He went from prosecutor, and nights of sleeping in the office while working on cases, to defender in 1991 when he joined the law firm of Lowenthal & August for five years.

Artemio returned to the prosecutor's office where he stayed until Governor Ben Cayetano nominated him as a Circuit Judge. James Kawashima of the Judicial Selection Commission said of Judge Baxa: "He is one of the most humble, self-effacing individuals you will ever meet. He is not the typical lawyer who is flashy and egotistical."

When Artemio announced his retirement as a Circuit Judge in December 28, 2001, the Maui News Opinion Section in its November 9, 2001 issue, titled, "Retiring judge a Maui role model," Deputy Public Defender Barry Porter said of Judge Baxa: "He really has a heart of the common man. He always listens to everything everybody has to say. He was very patient, an incredibly fair and compassionate judge." When Judge Baxa left the bench, he was quoted saying: "I think it's about time for me to give back to the community." The article also added: "The judge plans to do volunteer work, and if he

doesn't mind a suggestion, nothing could be more appropriate than using his life's story as an inspiration for youngsters who could find no better role model than Artemio Baxa."

In 2005, when Maui County held its Centennial Celebration following its establishment in 1905, Artemio was recognized as one of the Outstanding Citizens of Maui County for the last one hundred years (1905–2005). In October 2010, Artemio was awarded the Golden Sakada Lifetime Achievement Award given by the United Filipino Council of the State of Hawai'i. He was also honored in 2002 as one of 20 Outstanding Filipino Americans in the United States and Canada by the Filipino Image Magazine in Washington D.C.

Artemio served as an officer and/or board member in various and community organizations. Among them are: The Maui Jaycees, Maui Mental Health Association, Hale Makua Board, Maui Chamber of Commerce and Maui Economic Opportunity, Inc. He also served as President of the Maui County Bar Association, and as Maui County's Commissioner in the State of Hawai'i Filipino Centennial Commission which in 2006, commemorated the 100 years of Filipino Immigration to Hawai'i.

From a very humble beginning to the successes he encountered in his life, Judge Artemio Baxa had this to say: "This proves once again

**"This proves once again that no matter what the odds are, education can be the greatest equalizer in life that can offer opportunities to anyone to be of services to others and the community."**

– JUDGE ARTEMIO BAXA

that no matter what the odds are, education can be the greatest equalizer in life that can offer opportunities to anyone to be of services to others and the community."

Artemio further says: "My father, Juan always reminded me that the measure of a man is not determined by the triumph that comes at the end of the day. Rather, it is determined by how he tries to overcome the obstacles, the setbacks, and/or the reverses of fortune that come his way. Far more important than ability or talent, are perseverance and resiliency of

character."

Personally and lovingly, retired Judge Artemio Baxa also said this: "In my old and declining years, my rock and strength are the abiding love and devoted care and concern of my beloved, Dr. Luz Patricia Medina, my only child and son, Artemio Baxa II, and my only living brother, Arnold C. Baxa and his family." ✨

**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 Hāli'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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# What's Happening On Maui

## Calendar Fil-Am Voice 2018

Please submit your community event by the seventh day of each month via email to [info@filamvoicemaui.com](mailto:info@filamvoicemaui.com)

### January

**21 55TH ANNUAL FEAST DAY CELEBRATION** held by the Santo Niño Club of Maui. Mass at Christ the King Church, 3:30 p.m. Dinner and entertainment at 6 p.m., Wailuku Community Center. Nine Nights Novena prayer begins Jan. 12, 2018, 7 p.m. at Christ the King Church. Contact Liezl Oandasan at 276-5548 or via email to [liz.oandasan@yahoo.com](mailto:liz.oandasan@yahoo.com).



Fil-Am Voice

### February

**10 7TH ANNUAL CHRIST THE KING CHURCH BAZAAR** 9 a.m. to 3 p.m. Free admission. For information, call the Church office at 877-6098.

### April

**21 ANNUAL SCHOLARSHIP GOLF TOURNAMENT** sponsored by Maui Filipino Chamber of Commerce Foundation. The Dunes at Maui Lani. Contact Tournament Chairperson Bill Ruidas at 344-5251 or Tournament Co-Chairperson Alfredo Evangelista at 294-5510.

**21 MISS MAUI FILIPINA SCHOLARSHIP PAGEANT** sponsored by the Maui Filipino Community Council at the Binhi at Ani Filipino Community Center in Kahului. Contact Maui Filipino Community Council President, Marilyn Oura 280-2057.

### May

**25-26 49TH ANNUAL BARRIO FIESTA** sponsored by Binhi at Ani. Contact Nora Takushi at 276-8861.

### June

**13 GINTONG PAMANA LEADERSHIP AND SCHOLARSHIP AWARDS** sponsored by the Maui Filipino Chamber of Commerce. For more information or sponsorship opportunities call Jeana Gamboa at 419-4090.

### July

**19-23 WORLD ESCRIMA KALI ARNIS FEDERATION (WEKAF) TOURNAMENT** at Lahaina Civic Center. Contact Madelyne Pascua at 268-0686.

## Around Our Community

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



**Romeo Guzman** (right, shown with **Donnie Cortez**) was recently re-elected as president of the Ilocos Surians of Maui.

PHOTO COURTESY  
DONNIE CORTEZ



The **Knights of Columbus** were in their regal attire at the 85th Anniversary celebration of Christ the King Catholic Church.

PHOTO: PAUL PIGAO



**Lucy Peros** (fifth from the left, back row) was the overall chairperson of the hugely successful 85th Anniversary celebration of Christ the King Catholic Church.

PHOTO COURTESY PAUL PIGAO



**Bishop Larry Silva** (fourth from left) flew in from Honolulu to attend the 85th Anniversary celebration of Christ the King Catholic Church.

PHOTO: PAUL PIGAO



The **Misa de Gallo** at Christ the King Catholic Church had overflow crowds each morning.

PHOTO: PAUL PIGAO



**Elorde Augusto** retired from American Savings Bank in December after many years of service at the Wailuku branch.

PHOTO: ALFREDO EVANGELISTA



**Marilyn Oura** (10th from the right) was installed as president of the Maui Filipino Community Council during its Rizal Day Celebration.

PHOTO: REY PATAO



The **Maui Filipino Chamber of Commerce** installed and announced this year's board of directors, led by Pres. Jeana Gamboa (2nd from left, front row), during its annual installation banquet on December 6, 2017, at the Kahili Restaurant.

PHOTO COURTESY MAUI FILIPINO CHAMBER OF COMMERCE



**Santo Niño Club of Maui** members Neneth Diaz, Marites Boren, Tessie Sotto, Teresita Pailagao, Emarita Oraa and Helary Talaroc danced at, and their organization hosted, the 85th Annual Festival, at the Velma McWayne Community Center in Wailuku.

PHOTO COURTESY MARITES BOREN



**Roseminic Ulep** (front right) was installed as president of the Adult Foster HomeCare Association of Hawai'i-Maui chapter.

PHOTO COURTESY ROSEMINIC ULEP



**Veterans**, including a lady who served in the Airforce in the Korean War (4th from the right) are all smiles for the camera. This Veterans Day appreciation breakfast with Chancellor Lui Hokoana (3rd from the right) was held at U.H. Maui College Class Act on November 9, 2017.

PHOTO COURTESY SHARON ZALSOS

Businessman **Victor Campos** was recently surprised with a 60th birthday party by his family and friends.

PHOTO: ALFREDO  
EVANGELISTA





What Do You Think?



On Wednesday, Jan. 10, President Donald Trump spoke out against “chain migration” during a cabinet meeting at the Whitehouse. Trump has blasted the practice as a massive immigration loophole that terrorists and “truly evil” people can exploit to infiltrate the U.S. Secretary of Interior Ryan Zinke, Secretary of State Rex Tillerson, and Trump are shown here (left to right).  
PHOTO COURTESY OF ASSOCIATED PRESS

Immigration Reform was recently tied in to the mid-January shutdown of the federal government. Over the past few months, President Donald Trump has attempted to reverse the Immigration and Naturalization Act of 1965 that switched the United States’ immigration policy from one based on a quota system to one based on reuniting immigrant families and attracting skilled labor to the United States. The 1965 law led to the increase of Filipinos residing in Hawai’i. According to the 2010 Census, Filipinos and part-Filipinos now make up the second largest ethnic group in Hawai’i.

Since 2000, Hawai’i’s Filipino community has grown by 24.1%, with an estimated number of 4,000 immigrating each year.

Fil-Am Voice staff asked members of Maui’s Filipino community “What do you think of President Trump’s position of not allowing chain migration (petitioning your relatives)?”

**Adel** of Kahului with roots in Bantay, Ilocos Sur: “That’s not good. You want to help your relatives to come here so that they can have a better life and the family is reunited. Under President Trump, I could not bring my sister and she couldn’t bring her kids.”

**Allan** of Kahului with roots in Claveria, Cagayan: “I’m not in favor. I want to bring my family here to give them better life and opportunity.”

**Anne** of Ha’ikū with roots in Cebu: “Honestly I have no idea because I don’t have plans to bring my family here in Hawai’i, they’re fine in Philippines, happy *na sila didto*, unlike here boring *ang* life, just work and home *lang*.”

**Aris** of Ha’ikū with roots in Palawan: “I didn’t know that was happening... I don’t agree with it.. Our nation’s foundation is based on migration of families into this country... As long as it’s done legally, I believe families should be allowed to migrate into the U.S.”

**Catherine** of Kahului with roots in Piddig, Ilocos Norte: “I think that’s

not good because I want to bring my family here. My parents still live there and I also have four sisters and one brother and I’ve been working hard to save money so they could come.”

**Dibea** of Pā’ia with roots in Manila, Tacloban, Ilocos and Pampanga: “U.S. citizens and green card holders work hard to bring their family in the U.S. to better their future and thus they need to follow the proper rules on migrating to the states. Restricting them from doing this will cause more issues in a negative way than help our country. I truly believe that our President should focus on how to better our country in a way that won’t hurt our legal residents (U.S. citizens and green card holders).”

What Do You Think... of President Trump’s position of not allowing chain migration (petitioning your relatives)?

Fil-Am Voice Staff

**Don** of Kahului with roots in Sampaloc, Manila, Iloilo, Palawan, Santa Catalina, Ilocos Sur and Tuguegarao, Cagayan: “I strongly oppose President Trump’s position specifically applying strict scrutiny on our nation’s immigration policy and advocating towards disallowing chain migration. This nation was built on the foundation of immigrants. If not for the relative petition process my own family would not be here in the United States. We share the same visa journey that brought families together to create a stronger and cohesive society. President Trump is attacking the very nature that symbolizes the identity of freedom! When he proclaims that he will make America Great Again... did he intend to do it by creating immigration policies to suppress family values by denying family unity. Is this a form of isolationism that was the national policy during the 1920s and 1930s, that brought about the Great Depression and World Wars? Is this the policy that

will make the United States Great Again? In my opinion, isolationism is not the right path to greatness.”

**Edgar** of Kahului with roots in Vigan, Ilocos Sur: “It doesn’t affect me because my parents have passed away. And it takes a long time so if I tried to bring my twin brother, he would be old by then and he already has a good job.”

**Ella** of Kahului with roots in Santa, Ilocos Sur: “Well for me *parang in-aalis na nya ang karapatan ng isang pamilya na makasama nila ang kani-lang mga mahal sa buhay na naiwan sa Pinas para magkasama sama dito sa U.S. Gaya natin na product din ng isang napetition ng mga kamag anak para maranasan ang buhay dito sa U.S. we have the opportunity to have a better life here. If Trump is against*

it, how are we supposed to reunite with our family who still live in the Philippines if they are not given a chance to come here.”

**Ellen** of Pā’ia with roots in Misamis Oriental: Pres. Trump should follow what is provided in the law if there is a provision allowing chain migration then that should be implemented. He has no reason for disallowing it.”

**Geraldine** of Kahului with roots in Bantay, Ilocos Sur: “So sad for me. My brother is still in the Philippines and I want him to join me.”

**Jane** of Kihei with roots in Makati, Metro Manila: “Of course it makes me furious because instead of uniting the families together, he’s dividing them apart. Restricting legal immigration will totally harm not only Filipino families but also the workforce, the economy, and the rights of the people.”

**John Patrick** of Kihei with roots in Gonzaga, Cagayan: “In my opinion

this is ridiculous. I do not agree with it. Families should be able to be united together.”

**Jorge** of Kihei with roots in Loyola Heights, Quezon City: “At this point i no longer pay attention to anything and everything Trump and his administration say, do, or tweet, and am just waiting for this collective national nightmare to end, so the country can start over fresh...”

**Kauanoe** of Kahului with roots in San Nicolas, Ilocos Norte: “The Trump administration’s attack on family-based immigration is part of a broader effort to reshape our demographics by redefining who is welcome in America. I condemn the biased threats to our legal immigration policies, and urge lawmakers to stand in favor of family unification.”

**Kit** of Wailuku with roots in Quezon City: “I disagree with most of the president’s policies and the principles he stand for, including this proposal. He will continue to tear families apart and try to uproot American values that has defined this country. But I am also a believer that good will still prevail, I’m just not sure if I have patience to wait for 2020.”

**Lei** of Kahului with roots in San Juan, Ilocos Sur: “I don’t think that’s right. I want my relatives to join me here to give them better job opportunity. Also we need good workers and Filipinos are very good workers.”

**Leo** of Kahului with roots in Paoay, Ilocos Norte: “It’s sickening.”

**Marietta** of Kahului with roots in San Nicolas, Ilocos Sur: “No good, because I want my family to be together so we can help others fulfill the American dream.”

**Michelle** of Kahului with roots in Pangasinan and Bohol: “I feel that it is wrong. This has been a practice for generations and not allowing it would be devastating to families who have been trying to come to our country for years. It’s just another attempt to prevent immigration completely.” ✨



# Trends...

from p. 16

Facebook is testing fake new filtering overseas. Given the acceleration of social media trends, as presented above, it is increasingly likely that Twitter and Facebook will make adjustments in their policies to protect themselves from political criticism in the future, while also providing better online experiences for their growing numbers of users.

## Superfoods

In a bid for optimal wellness, “superfoods” are now seen as a direct pathway to radiant health and boundless energy. What are the components of a superfood? According to a pamphlet from Whole Foods Market, superfoods have three main components, which are:

1. antioxidants that protect the body from wear and tear, while strengthening the immune system, muscles, bones and skin.
2. nutrients that consist of vitamins and minerals, including vitamin A (as carotemoids), vitamin C, the B vitamin folate, magnesium and potassium. Some superfoods also deliver protein, healthy carbohydrates and healthy fats, such as omega 3s and GLA (gamma-linolenic acid).
3. fiber that aids digestion, improves the absorption of certain nutrients and increases feelings of “fullness,”

while decreasing the risk of certain diseases.

2017 turned to the healing properties of turmeric, macadamia nuts, and maca powder. We can expect that 2018 will be insect protein powder and hemp products, which are set to be huge, according to experts. The new alternatives, though a little strange sounding on the face of it, claim to offer myriad health benefits and are, of course, environmentally sustainable. According to nutritional medical practitioner, Fiona Tuck, crickets will be everywhere in 2018. Ms. Fiona further reported that the insects are not the sort you generally see hopping around the garden; they are grown and produced as a contamination-free food source. She outlined some of the benefits of cricket protein powder, and said that not only are they a sustainable food source, but they are also packed with vitamins and minerals. They also have B12 and iron which are common nutrients which we can become deficient in.

One of the biggest trends the health expert predicted for 2018 is hemp—especially as the product has recently become legal to sell in some parts of the U.S. and other countries, such as Australia. Ms. Fiona outlined how the food source is not only economical, it is also highly nutritious and comes loaded with vitamins. “You can have it as protein, you can have it as hemp flower seeds on our cereal or on your salad and oil as well,” she explained. For those concerned that hemp is in some way similar to marijuana, Ms. Fiona pointed out that



**Crickets:** The new go-to protein! Insects are viewed as being a progressive food source in 2018 and for years to come.

PHOTO COURTESY NDTV.COM

while the two are from the same species, hemp is primarily used for industrial purposes.

It is no surprise that one of the up and coming superfoods that is now hitting the mainstream is “Moringa,” better known within the Filipino community as “Marunggay.” It is a multi-purpose plant, as the leaves, pods, fruits, flowers, roots and bark of the tree can be utilized. Some of the health benefits, according to scientific research, confirms that these humble leaves are a powerhouse of nutritional value. There are many benefits of the moringa tree but the health benefits are the most important. Research has shown that various parts of the moringa tree can be effective in a significant number of health concerns.

Here is a quick look at a few of them, according to health experts:

1. Rich in Vitamin A, it contains four times more Vitamin A or beta-carotene than carrots; hence it is a weapon against blindness;
2. Rich in Vitamin C, many times more than oranges;
3. Leaves contain two times the protein present in milk;
4. Leaves contain several times more potassium than bananas;
5. Help in balancing the cholesterol levels in the body; and
6. Is also said to balance sugar levels; hence it is helpful in the fight against diabetes. ✨

# Pasko...

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ney.

*Feast Day of the Three Kings* (also known as Epiphany Sunday) marks the end of Christmas in the Philippines. This feast falls on the first Sunday in January, and commemorates the arrival of the magi from the East, who followed the Christmas star to Bethlehem on their journey to find the newborn King. In Manila, and many other towns too, the day is marked by a parade of three men dressed in costumes, often riding horses, and greeting children and other passers-by.

Along the way, they distribute gifts to children. Mass follows, after which parents, children, siblings, relatives, grandchildren, god-parents and friends exchange gifts. The celebration typically lasts for the whole day.

Christmas caroling is popular in the Philippines but with a Filipino flare. Often caroling is a fund-raising effort for a local cause or a church mission. Carolers visit homes in their neighborhoods, where they remain outside and sing traditional Christmas carols. They hope for the family to offer them a donation and to invite them inside for a food and drinks.

These rich traditions that adorn the Filipino Christmas celebration clearly



The *Parol* is the most iconic of all Filipino decorations. The *parol* evolved from the five-pointed paper star lantern originally crafted in 1908 by Francisco Estanislao.

PHOTO COURTESY OF DAVID CRIM

reveal what Filipinos hold most dear: family and faith. The true essence of Christmas for Filipinos is not gift giving but sharing this special holy day with family.

## The Decorations

Decorations are also an important tradition to a Filipino Christmas. The influence of the West has made its impact in the decorations displayed in the Philippines. Many families have Christmas trees decorated with traditional Western lights, ornaments, and such. And though the cost of electricity in the Philippines is not cheap, those who can, will pay the price to decorate their homes, inside and out, with bright, beautiful lights. Christmas cards that illustrate Filipino landscapes are often pinned on red and green ribbons and hung in the *sala* (living room).

The *Parol*, however, is the most iconic of all Filipino decorations. The *parol* evolved from the five-pointed paper star lantern originally crafted in 1908 by Francisco Estanislao. Tradi-

tionally, the *parol* is made of bamboo strips covered with Japanese paper, and illuminated by a candle. The star is a symbol of the three Wise Men and their journey to find the Christ child. Originally, these lanterns were used to light the path along the way to *Simbang Gabi*. Today, most families either build or buy one to hang by the window or door. Shopping malls construct giant versions of *parol*. *Parols* are no longer limited to bamboo, paper and candles. Modern *parols* come in various designs, shapes, and sizes. Some are simple, while others are loaded with colorful lights. Yet, the *parol* is still a symbol of Filipino faith.

To most Filipinos, Christmas is the most anticipated fiesta of the year and is celebrated accordingly. The splendid climate of this tropical island nation, the abundance and beauty of its flowers, and lovely landscape, its multitude of culinary delights, and above all its warm-hearted people with their true devotion to family and faith all contribute to a holiday celebrated in the true Philippines fiesta tradition. ✨



*Belen* (the Christmas nativity scene) is often displayed at churches in preparation for the celebration of the birth of Jesus.

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