



Finding Meaning This Season

Teens speak about their Christmas

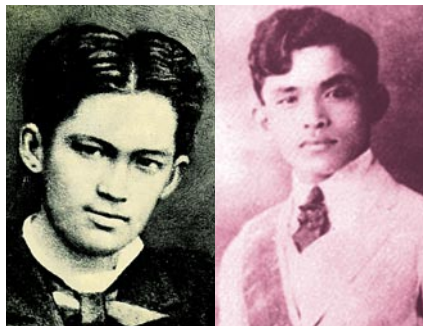
Page 1



Sugar Ray Leonard?

An inspirational and "real" talk about your health goals to welcome the New Year 2019.

Page 1



Dr. José Rizal: What Do We Really Know About Him?

Students take a look into his relevance.

Page 5



Fil·Am Voice

Magkaisa Tayong Lahat | "Let Us All Unite"

December 2018 • Vol 2 No 12 | FILIPINO AMERICAN VOICE • UPLIFTING OUR COMMUNITY | FREE

inside



This Sakada's Offspring has engaged so much on Maui. Would you believe?

p.6



Sometimes we need to do a double-take to identify, who is the real Santa...

p.7



How do we really spend the Christmas Season in our hearts?

p.12

Season Of Love

Christmas means...

Christmas is...

Hopes fulfilled, dreams to come!

Ghenesis Jhay Balaan

It's the season of giving, peace, and love. Christmas is filled with traditions, from gifts wrapped under the tree to mistletoe hung in the doorways. Christmas used to be an annual festival held at churches to commemorate the birth of Jesus Christ. Now, when the word Christmas is mentioned, people think about presents, lights, trees, food, family, and friends. As we celebrate the holidays, we are passing down the traditions to the next generation. They are the ones who will keep the Christmas spirit alive in the future. Teens today

see SEASON next page



Christmas defines who we are as we relate to each other—to our family, friends, schoolmates, workmates and other people in our lives. What does Christmas mean to you?



Leizl Oandasan inspires many with her determination and self-discipline. It is evident in a noticeable change to her body structure, but also to her personality, confidence, and self-image that she exudes and carries well.

PHOTO: LEIZL OANDASAN

Welcome 2019

Start Strong—Start Now!

Sharon Zalsos Banaag

"Merry Christmas to you! My family health issues really helped me in my weight loss." A strong why from Leizl Oandasan of Kahului, past president of the Santo Niño Club of Maui, which flourished under Oandasan's leadership. In addition to her involvement with the Santo Niño Club of Maui, Oandasan is also a supervisor at Marriot, Kā'anapali, a mother of three and a grandmother. She loves to travel and is involved in the Visayan community statewide. How does she make time for her health? "Since my Dad died from colon cancer and my Mom is a dialysis patient, and I myself have my own health issues, I decided to join a nutrition program." According to Oandasan, this program is comprised of four components which includes Free Education, Health

Coach, Health Community and Food. Armed with dedication, determination and self-discipline, Oandasan achieved her goal to drop unnecessary weight, and more importantly, to live a healthier lifestyle.

She was so inspired by her now health coach who also lost fifty-seven pounds after being in the program for eight months. To witness someone's health transform from bad to good, Oandasan wants to also inspire others with her own success story. Now, as with anything in life, there are challenges and hurdles to be faced. For her during this weight loss, it was rice. "I grew up eating rice all my life, three square meals a day included rice. Food with high amounts of sodium and sugar; I had to change my eating habits to that

see START STRONG p.3

FREE

Season...

from p. 1

view the holidays as a reward after completing another stressful half of a year in school. During the holiday season, they are able to thank their friends and family whose continued support and love keeps them inspired while they study. The celebration of giving, and the celebration of family and friends are not really new but they are new in that today they are



Katrina Tolentino

what defines Christmas. “Family, Joyful, and Magical.” This is what Katrina Tolentino describes her Christmas experience every year. One of her favorite Christmas memories is going to Las Vegas last Christmas and ice-skating for the first time. She was very inexperienced and was scared of falling. “I held on to the wall

99% of the time that I was on the skating rink” she said. It was also the rest of her family’s first time ice-skating, “so it was funny to see all of us holding onto the wall for dear life.” Katrina would definitely rather spend Christmas in the snow because “in Hawai’i we don’t get snow—only every once in a while at the peak of Haleakalā.” Since her family spends most of their holidays in Hawai’i, it would be nice to spend it somewhere where it snows.

Christmas has a special place in Katrina’s heart, it’s the time where she can spend time with family. A lot of families, including her own are very busy throughout the year. Christmas is the one day they can all spend time together. Her mom usually makes *pancit* or Filipino desserts to celebrate. Some of her favorite Christmas traditions are going with her family to church in the morning and then returning home to open presents. Later at night, her whole family, including aunties, uncles, grandparents, and cousins have a get-together at one of her family member’s house. “There, we eat lots of food, exchange gifts, and sing karaoke” she added.

To Louise Dantes, Christmas means a time of pure bliss. Once December 1st comes around, she is instantly hit by excitement. She enjoys shopping and wrapping gifts for her family and friends during this time. “I prefer giving presents rather than receiving because knowing that I made someone happy already satisfies me and I wouldn’t have asked for more,” she said. What Louise enjoys the most about Christmas is the joyful spirit it gives out, not only to herself but also



Louise Dantes

to those around her. “I love the hype leading up to it. Whether it would be through setting up a Christmas tree, shopping for friends and family, baking, making gingerbread houses, opening advent calendars, or watching Christmas movies,” she added. Just thinking of Christmas makes Louise the happiest.

Her holiday season revolves around her family, being merry, and experiencing euphoria. One of her favorite Christmas memories is celebrating in the Philippines in 2016. “I have never felt the spirit of Christmas as much as I did there.” Louise hadn’t celebrated Christmas with so many of her relatives before and seeing everyone so grateful and happy, even by the smallest things, made her realize what Christmas really means. Christmas is really hyped in the Philippines and she remembers attending church around

4 a.m. in the morning. If Louise could ask Santa for one gift, it would be a round trip ticket to Italy. “I want to visit my grandma and to explore the country’s beautiful streets,” she added.

Katrina Rabang believes we need more humanity in this world especial-



Katrina Rabang

ly because of the amount of negativity and cruelty that people around the world are experiencing from others. This is why for Christmas, if she could ask Santa for one gift, it would be everlasting world peace. She prefers giving rather than receiving because she enjoys seeing the smiles on people’s faces after they open their gift from her. “I also don’t like to ask for much because I’m grateful for what I already have,” she said.

Katrina uses the three words: festive, heartwarming, and joyful to describes Christmas. She celebrates

see SEASON p.4

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2 | Fil-Am Voice | December 2018 | Vol 2 • No 12



Myrna Baggao Breen won the International Multi Sport Expo: Natural Body Building competition in 2014.
 PHOTO COURTESY MYRNA BAGGAA BREEN

Start Strong...

from p. 1

of healthy foods. My liquid intake is half of my body weight,” she added. “I stand by my passion to pay it forward and also inspire others. Should anyone in the community be interested in making a life change and live healthier, I am happy to help and make myself available to coach them as well. Message me on Facebook.”

Another example is Myrna Baggao Breen, who four years ago won the International Multi Sport Expo: Natural Body Building competition. Not only did Breen conquer her challenges, she also dominated in the competition. And to think she was already over fifty years old when she competed. Her competitors were ten to twenty years junior. Her secret? “Fitness is about attitude, nutrition and exercise,” shared Breen. “If you can wake up to go to work, you can wake up to go to the gym to train.” Breen believes good nutrition starts in our own kitchen. The ability to control the ingredients in your food is powerful. She is also a big proponent of eating clean. Now, what does this mean exactly? Basically, it means eating whole foods in their most natural state and avoiding processed foods such as refined sugar. Clean eating may simply mean saying no to gluten, grains, and dairy products and yes on eating raw food. A boiled sweet potato for instance is better than enjoying a slice of sweet potato pie. Have boiled eggs for breakfast or a snack to replace your egg burrito to go. Skip the slice of cake at parties and have an orange or a plate-full of sliced fruit medley—food at its most natural state.

About this time in 2012, I was seated next to my good friend and personal trainer, Chris Dee, who is also a DJ for 94.3 FM. I asked her what it takes to be trained by her. I told her how lazy I was and I couldn’t stand the thought of working out. “Oh, then I can’t train you. I don’t work with lazy, unmotivated people. But I’m sure you can always find someone else,” Dee replied. Wow. I was stunned but not for a loss of words so I followed my inquiry by asking what simple things could I start doing to propel me to move forward to a better health. At

that time, I was fifteen pounds heavier than what I wanted to be and less energetic for sure. I was only thirty-four years old, so I knew I didn’t have any excuse to be so sluggish. Dee gave me simple steps to follow and follow those simple steps I did!

1. Make a decision in your mind to make a change and off you go. It means now. Not tomorrow morning when you wake up; not after New Year when all the good eatings are done; make a decision NOW!
2. Wake up in the morning and drink a protein shake.
3. Do stretches in the morning starting with ten minutes of simple stretches, followed by a ten-minute walk around your neighborhood. Just do something every day to move your body.
4. Plan your meal and pack your own lunch. Have boiled eggs, fruits, veggie snacks, nuts and lots of water. Have yogurt for snack with berries but no granola (too much sugar and grain). Have a sensible lunch with salad with protein (chicken or steak). If you really need to have rice, make it brown or wild rice but a small portion of quinoa for grain as it’s high on protein. For snacking have a slice of fruit with cottage cheese and hydrate. Always have munchies ready and don’t be hungry.
5. For dinner, have protein and veggies like broccoli, beans, cauliflower, etc. Snack on cottage cheese and sliced pineapples too if you get the urge to snack after dinner and hydrate.

I followed her meal plans guide and without working out, I lost ten pounds in thirty days. And I didn’t skip a meal. Replacing rice, potato, pasta and bread was a simple brain choice. But I had a ready replacement which helped with the transition. What propelled my health over the top was getting a personal trainer (no, it wasn’t Dee) and being on a training regimen four to five days a week, fifty minutes a day. Thank you Mike Labuanan. He was not the nicest trainer to ever walk the planet but boy did he kick my behind in shape! Labuanan is a no-non-

see **START STRONG** p.13



Myrna stands with other worthy competitors
 PHOTO COURTESY MYRNA BAGGAA BREEN



Chris Dee (right) motivated me by telling me that she doesn’t “work with lazy and unmotivated people.”
 PHOTO COURTESY SHARON ZALSOS BANAAG



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From the Editor's Desk

Tante Urban
EDITOR & PRESIDENT • FIL-AM VOICE

Celebrating Christmas and New Year's

As we approach the end of 2018 and the beginning of 2019, let me first say thank you, on behalf of the *Fil-Am Voice*, to our staff, our advertisers, and our readers for another year of your hard work, financial backing, and general support. *Maraming Salamat Po!*

The end of the year is always marked by the hustle and bustle of trying to complete projects and plan for the coming year. For those of us in business, we are focused on ensuring we have met our goals for the year and our plans for next year are in place.



As Filipinos, we celebrate Christmas and New Year with a bang. Here on Maui, our Filipino community gathers for celebrations galore. The other week for example, my wife Telly and I were at Binhi at Ani for three straight days for family and community celebrations. Wrapped up in our festivities are traditions that our forefathers brought from the Philippines: *parol* making, Christmas caroling, visiting family and friends, making *can-can*, and exchanging of gifts. For me, my favorite Christmas carol is *Have Yourself A Merry Little Christmas*, my favorite *kakanen* is *puto*

kutsinta, and my favorite festive beverage is a glass of red wine.

Our transition to the New Year includes a pause on December 30 with the celebration of Rizal Day. We continue to celebrate the death anniversary of Jose Rizal, one of the Philippines' greatest heroes. In this issue, our *Google Is Not Everything* column focuses on our high school youth's perceptions on whether Jose Rizal is still important today.

As we look forward to the New Year, many of us will make resolutions that involve our personal relationships, financial well-being,

and health concerns. Many of us joke how our resolutions—especially those involving losing weight—are broken by the time we take our first bite of the *lechon* during our family get

togethers. But as Sharon Zalsos Banaag writes, health and being fit is important so if you need to concentrate on your health in 2019, please be serious about it. We want all of you to lead a healthy life in 2019 and beyond!

As we toast the New Year, let us remember those who have gone before us to pave the way for our family and our community. I am eternally grateful for my late parents, Daniel Urban and Felicitas Tolentino Urban for their sacrifices and hard work. *Dios ti agnina. Agyamannak unay iti tulong yo kaniak.* ✨

Season...

from p. 2

Christmas because not only is it her favorite holiday but since her family is very religious, they celebrate it in honor of the birth of Jesus Christ. Every Christmas, her family would go to mass in the morning and have a family gathering at night where they would play games, open gifts, and spend time with one another. Some of her Christmas traditions also include spending time with her Life Teen group at Church.

As much as Romelyn Tabangcura loves Hawai'i, she would rather spend Christmas in the snow. "I think it would be an amazing sight to see snow fall and make snow angels and snowmen with my family and friends," she said. Romelyn celebrates Christmas by decorating the house with a Christmas tree and stringing Christmas lights around their proper-

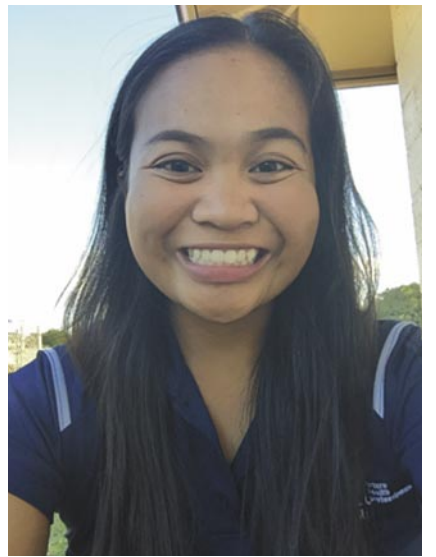


Romelyn Tabangcura

ty. Their family gathers to eat and exchange gifts. She enjoys Christmas because everyone is in such a happy mood. She spends her holiday season watching Christmas movies and listening to Christmas songs with her siblings. *Rockin' Around the Christmas Tree* is her favorite festive song. Besides the lyrics being very catchy, the song puts her in the Christmas spirit.

Christmas to Romelyn means a time of giving and being thankful for everything that she's have been blessed with. Her favorite Christmas memory is when she was in the Philippines and her family would gather around and make food together. It was nothing extravagant like how we celebrate it now here in the United States where we exchange presents but it was still very special to her. When it comes to receiving or giving gifts, Romelyn prefers giving presents because she loves shopping for people and later seeing their reaction when they open the gifts. "I think the feeling of giving back to someone you're thankful for is much more special than receiving a gift," she said.

Cheyenne Magno describes her Christmas as festive, merry, and all about family. What she enjoys about Christmas is that the whole month is basically a never-ending holiday for her family. Four out of five of her family members have birthdays in December so there's basically a party every week. Cheyenne celebrates Christmas with family to honor the birth of Jesus Christ. Along with her



Cheyenne Magno

family, they try to spread as much Christmas cheer as they can by decorating the outdoors with inflatables, lights, reindeer, and other decorations. One unique Christmas tradition that the Magno family does is to prank each other with unusual gifts wrapped in deceiving wrapping. On one Christmas, she received an "iPad" from her older brother. However, when she opened the box, she was crushed to find a book.

"I would rather spend Christmas in Hawai'i because I'm not really a big fan of the cold," she said. To her, Christmas means loving, receiving, and giving. "Christmas gives us the opportunity to share the extra special moments with our family while we have them and to be appreciative for what you have," she added. If she could ask Santa for one gift, it would be to see her grandfather for one last time. He died when she was at a young age so Cheyenne didn't really have the chance to meet him properly so it would be great to hear his voice again.

"Love, Unity, and Wholesome." This is what Gabrielle Pastor describes her Christmas experience



Gabrielle Pastor

every year. She enjoys seeing everyone's Christmas decorations and the thought of spending time with family for the holidays. Gabrielle also loves going out to buy presents for her friends and loved ones because it's the perfect opportunity to give back to them and share the Christmas spirit. She also enjoys watching Christmas movies during the winter and her favorite movie to watch would be *Home Alone 2: Lost in New York*. She's always wanted to travel to New York and see the tall buildings, especially in the winter when it's freezing!

see SEASON p.13



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José Protacio Rizal Mercado y Alonso Realonda



Mhikee Daong



Jill Teneza



Ghenesis Balaan



Nicole Anne Guzman

José Rizal—a national hero of the Philippines who began a revolution against the Spanish Government to achieve freedom for his country through his writings. He was not only a skilled writer, he was also a doctor, an architect and was immensely talented in the field of arts. He was well known for his novel *Noli Me Tangere* published in 1886 that described the societal details of the Philippines and skillfully expressed the wrongdoings of the Spanish Government that the Filipino people encountered during the time of the Spanish colonization. Simply because of José Rizal’s bravery and accomplishments, he has inspired numerous people to be dedicated and aim to achieve a better education and pursue a successful life.

Many students look up to José Rizal, as he is a well-known heroic figure of the Philippines. **Mhikee Daong**, a Filipino American from Maui High School shares that he views José Rizal as a hero because “Without his guidance, perseverance, and bravery, we would have received our freedom much later or maybe even not at all.” Mhikee not only considers José Rizal as a heroic figure but was also inspired by Rizal’s actions. “Not only was José Rizal a hero but he was also highly intelligent. He traveled to many places where he learned many languages and experiences. So, there’s a lot to look up to. I am extremely inspired by everything he did because Rizal’s legacy takes part in diminishing the cultural inferiority that is still very prominent in the Philippines.” As a result of José Rizal’s accomplishments, Mhikee is happy to say “Through Rizal’s hardships, I am able to live comfortably and proudly.” Teens today still continue to study José Rizal as Mhikee believes “Students definitely need to learn about José Rizal. Although his people should be aware of what he did for them, I think everyone in general should be educated about him as well. Not only Filipinos. If no one were to learn about José Rizal and what he did, all his sacrifices were for nothing.”

Many students agree José Rizal was an important individual in Filipino History. Maui High Sophomore **Jill Teneza** considers José Rizal as an important historical figure because

Google® Is Not Everything...

Jose Rizal: Bayani ng Pilipinas

Romelyn Joy Tabangcura | MAUI HIGH SCHOOL

“José Rizal initiated violence-free protests against the Spanish government for the Philippines’ freedom. He helped gain independence for the Philippines as they were under Spanish colonial rule for hundreds of years. Also, he spread the importance of education.” José Rizal believed that the right way to achieve freedom for his country was through peace and not acts of violence. “I agree with him because violence can taint their reputation and they may be seen as barbarians. If they didn’t use violence, they would have a better chance at getting what they needed. He didn’t just speak up for himself, he spoke for the whole country. He also knew the importance of education and wanted to help others,” says Jillian since she too, shared similar philosophies as José Rizal. Jillian describes José Rizal as brave, considerate, and kind as she continues to further her education in hopes of reaching her academic goals with the same mindset as José



In 1882, Rizal was introduced into the order of Masons.

Rizal. José Rizal’s legacy continues to inspire generations of teens across the world. “I am personally inspired by him because he used what he loved to do in order to change the world. This is how he defined his purpose. His death sparked the Philippines’ revolution from Spain. It takes bravery to go against a powerful nation controlling your motherland. But he did anyway because of his love for his fellow countrymen,” says **Ghenesis Balaan**, a junior from Maui High School. José Rizal has accomplished various achievements in his lifetime. For instance, he traveled overseas and graduated abroad to strive to become a doctor despite the racial and financial difficulties that were quite prominent back then. José Rizal’s accomplishments impacted the way Ghenesis views José Rizal because “he believed in the saying ‘the pen is mightier than

the sword.’ He did not entertain the thought of violence in his head. He wrote about the cruelty of Spaniards to Filipinos and when the Spaniards found out, they executed him. His actions and words sparked the Philippine revolution.” Ghenesis considers José Rizal to be courageous and clever which is why he believes that “students should learn about José Rizal because he plays an integral part of Filipino culture just like how George Washington and the founding fathers played an important role in the creation of the United States of America.”

José Rizal, the man who serves as a role model to generations of Filipinos, continues to serve as a role model to teens because “He saved his country from being dictated by Spain without going to war. All he needed

was a pen and a piece of paper, in which he called for his fellow citizens to fight for their homeland,” says Maui High School Junior **Nicole Anne Guzman**. José Rizal fought colonization by using peace as “He believed that everyone was good deep within them” but Nicole points out “However, the occurrence of violence is always going to be present. Certain individuals are never satisfied with what they have, therefore they will do anything to get what they want even if violence is involved.” Thanks to José Rizal’s determination and good deeds, Nicole lives comfortably: “We can be ourselves freely, without him we would be under the control of the Spaniards.” She describes José Rizal as a leader and intelligent as she aims to follow José Rizal’s footsteps in pursuing her academic goals of becoming a doctor.

Today, many Filipinos view José Rizal as a national hero. This makes José Rizal a historical figure still relevant today. **see RIZAL p.14**

FOAM FREE

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Shirley, 16 years old, with her Mom Julia and Dad Crispulo (right).



May 31, 1970 - Shirley crowned as the first Miss Barrio Fiesta. Dr. Jose Romero presented her trophy (left).



Dec. 1993 - Shirley with her student.



9th Grade Graduation.



Shirley as Miss Maria Clara with her escort Ted Manzano and Rev. Justo Andres presenting her trophy.

Shirley Siores Evangelista

Lucy Peros | ALL PHOTOS COURTESY OF SHIRLEY EVANGELISTA

Like our *Sakada* fathers, grandfathers, and great grandfathers before us, we, second or third generations Filipino-Americans also have many stories to share and tell regarding our challenges, frustrations, and successes as we were immersed into the life here on the islands of Hawai'i.

Shirley Evangelista is our featured *Sakada* Offspring who came to Hawai'i with her mother, Julia Siores Evangelista and their cousin, Corazon Manzano in June 1946 on board the *S.S. Marine Falcon*, the first boat of families from the Philippines. They came to follow her father, Crispulo Evangelista who was a *Sakada* from Urdaneta, Pangasinan, Philippines.

Actually, Crispulo Evangelista first came to Hawai'i in 1921 with his father, Laureano Molina Evangelista and his sister Lucina. He was only fourteen years old. They settled on Kaua'i. Laureano worked for the Lihu'e Sugar Plantation. Since Crispulo was too young to work in the field, he became an errand boy doing odd jobs for the plantation bosses and their families. Life was hard in the Evangelista family. They decided to move to Ola'a on the Big Island of Hawai'i. Ola'a is presently called Kea'au.

In September 1936, Crispulo went back home to Urdaneta, Pangasinan, Philippines. That's when he met a beautiful young lady at a *sari-sari* store where he went to buy some cigarettes. Although there were many other available young ladies in Urdaneta, Crispulo fell in love at first sight with Julia Siores. They were married in 1937. Their daughter Shirley was born a year later.

Because of World War II, Crispulo stayed in the Philippines until 1946. One day he received a letter from his father Laureano saying that HSPA (Hawai'i Sugar Planters Association) was recruiting workers to work in the sugar plantations in Hawai'i. With the encouragement of his brother in law Vicente, he went to Vigan, Ilocos Sur to sign up. He came to Hawai'i with his cousin, Teofilo Manzano and his nephew, Silberio Libao on board the *S.S. Maunawili*, leaving Port Salomague in Cabugao, Ilocos Sur, Philippines.

Shirley was eight years old when

she and her mother reached Hawai'i. She entered second grade at Ola'a Elementary School on Hawai'i Island. She was so afraid to go to school and even hid under the wooden schoolhouse. She was afraid of the school principal because he reminded her of the Japanese soldiers in the Philippines during World War II. With her cousins, they walked barefoot one mile to go to school and one mile back to go home. At school, Shirley recalls, they played with sticks hitting it as if it was a baseball to see how far they could hit it. The person who hit the stick the farthest was the winner. Other games they played were catching and kicking bean bags, blowing bubbles using detergent and papaya stalks, sling shots made of guava branches, swinging on vines Tarzan style, and even playing house with her girl friends cooking with their cooking toys. They were very resourceful as kids.

Shirley enjoyed attending Hilo High School. After high school, she headed to Santa Clara Hospital School of Nursing in California. She then transferred to San Jose City College and there she met two girls from Hawai'i who were going into the college's Dental Assistant Program. The Dental Assistant Program was very inviting to Shirley. She embraced the opportunity and succeeded. She worked as a Dental Assistant for ten years. On weekends, she worked as a nurse's aide at O'Connor Hospital.

In the early 1960s, Rafael Cabebe and Nicanor Domingo encouraged Crispulo and Julia to move to Maui. They accepted the opportunity and moved. It was a blessing in disguise. They opened their tailor shop in Happy Valley located across the former T.K. Supermarket adjacent to the former George Guerrero's Market. Crispulo was very active in the Filipino Community. He worked at Maui Memorial Park as a salesman. He worked as a travel agent and he was the first Filipino

Radio Announcer for KNUI.

In 1968, Shirley followed her parents to Maui with Mr. Domingo's encouragement. He wanted her to come to Maui to help uplift the image of the Filipinos especially the Filipino youths. While on Maui, she worked with Dr. Alan Miyamoto as his Dental Assistant.

Shirley became involved with Filipino activities and organizations. She was crowned as the first Miss Barrio Fiesta on May 31, 1970. She was also chosen as Miss Maria Clara around the same time.

In the 1970s, there was an influx of Filipino families with young children on Maui. Then Mayor Elmer Cravalho inquired with future Judge Artemio Baxa if he knew of any Filipino teachers who could help the Filipino youths because of the language problem in the schools. Baxa approached Shirley and Nancy Andres, who had initiated the Barrio Fiesta, having arrived from the Philippines after a brief stay in Honolulu. Both Shirley and Nancy accepted and welcomed the challenge. Shirley quit her Dental Assistant job and the bilingual program in the schools on Maui was born. Shirley and Nancy set up the program from scratch. To help them get started, they attended numerous workshops, conferences, meetings with principals and teachers using countless hours of their own time in developing the program. These two ladies paved the way for Filipino teachers to teach in the Hawai'i Department of Education.

Some administrators and teachers even looked down on Shirley and Nancy as they tackled their jobs as bilingual teachers especially when students from other ethnic groups came into the program. They questioned how Shirley and Nancy would teach multi-lingual students. Shirley nicely put her answer to their question and said, "As long as you have compassion and the love to teach, you can teach anybody." With Shirley's and Nancy's



Shirley Evangelista

positive attitude, with compassion and the love to teach, they succeeded. Today, the program has expanded to all the public schools on Maui.

Shirley taught at Wailuku Elementary for ten years and two years as a Campus Aide at Baldwin High School. She taught English as a second language, counseled, and planned programs at Baldwin High School. She also taught at Maui High School with Elizabeth Menor. They taught Adult Education, Cosmopolitan and Filipino Cooking classes. Shirley also taught at Lihikai Elementary and 'Iao Intermediate Schools.

In the late 1980s, Shirley worked for the County of Maui's Summer Youth Employment Program. Today, we can see the fruit of their labor with the rows of coconut trees that they planted along the Kahului Beach Road next to the Maui Arts and Cultural Center across the Kahului Harbor by the food vendors. At around the same time, Shirley's Filipino Baldwin High Youth Group cleaned the hill in front of the High School overlooking the school parking lot. They planted beautiful bougainvillas to beautify the campus. It is being enjoyed by all today as they drive by Ka'ahumanu Avenue.

Shirley wore many hats. She was also a PBX operator at the old Maui Palms Hotel and the Maui Beach Hotel from 1980-2001.

Shirley recalls her Christmas experiences and memories: "Christmas is a time when we thank God for His many blessings to us. Although we are busy during the year, Christmas gives us a chance to get together with family and friends, far and near. Despite being poor, we always had food to eat, to share with family and friends. When I was in the Philippines, I was still too young to know about Christmas. We have families visit and special foods were served. When we came to Hawai'i, my parents and I went to church on Christmas eve. When we came home, we had bowls of hot *arroz caldo*, *suman*, *bibingka* and hot *cocoa*."

Shirley hardly remembers exchanging gifts at Christmas time. Instead, she remembers having new dresses on Christmas and new pajamas on New Year's from her parents.

While in Hawai'i, on Christmas Day, Shirley's family went to her Uncle's house where there were lots of prepared foods like broiled fish, chicken and pork *adobo* and desserts galore like *patupat*, *bico*, *suman* and *bibingka*.

see OFFSPRING p.8



Lydia Coloma and Clarita Dela Cruz caroling.
PHOTO COURTESY GILBERT S.C. KEITH-AGARAN



Carolers from Good Shepherd Episcopal Church (left) dressed in red before caroling.
PHOTO: ???



Santa Keith-Agaran and his Senate staff elves (left).
PHOTO COURTESY GILBERT S.C. KEITH-AGARAN



Good Shepherd's angels (right) for the Christmas pageant
PHOTO COURTESY GILBERT S.C. KEITH-AGARAN

The holiday season has come quickly and rather quietly in my family.

No out-of-town visitors expected this year.

We had a small intimate Thanksgiving dinner gathering with simply my mother, my sister, her ex-husband/buddy, my wife, and Makalapua, our new Chug puppy. I heated up some Costco ham (lightly honey glazed) and roasted turkey breast, baked half a salmon filet with pesto and the other half with butter pepper and mushrooms, candied some Molokai sweet potatoes, and mixed up one brown gravy. My spouse steamed some sweet corn-on-the-cob, generously slathered with butter and lightly dusted with 'alaea salt. My mom brought the steamed rice and *utong* (no traditional fare like curry, *pansit*, spaghetti with hotdogs, or *cananen*). We finished with a slice or so of pumpkin, custard or apple pie topped with a scoop of ice cream if wanted.

I'm one of those who like the Christmas holidays. Recognizing my

DINENGDENG & PINAKBET

Making it a Season for family, friends, those less fortunate or suffering or in grief...

Gilbert S.C. Keith-Agaran

spouse (a cradle Episcopalian from Texas) still doesn't buy my argument that Filipinos play carols early because the Christmas season in the motherland begins in Autumn, I put on earphones in adaptive cultural practice—enjoying yuletide music in any month ending in “ber”.

In my wife's view, people should follow the holidays in proper seasonal sequence.

She was nevertheless amused when my mother left the Christmas lights up on her house for an entire year. My mom strung up Christmas lights on

the front yard foliage and eaves of my childhood home in Kahului as soon as the turkey was eaten.

Family traditions remain at the heart of the holidays. We likely will attend 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 does some caroling Upcountry and in Central Maui.

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 *parols* from bamboo, twine and colored crêpe paper. Doris Todd, where I attended elementary school in Pā'ia, 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.

As I've written in these pages before, I agree with Christian music artist Chris Tomlin who 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.”

Let's hope as 2018 comes to a close that we 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 and represents Central Maui in the Hawai'i State Senate.



Good Shepherd youth annually presents a Christmas pageant.
PHOTO: ???

Maraming Salamat Po to our Advertisers, Writers, Staff and Supporters. Remember, there is no “I” in “Team.” Whoops, we meant “TEAM!”



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Offspring...

from p.6

Christmas was also celebrated with nieces, nephews and cousins. They even had *lechon* pig and roasted turkey. However, now that the children are older and moved away, Shirley's family celebrates Christmas on December 20, her mother's birthday. Sadly, Julia recently passed away on November 28, just a few weeks shy of her 98th birthday. Julia is now reunited with Crispulo, who passed away in 1983.

Shirley confessed she still believes in Santa Claus because she feels it is part of the magic of the season. She also enjoys the stories of Santa Claus.

Shirley has vivid memories of Christmases past when she was living on the Ola'a plantation. They had a



Shirley (third from left) with Nancy Andres (fourth from left) and other members of the Maui Filipino Community Council with Mayor Elmer Cravalho signing a Proclamation.

yearly Christmas party. The young children would do the Christmas caroling and the older ones would do the play. Each child would receive a bag containing an orange, an apple, nuts and Christmas candies.

Another priceless Christmas memo-

ry that Shirley experienced was during her first year of college. There were four students who stayed in the dormitory that year at Christmas time. They couldn't go home. One morning, one of the girls pounded on Shirley's door yelling, "Get up it's snowing!" They all

ran downstairs onto the snow-covered lawn. They were very happy to see the snow for the first time. The next morning, one of their nursing instructors took them to the mountains and for sure they had their fill of snow galore. That was an unforgettable experience for Shirley. Since then until today, her favorite Christmas carol is "White Christmas."

Shirley's favorite Christmas ornament is the *parol*, a star made of bamboo and decorated with colorful tissue or cellophane papers. Her own students taught her how to make them. Some of her students' parents also made beautiful *parols* for her.

"Life is a meal," says Shirley. "Live it with flavor. Spice it with interest in people, places and things. Serve it with a feast of color and life becomes full and rich."

see OFFSPRING p.14

This month’s community photos highlight the “Salamat Po!” celebration on Dec. 13 at Tante’s Fishmarket Restaurant & Bar, hosted by *Fil-Am Voice* newspaper.



Sushi Boat
PHOTO: BASILIA EVANGELISTA



Alfredo, Student Writers and Tante
PHOTO: BASILIA EVANGELISTA



The Tomosos with Alfredo
PHOTO: BASILIA EVANGELISTA



Bessy Evangelista and Eugenia
PHOTO: ALFREDO EVANGELISTA



Eugenia and Hayde
PHOTO: BASILIA EVANGELISTA



Paul Manzano & Dulce Butay
PHOTO: BASILIA EVANGELISTA



Clayton & Rutchell Fuchigami
PHOTO: BASILIA EVANGELISTA



Ad Exec. Sharon Zalsos Banaag was the emcee.
PHOTO: BASILIA EVANGELISTA



Brad & Liza Pierce
PHOTO: BASILIA EVANGELISTA



Assistant Editor Alfredo Evangelista
PHOTO: BASILIA EVANGELISTA



Writer Vince Bagoyo Jr.
PHOTO: BASILIA EVANGELISTA



Writers, Ad-clients, Staff of the *Fil-Am Voice*
PHOTO: BASILIA EVANGELISTA



Alfredo, Bessie, Sharon, Dulce and Paul
PHOTO: LAWRENCE PASCUA



Lucy Peros, Lianne and Tante
PHOTO: BASILIA EVANGELISTA



Vince & Jennifer Bagoyo and Rutchell Fuchigami
PHOTO: BASILIA EVANGELISTA

Word of the Year

It can help you change your life forever.

Liza of “A Maui Blog”
ALL PHOTOS COURTESY LIZA PIERCE

Christmas and New Year’s are my favorite times of the year. I love talking story about Christmas, both Christmas in the Philippines and Christmas on Maui. I also love talking about New Year’s because it’s a new beginning—a chance to start fresh.

Since many of the articles on this December issue will focus on Christmas, I decided to talk about New Year’s, specifically this one tradition I had been doing for myself. This tradition is about choosing “one word” to guide me for the coming year.

For the past couple of years, I have been choosing one word in the beginning of the year. That one word has been my guide, goal and inspiration for that year.

In 2017 I chose LISTEN. I learned to listen well in a conversation—I listened to what other people are saying. I learned to listen to myself and get tuned to what I need and want;



Left to right: Liza as “Aunty Pineapple,” Liza doing “Live,” and Liza on Facebook “Live” on the beach.

I learned to listen to that inner voice, that still small voice inside of me which usually is prompting of the *Holy Spirit*; I learned to listen to not only what people say but listen to what they don’t say. 2017 was a great year of listening.

In 2018 I chose COURAGE. It is this year that I am braving the wilderness. It is this year that I am becoming brave in sharing who I am. Having courage as my one word that enabled me to do things I would usually avoid doing. It’s been a great year so far and I only have less than a month to finish strong with courage.

Now that 2019 is just around the corner I need to decide what my one word will be for the coming year.

I am leaning towards the word

TRANSFORM. Transform means to make a thorough or dramatic change in the form, appearance, or character of. I am thinking of transformation in terms of my physical body, my spiritual being, my work, my attitude and more. There are many areas in my life that needs transformation. Yeah, my one word for 2019 is definitely TRANSFORM.

Do you also choose a word to guide you through the year? If not, maybe the year 2019 is the year for you to start choosing a word. Let us know what your chosen word is. It would be wonderful to hear from you. ✨

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.



“Listen” was my word in 2017 and “COURAGE” is my word for the current year 2018. I got these keychains at Salty Kine Designs to help keep myself inspired in this yearly word endeavor.

She loves Jesus; Maui Sunsets Catcher; Crazy About Rainbow; End Alzheimer’s Advocate. Her life is full and exciting here on the island of Maui.



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

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Liza joined the Maui Canoe Club in response to her word for the year.



W hew! November came and went in just a few blinks. Maybe because I was on vacation enjoying the clear waters of Coron, Palawan in the Philippines, and the temples of Bangkok, Thailand. I am so thankful to be back because there’s no place like home. It’s not only on Thanksgiving Day that I am grateful with my loving and supportive

Let’s Talk Pinoy!

Dulce Karen Butay

family and friends, but I am thankful for them everyday along with all the blessings that He has given and con-

tinues to give me.

With turkey day in the books, we look forward to my favorite month of

the year, December. A month where you get to see family that you haven’t seen in a long time, and find presents under the Christmas tree. Maybe play Santa Claus to the kids, and make memories that will last a lifetime.

Last month, Michael was being pressured by his grandmother. Can he find Angel in time for the party? Let’s see...

MICHAEL: “Haan, please don’t. I am not a kid. I can do it myself. I will visit her *Lola* later.”

NANA: “Who is her *Lola*?”

Michael drops his *kamay* like a child. “*Tigil*. (Stop.)”

Nana hugs and kisses him.

Michael says, “*umuna-ak pay Nana*.” (I’m going Grandma.)

After breakfast, Michael leaves to have a business lunch with his assistant at Koho’s.

Michael’s assistant is an intern at the firm but a bright kid freshly graduated from the University of Hawai’i Maui College. His name is Tyler. “Tomorrow, you have an appointment with the Kauha’aha’a’s pertaining to their *pinsan* (cousin)’s visa at noon. Monday, you have appointments all day up until 4 p.m. On Tuesday...”

“Tuesday, I have a birthday dinner to attend to at Binhi At Ani. Don’t book anything in the afternoon. In fact I need to look for someone. Her name is Angel but I don’t have her last name yet. I need a background check done before Tuesday,” Michael looks at Tyler for affirmation.

“Ok, I can move the Dela Cruz’s appointment to Tuesday morning,” says Tyler.

“If you can text me her last name and address today, I can get started on it.”

Michael gets in his car and drives to the other end of Kahului where he brought the two women last night for the *lualo* (prayer), hoping to see Angel.

He pulls onto Hina Avenue. “Everything looks different in the daytime. I hope I can find the house. I think it is near Kahului Elementary School.”

Michael drives up and down the *kalye* (street) of West Kaua’i, trying to tap into his memory bank.

He was so nervous driving them since Angel sat up front next to him. He wasn’t really paying attention to the *kalye* (street) names. He can still picture her smiling, sitting with her legs crossed. Her brown hair perfectly parted to the side. She was wearing a simple outfit. A white top with a light blue blouse and denim blue jeans. Nothing special but she wore it really nicely. “I need to see her.” he whis-

English	Pilipino	Ilokano	Cebuano	Ilonggo	Ibanag	Kapampangan
Merry Christmas	Maligayang Pasko!	Naragsak a Paskua!	Maayong Pasko!	Malipayon nga Paskwa!	Mapaluapaguia nga Pascua!	Masayang Pasku!
Morning	Umaga	Bigat	Buntag	Aga	Umma	Abak
Go away!	Umalis ka!	Puman aw ka!	Lakaw!	Halin ’to!	Manaw!	Mako!
Stop!	Tigil!	Sardeng!	Paghunong!	Untat!	Magimmang!	Patugut!
No	Hindi	Haan	Awan	Indi	Dili	Indi
Hair	Buhok	Buok	Buhok	Buhok	Vu	Bwak
Heart	Puso	Puso	Tutu	Puso	Kasingkasing	Korason
Hand	Kamay	Ima	Lima	Gamat	Duhol	Kamut
Cousin	Pinsan	Kasinsin	Agaw	Pakaisa	Kapitta	Pisan
Street	Kalye	Dalan	Dalan	Palan	Dalang	Kalye

pers. Her laugh is addicting, and she does this thing with her nose where she crumples it and does this pouty thing with her mouth that... “Oh no, watch it! I almost hit that car! I think I missed my turn. Darn it. Concentrate Mikey”

“Ah yah, I think I have it. It has to be this *balay* (house). I parked right here.”

Michael knocks on the door.

“I’m coming,” a voice shouts in the back.

His heart is pumping. “OMG, what if it’s her?” He looks into the glass to fix his *buhok* (hair) and collar.

The door opens.

“Ah. Hahaha. *Palito*!”

It’s Rosie.

“OMG you are even uglier in the buntag (morning). Come back later when it’s dark.” She closes the door.

Michael stutters not knowing what to say.

Rosie opens the door laughing “I’m kidding. Joke *lang*. What are you doing? Are you lost? *Indi* (No).... I don’t want to buy any cookies or vacuums!”

“I was wondering if your sister Angel is here.”

Rosie looks around. Closes the door. “She’s not really my sister,” and smiles.

“I call all my good friends ‘sister.’”

“I met her a few months ago at Kahului Long’s, and we hit it off so well. And now... twins!”

“Oh no, you don’t look anything like Angel. *Haan* (No) to a twinsies,” Michael thought to himself.

Michael clears his throat. “Really? Ok, do you know where she lives?”

Rosie shrugs. “I don’t really know, she won’t tell me. I meet her every day at the bus stop at Ross at 5 p.m. She comes over to my house and we talk. My family loves her. My dad and I drop her off at Pā’ia Post Office when she’s ready to go home. I will see Angel later today. If you want to see her,” Rosie winks, “you can come.” Michael gasps and swallows.

Rosie tilts her head and raises her eyebrow.

“Angel, Angel, Angel.” Rosie says and stares.

Michael’s eyes widen.

“OMG, *Palito*. I only say her name and you become like a ghost. Stop that. It’s really weird. Get a grip, she’s

not that much prettier than me anyways,” tossing her *buok* (hair) in the air and rolling her eyes.

“Take me to Walmart first and then we can go to Ross. We can surprise her and we can go cruising in your nice car. Woo hoo! Wait for me.”

Rosie rushes inside the house and grabs a bag. Heads to the car, raises her hand. “I call shotgun!”

“Uh, hold on, wait...” Michael stumbles after her.

On Maui, we have the bus. It is used by many locals to get around the island. When is the last time you rode the bus? Go ahead, make plans this weekend and travel to Lahaina, Kihei, or go to Kahului like Rosie and Angel. Support our public transportation service on Maui! Tell us your favorite bus stop story at www.facebook.com/letstalkpinoy.

This month’s homework is to say “Merry Christmas” everyday to someone new. Look in the table how to say it in different Filipino languages. Teach them and have them say it back to you. ‘Tis the season of giving, and you can give the gift of language!

see TALK p.14

Holidays & Holy Days

Are the meanings and values that these days provide us with embodied in our lives?

The Rev. John A.H. Tomoso †

When you hear the word *holiday*, what comes to mind? If you're like most people, shopping, parties, church services, football and other sports, oh, and then there is shopping, parades, a day off, sleeping longer and staying in bed. The truth is in my opinion, that many *holidays* are becoming so commercialized that the original meaning for the *holiday*, many of which were established to honor important people and cherished traditions are in danger of becoming trivialized or unimportant, with their original meaning and value hidden behind less socially redeeming intentions, with traditions becoming unimportant and lost to our younger generations.

Traditions perform an important role in our community. Tradition contributes a sense of comfort and belonging. It brings families together and enables people to reconnect with friends. They allow culture and cultural practices and customs to be passed on to younger generations. Tradition enables us to showcase many

good things that add emotions, beauty, joy, celebration, equity and a sense of fulfillment to our relationships and society. Tradition can cultivate a sense of "unity in diversity" and an appreciation for the differences that a multi-cultural, multi-ethnic community can bring to the fore.

With *holidays* becoming commercialized, even trivialized, we can be afraid of offending people that we can ban any symbol with the slightest religious connection from our public spaces. In our consumer-driven, profit-motivated economy, employers often demand that their retail employees literally abandon their family dinners to return to the store in time for that special sales promotions, sometimes called "*Midnight Madness, Sales Extravanzas, Shop Till You Drop*" events. Of course, we consumers, avowed shoppers that we are, who are looking for bargains, perhaps demand such sales events. Is this the way to spend a *holiday*?

Do you remember the true meaning and value of *holidays*? For instance, Memorial Day has morphed from remembering our fallen soldiers to the unofficial beginning of summer. Labor Day's role in recognizing the achievements of organized labor now just marks the end of summer and a return to school. Veterans Day is honored as a day off from work but, more and more, not the day to commemorate

the great sacrifice of soldiers who died in battle that we might enjoy the freedoms, that more than often than not, we take for granted.

Traditions represent a critical part of any culture. They help form the structure and foundation of our families and our society. They remind us that we are part of a history that defines our past, shapes who we are today and who we are likely to become. Once we ignore the meaning of our traditions, we're in danger of damaging or even destroying the very foundation of our identity as a people, as a community, as a society. Thus, *holidays*, are important to fostering and nurturing our traditions.

Unfortunately, today's seeming indifference towards *holidays* and *Holy Days*, and the traditions they represent and celebrate has negative consequences for all of us. Do we see, right here on Maui, how many people don't treat or celebrate *holidays* like they once did. Perhaps we have a whole generation, now, who don't know the *holidays* and have totally forgotten the traditions surrounding

ing them. *Kababayan*, are we losing the knowledge of and respect for our culture and cultural traditions as we make our *holidays* less important, less meaningful? Think of it, family meals around the table have been reduced to eating fast and around the TV. Sporting events are scheduled on Sundays; assuming that Sunday is still a day, a "holy day," a church day and on *holidays* like Mothers' Day and Fathers' Day. Aren't our children, in a real sense, trading "game day" for quality family time. Reading before bedtime has given way to "vegging" in front of the TV, so that parents have their downtime. I believe *holidays* help build and nurture community and are conduits of cultural learning and add value and meaning to the community and cultures we share.

So that we can combat indifference, let's look at how *holidays* and *Holy Days* contribute to the building of community, culture and tradition:

- Tradition contributes a sense of comfort and belonging. It brings families together and enables people to be in relationships and live in neighborhoods and communities.
- *Holidays* reinforce values such as freedom, faith, integrity, a good education, *personal responsibility*, a *strong work ethic*, and the value of being selfless, including learning

see HOLIDAYS p.15

Raising Ad Savvy Kids

Elsa Agdinaoay-Segal



The headline of this vaping ad stresses the importance of **your "FREEDOM,"** telling you that you are "smart," and mentions nothing of nicotine content. How do we or our children respond to the ever-increasing bombardment of sensationalism attached to the ads we see in print, on TV, online, or in printed publications?

From Black Friday until the end of December, the United States is plunged into a shopping frenzy that seems to get wilder and crazier every year. Christmas Eve used to mark the end of the "holiday shopping season," but these days it seems there's a respectful pause for 24 hours and then the frenzy continues with after-Christmas blowout sales. Some Americans may shop themselves into debt, even resorting to violence, in order to stockpile toys, electronics, clothing, jewelry, toiletries, and other "stuff" they can ill afford and often don't even know they want until advertisers persuade them that they do.

In order to get people into the malls and online shops, advertisers blare their messages over television, radio and Internet. They plaster nearly every inch of real estate—including cyberspace—with their messages. Ads have infiltrated our places of business and our schools, our food and clothes, our emails, movies and video games. For those of us with children, this trend is particularly troublesome. Do we really want our children exposed to this much marketing hype?

This month, go ahead and shop if you must: for Christmas, Hanukkah, Kwanzaa, Festivus, birthdays, or just because you want to. Be an educated consumer, however, and teach your children to watch out for manipulation by marketers.

Explain to your children that commercials and ads are paid for by companies to make people want to buy their products. Naturally the ads will try to make the products look as appealing as possible. But just because an ad tells them that a product is the best thing ever made, or is something they have to have, doesn't mean it's true. Although ads can give people useful information, they are just a starting point. We should do our own research and be aware of the many ways in which ads try to manipulate us before believing everything they claim.

Explain that the people endorsing products in ads—whether they are celebrities or seem like ordinary people—are paid actors and don't neces-

sarily use the products. Promotions, raffles and giveaways are clever ways to get personal information from people (like names, addresses and telephone numbers) so that more advertising can be directed at them. Internet sites store personal information about users whenever they "like" something on a social media site or click on a link. That information is often used to try to sell them things later on.

The Corporation for Public Broadcasting has an interesting site for kids called "Don't Buy It: <http://pbskids.org/dontbuyit/advertisingtricks/>. Through a series of interactive games, kids can learn advertising tricks, become an "ad detective" and even create their own ads. The process of creating an ad helps them think like an advertiser and be more able to spot advertising tricks in the future.

List all the ways you can think of that advertisers try to attract you. Some examples:

- bright colors
- flashing banners
- music and sound effects
- pictures of happy people using the product
- celebrities using the product
- product made to look bigger or better
- repetition (same ads shown over and over)
- shortages (real or planned, to cause a sense of urgency)

Make a game of trying to spot advertising messages as you go through your day. Television commercials, ads in magazines, and billboards on highways are easy to identify. But what about logos on clothes? Brand-name products in movies and on television shows? Logos and company names on athletes' uniforms, race cars, and stadium walls? Those are ads, too.

As a parent, you can try to limit your children's exposure to advertising. Limit their TV watching and encourage commercial-free stations when they do watch. Discourage lo-

see KA-CHING p.15

Season...

from p. 4

However, she believes that Hawai'i provides the perfect weather during the holidays. "I would rather spend Christmas in Hawai'i because with the one season that Hawai'i has, there is a very, very small chance of being stuck in a blizzard and having to spend Christmas alone because the roads are blocked with snow," she said.

Gabrielle celebrates Christmas because it's a part of her religion and family tradition. They celebrate Christmas by attending mass at church and having a family gathering. One family tradition they have is playing the game White Elephant at parties. One of Gabrielle's fondest Christmas memories is helping her Mom put the lights up on their Christmas tree. "As a child, it was a tiring task because of how large the tree seemed to me. However, when the final string of lights was wrapped around the top of the tree and we plugged it in, like the tree, my eyes lit up and I felt happiness like no other," she added. Her grandmother recently moved to the Philippines and she misses her especially now that Christmas is approaching. If she could ask Santa for one gift, it would be plane tickets to the Philippines for Gabi and her family.

Siblings Kaila and Sebastian Montero-Quemado celebrate Christmas because that's just how it was growing up. They always celebrate with their Dad's side of the family and they typically celebrate on Christmas Eve since that's Kaila's birthday. Sebastian said he "enjoys opening presents and being with family. I also enjoy that you can feel the Christmas spirit all year long." Kalia added "There is never a wrong time to be in the Christmas spirit even when the temperature outside is hot."

Christmas is the time of giving and receiving. It also means being with family during the happiest time of the year. However, the siblings would rather spend Christmas in the snow because they've experienced Christmas in Hawai'i for the last sixteen years and really want to experience and do any type of winter activities in the snow like what people in the Mainland would do.

Jeannine Miranda celebrates Christmas to laud the birth of Jesus. It's also a time to give back to people which she thinks is very nice. She celebrates Christmas by going to the



Jeannine Miranda



Kaila and Sebastian Montero-Quemado

midnight mass at her church. "I also put up decorations around my house and get gifts for close friends and family," she added. On Christmas, her family usually goes to her Uncle's house to have dinner. One of her family traditions is to open their gifts on Christmas morning but on Christmas Eve, they're allowed to open one of their gifts.

Jeannine describes Christmas as joyous, loving, and filled with laughter. Joyous because Christmas brings happiness; loving because it's about giving and spending time with family. Lastly, laughter because she's always laughing or smiling during Christmas time. Christmas is a time to give back to people or the community. "It also means getting together and enjoying each other's company; being thankful," she added. When it comes to Hawaiian weather, Jeaninne would rather spend Christmas in the snow. A change of weather would be nice for her. She also wants the experience of wearing layers cause that's not really necessary here in Hawai'i. "I've never been in snow before and it'd be really exciting to spend Christmas in the snow," she added.

"Filled with love." Nicole Rabanal used these words to describe her Christmas. To her, the meaning of



Nicole Rabanal

Christmas is simply to give back to other people and to show love. However, as much as she likes giving people presents, she prefers receiving because it warms her heart knowing that people would be so thoughtful to give her a present. Another reason why she prefers receiving is because she loves hearing the story on why people gave that gift. "You'll never see someone sad about their gift because it's the thought that counts and not the materialistic thing that they actually get," she said. This is what Nicole enjoys about Christmas, seeing everyone together with smiles on their faces. This is the time when people forget about their problems.

She celebrates Christmas because she's Catholic and December 25th is

see SEASON p.15

Start Strong...

from p. 3

sense trainer. I didn't have time to whine or complain since I was too tired to talk. Labuanan graduated with a degree in physical fitness. This wasn't only a certificate on the wall for him, this was his life's passion. Labuanan is sought after by NFL players when they vacation on Maui and not to mention well-known local celebrities who are on a first name basis with him. Seeing and hearing how hard he is on them as well, as professional as they are already, made me respect the trainer that Labuanan is. Absolutely no exceptions for him. His gym, his rules, my result. Simple.

After two years, I moved to training with Coach Nante Manangan, a boxing and life coach from Southside Maui. Coach Nante, as most will refer to him, is the opposite of the former. Coach Nante's goal is to push you to



Coach Nante Manangan of Southside Maui, a boxing and life coach became my trainer.

PHOTO COURTESY SHARON ZALSOS BANAAG

your limits but also to encourage you to like the sport and training that you are engaging in. He welcomes everyone willing to work out and doesn't charge a cent. He will take donations for his boxing club which to this day still boggles my mind how this amazing individual can stay in business since the 1990's. Athletes such as Mike Tyson and Leila Ali trained in his small little boxing ring which is—get this—inside his garage! Both athletes sought this character of a person with his signature Rod Stewart silver hair style. They trained under his roof and won their belts thereafter. Ali retired undefeated.

So, what exactly do we have to look forward to in 2019 in terms of Wellness Trends?

#1 on the list is Eco-Ketogenic. Oh boy. As if Keto wasn't enough, now they added Eco. This must be the P.R. for marketing diet trends and how to make more earth friendly. 2019 brings us the Ketogenic diet as it already soared in 2018. It has been labeled as Keto Reset Diet, which basically means, if you tried this in 2018, you can do it again in 2019. It is completely anti-carbs, grains, sugar. Instead, it favors lots of veggies, animal fat and meat. So

where exactly is the eco in all of this? Because of the popularity of this diet, it has been highly criticized for lacking eco-friendliness on how meat is handled. So now, there is a shift in focus towards meat friendly handling which is required to help prevent a negative impact on the planet long term. Oh my, so basically, Eco-Ketogenic is an eco-conscious adapted concept where the same high-fat, high protein principles that work for those on Keto, just without animal product. Much too much for me. Keto claims to boost one's energy level while crushing cravings and calming the inflammation.

#2 Rowing is the new Spin! I admit, I still have a gym membership from Planet Fitness from the summer and I've been in that gym three times since then. It's December and meanwhile, my automatic deduction is still happening. A perfect time to insert LOL in my statement. Just being real.

Move aside spin fanatics, rowing is the hottest trend these days. The glammed up boutique gyms specializing in niche areas of fitness. Turning the horrid looking 1980s gym to a sexy, trendy place to be seen. Another trend prior to rowing is my personal favorite, Boxing Boutique. My kind of boxing training of course is less the sexy, glammed up boutique though.

2019 is the year that will see a rise of dedicated, glammed up rowing studios. I should check to see which of our Maui gyms will be featuring more of these bad boys. A great way to get a head start for 2019, I will be touring Maui to see our workout facilities.

#3 in Wellness Trend is the Rise of the mesonutrient! In 2018, we learned to separate our macronutrients (protein, fats, and carbs) from micronutrients (which is vitamins and minerals). Now, ready yourselves to start obsessing over our mesonutrient because we want to know more about the food we take in our bodies to include the actual, active compounds inside those ingredients. For instance, curcumin is the active ingredient in turmeric. This delivers anti-inflammatory and anti-aging benefits that the super-spice is famous for. This explains why citizens from India have been using Turmeric for almost everything in their food and even to paint their skin! Most Turmeric have 400 mg of curcumin. Now, to extract 400 grams of curcumin from a turmeric root, you would need to eat around 220 lbs. of it. Yikes! That's more than my body weight. Fytostar is another example. This one is found in green tea which offers high strength of extract containing about 300 mg per capsule. In Greek, Macro means big, and micro means small so meso-means literally inside. Other macronutrients include anthocyanin in red and purple foods such as cherries and lycopene in tomatoes—both rich in antioxidants. A very trendy mesonutrient is Saffronal which

see START STRONG p.16

What's Happening On Maui

Calendar Fil-Am Voice 2018-2019

Please submit your community event by the seventh day of each month via email to info@filamvoicemaui.com

December

10 MAUI FILIPINO CHAMBER OF COMMERCE HOLIDAY PARTY "White Christmas" Tante's Fishmarket Restaurant & Bar in Mā'alaea. No-Host Cocktails 5:30-6:30 p.m. \$50 early bird (Pay by November 21). \$65 at the door. Contact Kauanoe Batangan at kauanoe.batangan@gmail.com or 298-1379.

16 MISA DE GALLO MASS at Christ the King Catholic Church. 6 a.m. Contact Lucy Peros at 877-7045 or 269-1602 for more information.

17 MISA DE GALLO MASS at Christ the King Catholic Church. 5 a.m. Contact Lucy Peros at 877-7045 or 269-1602 for more information.

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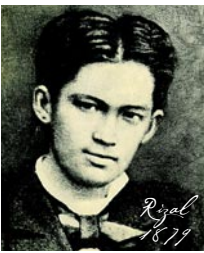
23 MISA DE GALLO MASS at Christ the King Catholic Church. 6 a.m. Contact Lucy Peros at 877-7045 or 269-1602 for more information.

24 MISA DE GALLO MASS at Christ the King Catholic Church. 5 a.m. Contact Lucy Peros at 877-7045 or 269-1602 for more information.

25 CHRISTMAS DAY (Federal and State Holiday).

30 ANNUAL RIZAL DAY CELEBRATION and Installation of Officers and Directors of Maui Filipino Community Council. Maui Beach

Hotel. 5:30 p.m. \$45. Join the Filipino attire contest (Barong Tagalog for males and Maria Clara for females). Contact Maui Filipino Community Council.



cil President Marilyn Oura at 280-2057.

January

20 56TH ANNUAL FEAST DAY CELEBRATION held by the Santo Niño Club of Maui. Mass will be celebrated at Christ the King Church at 3 p.m. followed by Dinner/Entertainment at 5:30 p.m. at Wailuku Community Cen-

ter. Nine Nights Novena prayer will begin on January 11, 2019 at 7 p.m. at Christ the King Church. Contact President Tessie Soto at 205-4574 or via email to Tessotto@yahoo.com.



Fil-Am Voice

Offspring...

from p. 8

Although this Christmas will be her first without her Mom Julia, Shirley's strong foundation in God assures her that her parents are in a better place. Shirley is thankful for their lives and for God's many blessings and wishes everyone a very Merry Christmas. ✨ **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 Ca-

balo 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.



Rizal...

from p. 5

vant today as he displaced acts of compassion, bravery and belief in peace over violence to gain freedom for his beloved country. Students are still inspired by his accomplishments and strive for a better education to work hard to achieve their dreams and aspirations in life. It is because of José Rizal's determination and philosophy that inspires others to work hard in achieving their dreams and aspirations. ✨ **Google® Is Not Everything** is a monthly column authored by high

school students. The title of the column emphasizes that education is more than just googling a topic. Google® is a registered trademark.

This month's guest columnist is **Rome-**

lyn Joy Tabangcura, a junior at Maui High School taking part in Maui High's ACOM and Health Services pathway. She is a member of Health Occupation Student of America (HOSA) for 3 years and has competed in Human Growth and Development and placed top 3 at states. She is also a part of INTERACT, a service club that works around the community.

She aspires to become an anesthesiologist one day. She is a daughter of Romeo and Roselyn Tabangcura.



Let's Talk Pinoy!

Talk...

from p. 11

Anyways that's all I have. Keep an eye out for my article every issue. I'm Dulce, helping you to master your Filipino Languages. Like always, let's laugh, let's listen, and Let's Talk Pinoy! Hanggang sa muli! (Until next time!) Ingat! (Take care!). ✨ **Dulce Karen Butay** was graduated from Maui High School and earned her Associate in Arts in Liberal Arts from Maui Community College and her Bachelors of Science in Business Administration, specializing in Accounting, from the University of Hawai'i - West O'ahu. She is currently the Administrative Of-

ficer at the County of Maui, Department of Finance. Butay is a licensed Resident Producer of Life Insurance with World Financial Group and an Independent Consultant of Saladmaster. She recently became part of the Travel Club of Saladmaster and won an all-expenses paid trip to Cancun, Mexico with the love of her life. Butay recently returned from a trip to Texas as one of the delegates from Island Healthy Solutions, a dealer of Saladmaster here on Maui.



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Appointments on Maui or O'ahu

Ating Kabuhayan



Ask yourself; are you engaging others and actively participating with family, friends, co-workers and church-family during the Holidays and Holy Days?

Then, ask yourself; are you the type to use Holidays and Holy Days to just chill, relax, do nothing and be lazy like “Juan Tamad”?



Holidays...

from p. 12

- about what took place in the past (history) to give rise to the present day.
- Tradition, and the *holidays* that commemorate traditions, provides a forum to *showcase role models* and celebrate the things that really matter in life.
 - *Holidays*, and the traditions they commemorate and celebrate, offer a chance to say “thank you” for the contribution that someone has made.
 - In this country, holidays and traditions enable us to showcase the principles of our Founding Fathers, celebrate diversity, and the communities we live in; helping to unite us as a country, multi-culturally.
 - *Holidays* offer us excellent contexts for meaningful pause and reflection, even continuing to be the *Holy Days* that help us to celebrate the levels and dimensions of our spiritual lives, giving rise to faith that can be expressed daily.
- Holidays* and *Holy Days* give meaning and value to our lives. They give our living in and sense of community meaning and value, ways we relate to one another. I don’t think we want to take each other for granted because this would reduce how we relate to one another to inappropriate behaviors, selfish attitudes and being in pursuit of trivial things; things not essential to how we related to one another, forgetting that we share a quality of life. Yes, *holidays* and *Holy Days* help nurture a quality of life among us all. But we have to know what they are and why we have them. *Kababayan*, let’s not take them for granted. If we do, the result will be that our beliefs, values and true meanings of life will get diluted and, over time, we will forget important

events, important people, and important cultural understanding.

So, *holidays* and *Holy Days* are important. They are not just excuses for a day off or to “veg out.” When a *holiday* comes along, know why we have it on the calendar. When a *Holy Day* shows up on the calendar, live it as if your spiritual life is more important than anything you can do physically. I think *holidays* and *Holy Days* give us the opportunity to not allow apathy and ignorance overshadow our traditions, our values and our meaningful pursuit of life. I know that *holidays* and *Holy Days* give me great satisfaction and a sense of accomplishment and gratitude. So, the next time you celebrate a *holiday*, or a *Holy Day*, remember that your responsibility, even your obligation, is to mark the true meaning of the day. ✨

Rev. 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.



Season...

from p. 13

when Jesus was born. When she lived in the Philippines, she went caroling with her friends from house to house starting on December 16 up to Christmas Day. Nicole would go to her *Ninongs’* and *Ninangs’* houses and they would give her this red Chinese envelope with money inside. A family tradition she always does annually is called *Noche Buena*. This is the time when their whole family gets together on Christmas Eve and eat. If she could ask Santa for one gift that would be a house. “I want our family to have our privacy and it’s just something that would make not only me but also my parents happy,” she added.

Christine Alonzo says that Christmas is the “Season of giving.” If Christine Alonzo could ask Santa for one gift, she would ask for money. Even though that may seem greedy to most people, she would not be greedy with the money at all. Christine believes in the saying “Money doesn’t buy happiness” but she also believes that you can use the money to create happiness. “If I received the money, I would give it to the less for-



Christine Alonzo

tunate to make their holidays a little more joyful,” she said. She prefers giving rather than receiving because the look on people’s faces when they receive something is priceless. Their faces light up and that warms her heart.

Christine celebrates Christmas because she grew up learning that Christmas is Jesus’ birthday and that it’s the season of giving. On Christmas Eve, her whole family gets together at one of her relatives’ home and they all stay up until midnight to say “Merry Christmas” to each other. A few family traditions include having a Christmas dinner and playing White Elephant. The one thing she absolutely loves about Christmas is the joy it brings. “Whenever Christmas comes around, I notice that a lot of people are more joyful and happy,” she added. Her favorite Christmas memory is arriving in Australia on Christmas day and seeing her relatives for the first time in a long time. Christine’s family traveled to Australia last year on Christmas Eve. “We were so happy to be with them and that was something I would never forget,” she said.

Kristian Magaoay describes Christmas as being “Merry and Bright.” He enjoys Christmas because of the cheery holiday spirit—everyone getting together and having the time of their lives. “I celebrate Christmas because it’s that time of year where you get together and bond, giving each other gifts and making everyone happy,” he said. The way his family celebrates Christmas is by having a little family get-together. They give each other presents and just have a little party with food, drinks, games, movies, etc. “Our family tradition is usually just a Christmas party with tons of people coming over and food,” he added.

Kristian would rather spend Christmas in Hawai’i because most of his family is here. “It would be nice to experience it in the snow but it’s

see SEASON next page

Ka-Ching!

Ka-Ching...

from p. 12

go-laden clothing, which makes your kids walking advertisements. Speak out at your local schools about the troubling trend of ads on buses, commercials on classroom current-events television stations, franchise food chains in cafeterias, ad-laden teaching modules provided by manufacturers, ads in bathroom stalls, and so on. Try to become an ad-savvy family!

Holiday Spending Without Breaking the Bank

While you are working to help minimize the marketing hype and outrageous requests for holiday spending from your children, consider taking a look at your household’s finances – what can you afford? How can you make the most of your financial situation? To learn more or access helpful materials, speak with a local financial professional or visit <https://www.massmutual.com/for/family-finance>.

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Provided by **Elsa Agdinaoy-Segal**, registered representative of MassMutual Pacific, courtesy of Massachusetts Mutual Life Insurance Company (MassMutual). Lic. # 357268. Agdinaoy-Segal was graduated from Hawai’i Pacific University where she received a Bachelor’s of Science in Business Administration with an emphasis on Human Resource Management. In 2009, she earned the Chartered Retirement Plans SpecialistSM designation (CRPS®). Agdinaoy-Segal has nine years of experience in the financial services industry. She is the mother of two children, Joshua and Lily, and married to Brandon Segal, a deputy prosecuting attorney with the County of Maui.



Start Strong...

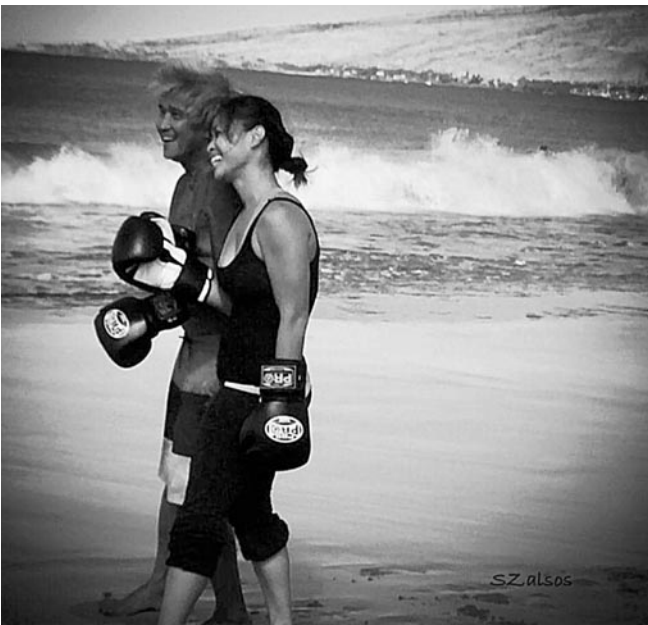
from p. 13

comes from the spice saffron. This is highly studied for its antidepressant, appetite suppressing and libido boosting benefits. When you see saffron rice on the menu, try it! To buy good quality saffron can cost anywhere from \$12.99 for 1.5 grams to over \$299.95 per 75 grams.

We can present success stories after stories but it all boils down to you. What is your state of health as we conclude 2018? Are you at your optimum level? Or would you like to ring in 2019 with a list of resolutions to do. My suggestion is to start now and ring in 2019 already ahead of the game. It's simple to start—just make a decision. Know what you want changed in

your current health and go from there. With a plethora of fad diets here and there, be very careful about starting on the new trend. Breen highly suggests consulting your personal physician prior to starting a new diet regiment. I am not a fan of any diets. The root word die is enough to deter me from starting anything that end with the word diet. Atkins Diet, Keto Diet, South Beach Diet, Vegetarian Diet, Zone Diet.

Instead, I recommend a change in our lifestyle and eating habits. A diet plan to



Time is a precious commodity that cannot be replaced when it comes to realizing your health goals.

PHOTO COURTESY SHARON ZALSOS BANAAG

me is meant to be temporary. It is not mean to be a long term fix on health. The reality is most diets are started because we have to lose an inch or so before a special event. I know, I was just in my wedding gown a couple of months back. ❄

Sharon Zalsos Banaag is a past president of the Maui Filipino Chamber of Commerce (three terms) and has her own marketing business: Kalona International LLC. She's also an ACN Independent Business Owner. A former Miss Maui Filipina, Sharon played the lead in MAPA's presentation of Miss Saigon. A graduate of Maui High School, Sharon is employed with the County of Maui and a proud Veteran of the United States Air Force.



Kristian Magaoay

Season...

from p. 15

more about the bonding of one another," he said. He prefers giving rather than receiving because seeing friends and family smile when they receive gifts is probably the best thing you could ever see. Giving friends and family gifts and seeing them smile and be really happy when they open them warms his heart. "In all honesty, I wouldn't even ask Santa for one gift because just the fact that I'm able to spend time with my family and making most memorable moments with them already makes me happy," he

added.

As much as Shmily Versola loves Christmas here in Hawai'i, she would want to experience the cold weather. "I want to see what a white Christmas looks like and also build a snowman," she said. "Christmas is the most wonderful time of the year. It is the most awaited day as the year finishes." What she loves about Christmas is seeing her family come together as one. No fighting. No yelling. No worries. "It's just us. We gather as a celebration of the love we have for one another," she added. Shmily celebrates Christmas as part of her religion. "That is when our savior Jesus Christ was brought into this world," she said. One of her family traditions is to have a feast on Christmas with all of their favorite dishes, cooked and served with love. They play games and talk to catch up with each other's lives. "A family tradition we have is always serving spaghetti on Christmas Eve. We can never forget about spaghetti," she said. Shmily's all-time favorite Christmas memory was when she was five years old. It was her first boodle fight. Her family decided to spend Christmas with her maternal grandparents. She remembers having the food arranged nicely but after the prayer was finished, everyone was digging in. Her Dad tried his very best to grab as much shrimp as he could because they were Shmily's favorite.

To Shmily, giving is better than receiving because it makes her feel good about herself. It's the thought that she gets to make someone smile even for a short amount of time that brings her joy. If she could ask Santa for a gift, it would be the gift of having the chance to change the world. She chose this gift because many people are fighting their toughest battles, crying out for help around the world but nothing ever happens. No changes are being made. No one is taking the time to seek for improvements. "Time may not be our friend at all times but it should not stop us from moving with purpose," she added.



Shmily Versola

The holiday season is the reward teens have been looking forward to after completing a semester in school. They are able to give gifts to their friends and families as a symbol of their love and appreciation for their support. During the holiday season families gather together to enjoy each other's company. Christmas is the perfect celebration filled with presents, lights, trees, food, family, and friends. The birth of Jesus Christ is what's usually associated with Christmas or the holidays but generations have been re-defining Christmas in their own way. As we celebrate the holidays with our families, young siblings, cousins, or children, they'll witness the magic of giving and love—they are the ones who will keep the Christmas Spirit alive in the future. The celebration of giving, and the celebration of family and friends are not new but they are new in that today they are what defines Christmas. ❄

Ghenesis Jhay Balaan, is a Junior at Maui High School attending its Culinary and Health CTE Pathway. He is a two-year member of Health Occupations Students of America (HOSA) and served as its Council Treasurer in 2017-2018. Ghenesis hopes to become a respiratory therapist in the future. He is

the eldest son of Benjamin V. Ballesteros Jr. and Jerameelyn B. Ballesteros.



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