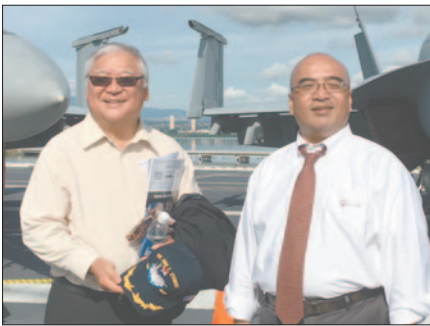




Great College at Home
UH Maui College is an affordable and accredited option.
See below



Elections Around the Corner
Leadership Series looks at DeCoite's vision for Maui nui.
See below



Maui's US Military Backyard
A look at the US Military presence in Hawai'i and on Maui.
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Fil·Am Voice

Magkaisa Tayong Lahat | "Let Us All Unite"

March 2022 • Vol 6 No 3 | **FILIPINO AMERICAN VOICE • UPLIFTING OUR COMMUNITY** | **FREE**

inside



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How faith turns to strength in our families.
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University of Hawai'i Maui College ...

A great option for Maui's graduating high school students.

Alfredo G. Evangelista | ASSISTANT EDITOR | *STORY BEGINS ON PAGE 2



Taking a minute to enjoy their sense of place on UH Maui Campus
PHOTO COURTESY UHMC

Sen. Lynn DeCoite

The Eighth in a Series.



Editor's note: In 2022, Leadership for the State and Maui County will be at the forefront with elections for Governor, Maui Mayor, Council, and due to reapportionment, all State Senators and State Representatives. The primary election will be held on August 13, 2022 with the General Election on November 8, 2022, and it's not too early to start thinking about the type of State and County leaders needed. The first three months focused on potential gubernatorial candidates. The next three months focused on Maui County's Mayor and Councilmembers. Last month, we focused on State Representatives Troy Hashimoto and Justin Woodson. This month we shift to the State Senate, with a focus on State Senator Lynn DeCoite.

Next month we will focus on State Senator Gilbert S.C. Keith-Agaran.

Sen. Lynn DeCoite

1. IN 100 WORDS OR LESS, PLEASE TELL US YOUR BACKGROUND, INCLUDING DETAILS ABOUT YOUR FAMILY, EDUCATION, AND EXPERIENCE IN THE PUBLIC, PRIVATE, AND NON-PROFIT SECTORS.

Senator Lynn DeCoite is a third-generation homestead farmer. She and her husband, Russell DeCoite, own and operate their family farm, known for the famous Molokai purple sweet potato. Senator is a devoted wife, proud mother of three children with two amazing grandchildren.



She has a history of being very involved in her community; she has served on the Boards for organizations like Lokahi Pacific, Hikiola Cooperative, Molokai Irrigation Advisory Board, the Molokai Chamber Foundation, the Molokai Planning Commission, Molokai Homestead Farmers Alliance, Farm Serv-

ice Agency and the Hawai'i State Board of Agriculture. She served in the State House from 2015-2021 and then was appointed to the State Senate in June 2021.

2. IN 200 WORDS OR LESS, PLEASE TELL US: A) WHAT IS YOUR VISION FOR MAUI? B) WHAT IS RIGHT WITH MAUI? C) WHAT IS WRONG WITH MAUI?

My vision for Maui County is to be able to create a balance with a thriving local economy and tourism, keeping in mind of local needs. What is wrong—Maui County, as with most of Hawai'i, has had this dependence on Tourism for so long that has dominated our job market and economic industry. We

see LEADERSHIP p.4

FREE



Current UHMC Student Government President Bre Rodrigues and former President Sam Peralta discuss possible ways to improve student engagement and campus life.
PHOTO COURTESY UHMC

“Why should I move when we have a great nursing program here in Hawai‘i that is more affordable?” In 2018, Lennel Joy Alvarez was a senior at Maui High School, pondering her future. As a teenager, she had dreamed of going to college—preferably far from home. As a junior, she began searching for colleges and researched those with reputable nursing programs such as the University of San Francisco, Azusa Pacific University, University of Portland, University of Hawai‘i at Mānoa, and the University of Hawai‘i Maui College (UHMC). Alvarez was accepted at all these schools. “At the time, my mind set was to find the fastest and easiest way to finish my nursing degree but as I drew closer to my senior year my mind set changed,” Alvarez recalls. “During my senior year of high school, I realized I would be more helpful to my family if I stayed rather than left. In that year, my younger sisters were only two years old and my family needed all the help they could get. Additionally, I looked into the prices of the colleges I applied to and found staying in Hawai‘i for college would be a lot cheaper.”

Indeed, the cost of a four-year college has skyrocketed over the years. Each year, CBS News compiles a list of the fifty most expensive colleges in the country (see adjoining box for a sample) and the range goes from \$81,531 for the most expensive—University of Chicago to \$74,570 for the

Some of the 50 most expensive schools*

| | |
|---|--|
| 50. Stanford University \$74,570 | 20. Claremont McKenna College \$76,280 |
| 45. California Institute of Technology \$74,63 | 19. Occidental College \$76,600 |
| 44. Santa Clara University \$74,829 | 18. Yale University \$76,645 |
| 42. Boston University \$75,002 | 12. Duke University \$77,029 |
| 40. Chapman University \$75,112 | 10. Dartmouth College \$77,152 |
| 35. Pepperdine University \$75,312 | 8. University of Southern California \$77,459 |
| 33. New York University \$75,502 | 5. Barnard College \$78,044 |
| 28. Pitzer \$75,850 | 4. Northwestern University \$78,654 |
| 27. Boston College \$75,886 | 3. Harvey Mudd College \$79,539 |
| 23. Cornell University \$76,258 | 2. Columbia University \$79,752 |
| 22. Georgetown University \$76,280 | 1. University of Chicago \$81,531 |

*As ranked by CBS News based on published out-of-state tuition, fees and housing costs data from The National Center for Education Studies.

50th most expensive—Stanford University. At #8 is my alma mater—University of Southern California—at an annual cost of \$77,459. My recollection is it cost me \$1976 per semester in tuition and my total net cost (after scholarships) for both college and law school was around \$25,000—the amount of my Guaranteed Student Loan through the HC&S Federal Credit Union now known as Valley Isle Community Federal Credit Union.

The cost at UHMC definitely is a game changer. For the fall/spring semester, residents pay \$131 per lower division credit and \$306 per upper division credit (300 and 400 level courses). The UHMC website, <http://maui.hawaii.edu> even offers a cost calculator to help you figure out your college cost at UHMC, see UHMC p.6

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From the Editor's Desk

Vince Bagoyo, Jr.
EDITOR • FIL-AM VOICE

"So encourage each other and build each other up, just as you are already doing."
(1 Thessalonians 5:11)

We All Need a Little Encouragement

Every one of us has more than one memory of a specific time when we have felt hopeless, helpless, and at the brink, ready to give up on our dreams and worst of all, even to give up on ourselves. This universal life condition is shared by all, no matter where we are born, who our parents are, our educational standing or social status.

At the same time, we can also remember vividly how somehow, somewhere, someone came along to announce loudly, just the words we needed to hear at that exact moment—to totally change our outlook on that troublesome situation. These words—small, big, gentle or brash—gave us back our *mojo*, and the confidence to again be willing to take the next step.

Sometimes the words were accompanied by action—a grip of a firm hand, two hands on your shoulders pushing you forward, a soft touch on your arm to remind you of a caring heart and even a

warm hug from someone asking, "What do you need and how can I help?" A few loving, caring, words of encouragement can surprise us all with miraculous results. Yes, we have all had the unexpected experience of wonder, relief, and/or exhilaration from the blessing(s) of kind little words of encouragement—just when we needed it most.

Recently, I authored an article in our church weekly newsletter on the topic of encouragement and take this opportunity to share it here with our *Fil-Am Voice* loyal readers and supporters.

We all need a little encouragement. It is so important to offer kind encouragement, especially as we face challenges and uncertainties on what comes next. Encouragement is vital oxygen in the life of our family and our community. It keeps us focused on God's sovereign power; it inspires us to be faithful in service to Him; and directs us to praise His Holy Name

see FROM THE EDITOR'S DESK p. 6



On opening day for Hawaii's 2022 legislative session, Lynn DeCoite fronts her assigned chair as Majority Floor Leader.

PHOTO COURTESY LYNN DECOITE

Leadership ...

from p. 1

need more balance so that our local residents can enjoy our islands and our culture while also having ways to economically thrive. The good/right—is our people, our shared cultures and our people's de-

termination to succeed in all aspects of life; family, culture and economic success.

3. IN 125 WORDS OR LESS, PLEASE DESCRIBE YOUR RELATIONSHIP WITH MAUI'S FILIPINO COMMUNITY.

I feel I have a strong relationship with the Filipino community across Maui County. I have worked side by side with my Filipino brothers and



Lynn DeCoite is sworn-in on opening Day at the Hawai'i State Capitol in Honolulu.

PHOTO COURTESY LYNN DECOITE



Supporters from Maui's ILWU Local 142 stand with Sen Lynn DeCoite on opening Day.

PHOTO COURTESY LYNN DECOITE



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Sen. Lynn DeCoite is a devoted wife and proud mother of three children with two amazing grandchildren.
PHOTO COURTESY LYNN DeCOITE

sisters throughout my career as a farmer/rancher. It has been my privilege to employ many Filipino workers (and workers of all cultures) on my family farm. In my career as a Legislator, I have seen the union workers come visit my office and also out in the public serving our communities across many job sectors. And of course, I love getting to socialize, talk story and eat 'ono Filipino food any chance I get.

4. IN 500 WORDS OR LESS, PLEASE IDENTIFY AND EXPLAIN THE THREE GREATEST NEEDS OF MAUI'S FILIPINO COMMUNITY.

Over the years I've seen many needs from communities across our

County. For Maui's Filipino community I see increased needs for housing, job/job diversity and the need for time to celebrate and preserve culture. Filipinos, like many cultures here in Hawai'i nei, always put family first and have a strong bond with their culture. Having to worry about housing and jobs takes away from time with family and teaching culture to our children.

If we can build more affordable housing and have a better balance in job diversity, then we can have more time for our families, time for community events (with proper COVID protocols) and time to share culture with family and community. 🌟

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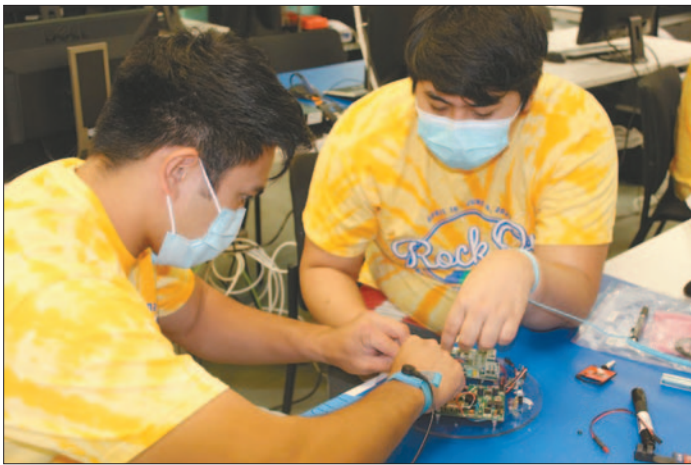
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ABOVE: ECET students Pal Isidore Casinto (L) and Byron-John Delacruz (R) checking power connection for NASA Rocket payload.
PHOTO COURTESY UHMC

LEFT: Culinary students (L-R) Layli Gonzalez, Ryan Chang, and Deandra Massey team up to prepare their plate for entry during a class competition cooking challenge.
PHOTO COURTESY UHMC

UHMC ...

from p. 2

<http://maui.hawaii.edu/netpricecalculator/>.

For Shania Mae Miranda, also a 2018 Maui High School alum, cost was definitely a factor in selecting UHMC. “UHMC was the college I

chose to further my knowledge, specifically as a nursing major because it was easier on me financially. It allowed me to work my two part time jobs at the time to help pay my tuition and books, in addition to the scholarships I was awarded. I also decided to stay near home because I believe regardless where I get my nursing degree, the end goal is the same. Addi-

tionally, while still being able to live with my parents, I can save money for my future big girl purchases, such as my dream house and dream car.”

While UHMC’s nursing program is extremely popular and difficult to gain entry, UHMC offers a Bachelor’s degree in Applied Business & Information Technology and a Bachelor’s degree in Sustainable Science Management. The UHMC website describes the ABIT degree as “a unique hybrid degree that emphasizes business, entrepreneurship and technology skills” while the UHMC website states the SSM program involves studies of “advanced practices such as systems approaches and offer applied experience to equip our students with knowledge, skills and leadership for the future.”

UHMC also offers Associate Degrees and Certificates in a wide range

of disciplines: Accounting; Administration of Justice; Agriculture & Natural Resources; Automotive Technology; Business Administration; Business Technology; Construction Technology; Creative Media; Culinary Arts; Dental Hygiene; Early Childhood Education; Electronic & Computer Engineering Technology; Fashion Technology; Hawaiian Studies; Hospitality & Tourism; Human Services; Liberal Arts; Marine Options Program; Natural Science; Nursing; and Visual Arts.

UHMC boasts a new, easy Kama’aina application for 2022 graduating high school students. Complete application information can be found at <http://maui.hawaii.edu/apply/>. Registration for the Fall 2022 classes opens on April 4, 2022.

“We pride ourselves on providing
see UHMC p.9

From the Editor’s Desk

| Cont’d from p. 4

with a heart of humility and gratitude.

Why is it so important to encourage one another? Because God commands us to extend His Grace with kind words. 1 Thessalonians 5:11 amplifies how vital it is to be an encourager: “So encourage each other and build each other up, just as you are already doing.” Hebrew 3:13–14 states: “Encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness. For if we are faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ.”

This is a pointed reminder if we fail to give encouragement to our family members, friends, neighbors, strangers and ourselves most of all, many of us will feel abandoned, isolated and alone or even disconnected, undervalued, unimportant and perhaps, inconsequential. God knows us intimately and we all need grace-filled reminders we are loved and valued. When these truths are shared with joy, it will lift our family, friends and community’s hearts toward the power of the Holy Spirit and help all of us to stand on God’s promises of Grace and Mercy.

Here are some ways to extend encouragement:

- Pray the God will make you an encourager.
- Pray for and with each other.
- Express and extend kind words with grace and a heart of humility.
- Be willing to listen to and un-

derstand others from their perspectives and experiences. This action is powerful; it is called empathy.

- Remove judgement, offer love, show understanding.
- Take someone out for coffee, tea or their favorite beverage.
- Continue fellowship by sharing a meal, a book, a story, a game, a movie, something fun.
- Visit family, friends, neighbors and let them know they are loved.
- Give a helping hand to someone in need.
- Express often your genuine gratitude.
- Find as many ways as possible to communicate kindness, thoughtfulness, encouragement.
- Be among the first to congratulate for special occasions or accomplishments, to express condolences with offers to help and to be always sensitive to and mindful of others at those times when they could use just a few words of goodwill and support from one who believes in them.

Let us be the community God calls us to be, encouraging one another in love and giving grace with our words. Just a little kindness goes a long way in uplifting someone’s spirit. *And that uplifts us all!* ✨

Vince Bagoyo

VINCE BAGOYO, JR. | EDITOR



This young lady examines specimens under a microscope.
PHOTO COURTESY UHMC



Fellow students enjoy catching up on the campus great lawn .
PHOTO COURTESY UHMC



World War II Veterans at the 75th anniversary of the Pearl Harbor attack commemoration.
PHOTO COURTESY GIL KEITH-AGARAN



Sen. Clarence Nishihara and Sen. Gil Keith-Agaran aboard the U.S.S. John C. Stennis aircraft carrier following the Pearl Harbor 75th anniversary ceremony.
PHOTO COURTESY GIL KEITH-AGARAN

Growing up on Maui, the military was something in Honolulu or on TV or the movies. I had relatives in the armed forces and a number of my dad’s HC&S buddies and cousins were weekend warriors with the local National Guard unit. So it was somewhat outside my experience small kid time to watch films like *Tora Tora Tora* or *From Here to Eternity* that depicted a Honolulu with the military so actively entwined with island business and government leaders. I knew about the role of Pearl Harbor in American history and the important contributions of the Hawai’i men who served in World War II, including 442nd Regimental Combat Team Nisei Veterans like U.S. Senators Daniel K. Inouye and Spark Matsunaga. (Not until I started practicing law did I become aware of the First Filipino Infantry where future Supreme Court Chief Justice William Richardson, future Supreme Court Associate Justice Benjamin Menor and future Vice Speaker of the House Emilio Alcon, amongst others, served.) But even when I worked for Governor Ben Cayetano, I had few interactions with the Army or Navy brass except for the base closure process at Barbers Point. But over the last 150 years, Hawai’i and the United States military have shared strong historical connections marked by significant events. While a

lot of Hawai’i and Maui men (and now women) continue to serve in the U.S. military, local patriotism is often strained by historical missteps. To start, American marines coming ashore to protect American property and citizens secured the revolution against Queen Lili’uokalani. The Massie trial arose from the revenge killing of uncharged and untried local youths by a socialite and her Navy son-in-law and his sailor buddies.

DINENGDENG & PINAKBET

Our US Military on Maui

Gilbert S.C. Keith-Agaran

After annexation and rapidly after the attack on Pearl Harbor, the federal government established American military bases and installations throughout the islands. You had Pearl Harbor, Hickam Field, and Schofield Barracks on O’ahu. Maui featured Naval Air Station Kahului (NASKA) and Naval Air Station Pu’unēnē (the original Maui Airport). At the height of World War II, NAS Pu’unēnē was the largest air base in the Pacific—large enough

to accommodate carrier air groups—and remnants of the buildings making up the base can still be seen when driving along Veterans Highway (formerly Mokulele or Airport Highway) in the Mahi Pono fields. During World War II, the 4th Marine Division, perhaps almost 18,000 troops, trained and lived at Camp Maui along Kokomo Road in Ha’ikū. Maui reportedly became the largest training area for naval air groups. The military staged amphibious landing assaults along Maui’s south shore from Mā’alaea Harbor to Mākena Landing, and practiced underwater demolitions as part of those exercises. Many areas of Maui were used as firing and training ranges. Maui had perhaps 45,000 people in the winter of 1941 before Pearl Harbor. Towards the end of the war, over 100,000 military personnel lived on the island along with the resident population. While the military presence on the Valley Isle faded after the Japanese surrender, Hawai’i would remain the base of operations for the last two major wars in Asia during the latter part of the twentieth century: Korea and Vietnam. While Maui’s direct interaction with the armed forces largely ended with the Japanese surrender, Maui’s young people would continue to enlist and serve. Growing up, the major connection in real life between Maui and the mil-

itary would be the continued use of its waters and Kaho’olawe by the Navy. After getting title to the island from U.S. President Dwight D. Eisenhower in 1953, the Navy continued to bomb Kaho’olawe as a range. A generation on the island can remember the booms during the regular exercises by the military and its international allies. After locals began to protest the bombings, including some “illegal” occupations and landings on the island, and eventually initiated lawsuits that ultimately won victories against the Navy, U.S. President George H.W. Bush halted the bombing in the 1990s. U.S. Senator Daniel K. Inouye would pass Title X of the 1994 Department of Defense Appropriations Act, authorizing conveyance of Kaho’olawe and its surrounding waters back to the State of Hawai’i. Inouye in that legislation also secured \$400 million for the Navy to clean up the island. By the time the funds were expended in 2004, the Kaho’olawe Island Reserve Commission reports approximately 75 percent of the island was “surfaced cleared” of unexploded ordnance. Ten percent of the island (2,647 acres) were additionally cleared to the depth of four-feet. However, large tracts of Kaho’olawe remains unusable due to the continued presence of unexploded ordnance. 6,692 acres were not cleared and unescorted access to these areas remain unsafe. O’ahu, where most of Hawai’i’s population lives, recently had to deal

see US MILITARY p.9



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Is Not Everything ...

Maui High School's 50th Anniversary Celebration: A Success for Generations

Brooklyn Jones | MAUI HIGH SCHOOL, CLASS OF 2022

Although Lahainaluna was the first school on Maui, Maui High was the island's first public high school. After fifty-nine years at the original Hāmākuapoko campus upcountry, the graduating classes of 1972–1975 relocated to the current Kahului campus.

The transition from the secluded, lush atmosphere of the Hāmākuapoko to the crude, in-town Kahului school may have been a challenge for the students. Still, in true local fashion, they persevered and found success. Maui High alumni have become renowned athletes, leaders of nonprofit organiza-

tions, barrier-breaking professionals, and more throughout the years.

To commemorate Maui High's journey as a school and community, the Maui High School Foundation sponsored a 50th-anniversary celebration on February 12, 2022. Upon entering the campus through the parking lot, staff members and a vintage car show immediately greeted them. "It gave many of us a look back into how vehicles were for past students," remarks Maui High senior **Mykayla Lorenzo**. Mykayla, the Vice President of the school's National Honor Society, came to the event to volunteer at the drink booth and enjoyed the exhibitions while she spent her day there. The car show was "one of [her] favorites" but she found walking around the time capsule of pictures and displays located in A Building was surreal and amazing.

Admiring the fantastic and rare cars was very interesting but it could work up an appetite! Luckily, food trucks were just across the campus near the cafeteria if you came to the celebration hungry. "I ate at one food truck: Ogo Maui," recalls **Renzo Gaoiran**, a senior at Maui High School. He used to work for Ogo and "had to give it a shot again." "If you've ever heard of 'Renzo's Hurricane Chicken,' that was named after me!" Renzo laughs. Local businesses like Ogo, Pastele House, Al's BBQ Pit and Bang Um Out Grindz dished out crowd-pleasing favorites like barbeque shrimp plates, noodles and more to hungry guests. And if you were in the mood for dessert, flavored churros from Bang Um Out Grindz and varieties of filled sweet bread from Molokai Sweet Breads were sure to satisfy.

After stopping to get something to eat, visitors made their way to A Building. Stepping into the space, the pictures, newspaper clips and yearbook excerpts covering the walls were the first thing you noticed. You could see parents pointing out their photos to their kids. Old friends were revisiting fond memories. Current Sabers like **Kristiann Miguel** found the memory lane fascinating as well. The senior in particular recalls the picture of Maui High's old flag corps catching her eye. As a current color guard captain, seeing the "Saber legacy" from flag corps to color guard teams, invoked a strong sense of pride and belonging in the color

guard captain.

Local artists—including Homestead, a band consisting of Maui High alumni—provided entertainment and ambiance for the event. And at the end of the day finale, planners organized a surprise flash mob following the Alma Mater sung by Maui High School senior Aeris Miyake. I was also recruited for the flash mob performance and had a blast learning the choreography and dancing with my friends.

Even though **Connor Gunderson** had to miss most of the celebration for a high school swim meet, he arrived just in time to see the flash mob performance, saying it "caught his attention." "I saw a couple of my friends participate in it and I hope

they enjoyed it as much as I did," he comments. Connor came to the event to help clean up as a National Honor Society member; he may not have been able to make it for most of the day but still looking at the exhibits and watching the performances

was fun and memorable for the Maui High senior.

To Sabers of any age, this event was a success. It was heartwarming to see generations of Maui High School students revisit their old alma mater for its landmark 50th anniversary.

And in the future, for the centennial celebration of Maui High School's Kahului campus, current Sabers are excited to do the same.

(Thank you to **Jansen Chase Aceret** for providing me with key details for this article from his coverage of this event!)

Google® Is Not Everything ... is a monthly column authored by high school students. The title of the column emphasizes education is more than just googling a topic. Google® is a registered trademark. This month's guest columnist is **Brooklyn Jones**, a Senior at Maui High School. She is an assistant editor in her school's journalism program, *Saber Scribes*, and also a member of the Girls Can STEM Club. Brooklyn is in the ACOM Pathway at Maui High, specializing in graphic design. In her free time, she swims for Hawai'i Swimming Club, bakes and likes to go to the beach. She is the daughter of Melissa Ligot Jones and Darren Jones.

"To Sabers of any age, this event was a success."

— BROOKLYN JONES

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US Military ...

from p. 7

with the impacts of military presence. On March 7, 2022, the U.S. Navy finally decided it would close the 1943 Red Hills underground fuel storage tank facility after initially legally filing to fight a State department of health order to end use of the tanks. Built in 1943 to hold up to 250 million gallons and located in the side of a mountain to protect them from enemy attacks, the tanks leaked fuel into the water system after an accident in the facility. While a concern for quite a while due to its location above a key aquifer providing drinking water for a major portion of O’ahu, that leak contaminated drinking water at Pearl Harbor homes and offices. Thousands of O’ahu residents, most of them military families and their dependents, drank the water and suffered various ailments requiring treatment. Many were evacuated to Waikiki hotels for several weeks while the Navy flushed out its drinking water system.

The military decision appears to recognize that the old arguments for a centralized fuel storage area probably needed to change. With U.S. personnel dispersed through the Pacific, it would be better to locate fuel in various places allowing more flexibility and efficiency for Naval operations. But until the fuel tanks harmed O’ahu residents, including the Navy’s own families, the Navy had been reluctant to change.

The State and its residents will



With then-President Pro Tem of the U.S. Senate Daniel K. Inouye at Maui Memorial Medical Center.

PHOTO COURTESY GIL KEITH-AGARAN

need to face in the coming years a looming decision about the armed forces presence in the islands. After statehood, the federal government had a number of years to decide which parts of Hawaii’s lands it would continue to control either out-right or by long-term lease. Those leases will be ending by the end of this decade. ✨

Gilbert S.C. Keith-Agaran



practices law in Wailuku. He represents Central Maui in the State Senate. He worked at the Land Department for Governor Ben Cayetano.

UHMC ...

from p. 6

our students with a nurturing environment where everyone—faculty, administration, staff—is committed to student success,” says UHMC Chancellor Lui Hokoana, a 1985 St. Anthony High School alum who earned a bachelor’s degree in political science from UH Hilo, a master’s degree in communications from UH at Mānoa and a doctorate of education degree from the University of Southern California. “Small class sizes, high-quality instructors, affordability and convenience are all hallmarks of our college,” explains Hokoana, who was appointed Chancellor on December 1, 2014.

Aside from saving money, what’s important is the relationships developed not only at school but in the community. This was definitely in Miranda’s mind set. “I also kept in mind the connections and relationships I can create during my clinical experiences to help with obtaining an RN job afterwards so I could help serve my community.” Alvarez agrees and says “I realized a lot of nurses on Maui graduated from the nursing program at UHMC. I learned from these UHMC Nursing Program alumni that leaving the island for college does not mean I will be receiving different and better education; nursing education is the same wherever we go, so I decided to commit to UHMC.”

“We are committed to preparing our students for the real world,” says Hokoana. “To that end, we work with

see UHMC p.15

Happy Holidays!
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(Above) Leaders of the Bahay Kubo Heritage Foundation greet Mayor Michael Victorino.
PHOTO: ALFREDO G. EVANGELISTA



(Left) The Bahay Kubo Heritage Foundation present Mayor Michael Victorino with a painting by artist Philip Sabado.
PHOTO: ALFREDO G. EVANGELISTA



Binhi at Ani Filipino Community Center has a maximum capacity of 464.
PHOTO: CEASAR LIZADA

COMMUNITY... IN ACTION

Compiled by Assistant Editor Alfredo G. Evangelista.
Send your community briefs to info@filamvoice.com.

BAHAY KUBO HERITAGE FOUNDATION

Leaders of the Bahay Kubo Heritage Foundation met with Mayor Michael Victorino to give him a tour of the recently completed renovations and to discuss the next steps moving forward. The Foundation also presented Victorino with a replica of the Bahay Kubo painting by Philip Sabado.

BINHI AT ANI

YES! Binhi at Ani Filipino Community Center is now open for events inside the Center. The office is open on Mondays, Wednesdays and Fridays from 3 p.m. to 5 p.m. and on Saturdays from 9 a.m. to

3 p.m.
53rd Annual Barrio Fiesta
The 53rd Annual Barrio Fiesta will return to a live event in 2022. The two day event will be held on Friday, May 27, 2022, 5 p.m. to 10 p.m. and on Saturday, May 28, 2022, 10 a.m. to 10 p.m. Please contact Marilyn Oura at (808) 280-2057 if you are interested in the Miss Barrio Fiesta contest. Please contact Nora Cabanilla-Takushi at (808) 276-8861 if you are interested to be a Food Vendor, Business Vendor or Nonprofit Vendor as the deadline is March 30. The Barrio Fiesta Experience will be inside the Center while the entertainment will be housed outside under a



large tent. Your favorite contests: Any Kine Sisig Challenge; The Barrio Fiesta Voice; Barrio Wear Contest; Da Pansit Eating Contest; Do the Sungka; Greased Pole Contest; and Sabado Art Foundation Keiki Art Party will return. Plus the Outstanding Housekeepers Award and the Veterans Memorial Service and Philippine cultural entertainment.
#barriofiestamaui

#BayanihanFeedingProgram

The program provides a Sunday lunch to Hale Mahaolu Residents in Central Maui. As of February 28, a total of 6,372 meals were delivered. There is a need for additional teams of volunteers to prepare the free lunches. The teams serving during the month of March are Friends of Michael Victorino, Maui Filipino Communi-

ty Council and Miss Maui USA.
Create a Team by signing up: <https://forms.gle/cVUGB6XLmtJi7MVH8> or by contacting Chelsea Guzman, chairperson of Binhi at Ani's Health and Wellness committee at guzman.chelsea.i@gmail.com or Sheena Marie Garo, co-chairperson at sheena.garo@gmail.com.
Tax-deductible donations are accepted via Paypal or a Credit/Debit card <https://binhiatani.org/donate/> or by mailing a check payable to Binhi at Ani, 780 Onehe'e Avenue, Kahului, HI 96732 [Memo: Feeding Program].

Scholarship Awards

The deadline for the 2022 Scholarship is now closed. Fifty scholarship applications were timely received. The Scholarship Committee under the guidance of Chairperson Michelle Balala will do an ini-



Residents at Hale Mahaolu receiving the plates prepared by Miss Maui USA volunteers.
PHOTO: LINDSAY RODRIGUES



IMAGE: LAWRENCE PASCUA

Anessa Riglos receives her 'Early Bird' prize.
PHOTO: ALFREDO G. EVANGELISTA



(Above) David Anzai receives his 'On the Green' prize for hole #17.
PHOTO: ALFREDO G. EVANGELISTA

(Right) The Hot Dog stand sponsored by Law Offices of Alfredo Evangelista, A Limited Liability Law Company was very popular with the golfers.

PHOTO: BASILIA EVANGELISTA





The Filam Interclub team pose for their team photo.
PHOTO: LAWRENCE PASCUA



The Law Offices of Alfredo Evangelista, A Limited Liability Law Company ham it up for their team photo.
PHOTO: LAWRENCE PASCUA



The Four Sisters Bakery team won 'The Mayor's Cup.'
PHOTO: ALFREDO G. EVANGELISTA



Arnel Alvarez receives his JackPot prize.
PHOTO: ALFREDO G. EVANGELISTA



(Left) John Galarita [represented by his teammate] receives his 'On the Green' prize for hole #6.
PHOTO: ALFREDO G. EVANGELISTA



(Right) Juanito Viloria receives his 'Closest to the Pin' prize.
PHOTO: ALFREDO G. EVANGELISTA

tial review of all applications to determine whether that particular application complied with all the requirements. After which, the qualified applications will be scored by an independent panel of judges. An auditor will tabulate the scores and the announcement of the scholarship recipients will be done in April, with The Seed and Harvest Dinner on July 2, 2022.

Scholarship Golf Tournament

The Scholarship Golf Tournament was held on Sunday, March 6, 2022 at The Dunes of Maui Lani. Together with the Scholarship Partners, the Golf Tournament raised enough funds to award at least twenty-two \$1,000 scholarships (with the top-rated scholar receiving \$2,000). Mahalo to all 140 golfers who had fun raising funds.

Congratulations to Four Sisters Bakery

Team consisting of Arnold Magbual, Elmer Arcano, Rozena Magbual and Marcus Villaverde who scored a net of 41.6 to capture the Mayor Michael Victorino Cup. Congratulations also to Arnel Alvarez [Closest to the Pin on #3—4 feet, winning the \$750 JackPot]; John Galarita [On the Green on #6]; Juanito Viloria [Closest to the Pin on #8—9 feet, 4 inches]; David Anzai [On the Green on #17]; Anessa Riglos [Early Bird Contest sponsored by Friends of Yuki Lei Sugimura] and Alan Takitani [Grand Door Prize sponsored by Philippine Airlines].

Next year's tournament will be held on March 5, 2023 and sponsors are advised to

confirm (and pay) early as it promises to be another sell-out event (this year, four teams were turned away due to space limitations).

MAUI FILIPINO COMMUNITY COUNCIL
2022 Miss Maui Filipina Scholarship Pageant

The 2022 Miss Maui Filipina Scholarship Pageant will be held on June 4. If you are a single woman of Filipina ancestry between the ages of 18 to 27 and interested in entering the 2022 Miss Maui Filipina Scholarship Pageant, contact Michelle Santos at (808) 264-0871 or mmf.mfcc@gmail.com for more information. The deadline is March

27, 2022.

PHILIPPINE NURSES ASSOCIATION MAUI HI

The Philippine Nurses Association Maui HI is holding a fundraiser through Zippy's. Contact president Lucy Porte at (808) 276-8026 to purchase a fundraiser ticket for \$9. Your ticket will redeem either 1) 1.5 lbs of Zippy's Famous Chili; or 2) 1.5 lbs of Portuguese Bean Soup; or 3) 1.5 lbs of Meat Sauce; or 4) Breakfast (consisting of one meat and eggs with one small coffee or small soft drink); or 5) Five pieces of cornbread (un-grilled). Tickets will expire on May 22, 2022. Other restrictions may apply.



Alan Takitani receives his 'Grand Door Prize.'
PHOTO: ALFREDO G. EVANGELISTA



The Maui Beach team gathered at Hole #10 to ring the bell.
PHOTO: ALFREDO G. EVANGELISTA





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IMAGE: VANESSA JOY DOMINGO, COURTESY MICHELLE SANTOS

Ti Biag ken Pammati
"Life and Faith"



Fr Michael blessing Deacon Pat with ashes.



Fr. Michael and Deacon Pat blessing parishioners with ashes.

A reading from the Holy Gospel according to Matthew. Jesus said to his disciples: Take care not to perform righteous deeds in order that people may see them, otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you. When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see

Turn Away from Sin and Be Faithful to the Gospel

Togetherness has given us strength. Let us build our families to be even stronger.

Deacon Patrick Constantino | PHOTOS COURTESY DCN. PATRICK CONSTANTINO

them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their re-

ward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.

The Gospel of the Lord! Praise to you Lord Jesus Christ!

God wants to change our hearts, life, so that his light can warm and brighten our life and faith, in our lives as a family!

Let us pray for our Christian families in Ukraine and Russia that our world leaders restore peace and love in this world! We dedicate ourselves in Prayer, Almsgiving and Fasting as we receive the Ashes in the form of the Cross of Christ this day! Amen!

Let's get to the heart of the matter of why we are here today. Though this isn't a holy day of obligation, most Catholics and many other Christians make their way to church on Ash Wednesday, the beginning of Lent. Why? The word Lent comes from the word for lengthening—referring to the lengthening of daylight hours in the Northern Hemisphere. As the sun's light shines longer each day, warming and brightening the Earth, it stirs new life into being. Let's face it, most of us are weary of the short,

dark and barren days of winter. We long for the warmth of the sun and the life it generates as the days lengthen. We mark this day with our presence because we have known the light that warms and brightens our lives as Christians—our beginnings—Jesus Christ, God from God—our present—Light from Light—our future! We long for a fullness of life in Him and we grow weary of the darkness of sin. We are here to ask Him to stir within us a contrite heart, humble and repentant. We mark this time of turning back to God with ashes on our foreheads, gathering as the reading from Joel describes, to: Proclaim a Fast, call an Assembly; Gather the people, notify the congregation; Assemble the elders, gather the children and the infants at the breast.

But we don't gather in order that people may see us; we are to mend our hearts not our garments. In our almsgiving, our fasting and our prayer, Jesus says do not be like the hypocrites who do these things so that others may see them. We give, fast and pray because we seek clean hearts and renewed spirits, not recognition from others. Jesus tells us that God will see and reward us for the sincere, humble and private acts we perform to help us grow in our love for Him. God wants us to turn to Him with our whole hearts. As we do, we will discover ways we can become closer to Him. We will also recognize the things in our lives that separate us from His love. We need only turn to Him seeking His forgiveness. He wants to change our hearts so His light can warm and brighten our lives and will appeal to others through us. He wants it so much He sent His Son

Continued on p.14



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Fr. Michael Blessing ashes.



This month marks the 2nd year of the global pandemic coronavirus known as COVID-19. How are you doing so far? Are you used to wearing a mask wherever you go or are you tired of it? Does your skin get dry because of hand sanitizers and frequent washing? The COVID-19 pandemic has changed and affected our life in so many ways. From our personal hygiene to how we interact with others and from work to telework.

Let's Talk Pinoy!

Dulce Karen Butay

This pandemic has taught me a lot of lessons but the two most important ones are: self-care and family. Taking care of yourself should be a priority and necessity. You cannot pour from

an empty cup if you yourself are empty. Then there's family, who will always be there for you no matter how different your opinions or your attitudes are. You have one purpose and that is to

have each other's back no matter what. What did you learn from this pandemic? Don't forget those lessons. Shout out to our March birthday celebrants: my niece Sharmaine Jolleen Butay and my good friend Jovy Baguyo. Happy, Happy birthday! *Mali-gayang bati sa inyong kaarawan!* Let's see what's going on with our story this month and where Michael and Angel will be going next, shall we?

"Do you think so? I am in trouble?" Angel shrieks as they stand next to each other. Michael walks her to the passenger side of the Hummer. Holding onto the back of her *ulo* (head) and kissing through her worn out headband, he whispers, "Everything will be ok." Angel lets out a cry. A cry that is years of pain and suffering rolled into a few consecutive gasps of air as she unravels herself into Michael's *braso* (arms). "I don't know what's going on yet but we will figure it out when we get there," Michael continues and holds her *kamay* (hand) tight. Angel continues to cry. "Ok?" Michael says. No answer. Michael continues to comfort her, rocking her back and forth, resting in his *gamat* (arms). Slowly the cry turns into a pant and then fades away. Michael slowly rest her *buntuk* (head) on the headrest. Slowly enough so he doesn't wake her up. Michael looks at Angel. "This girl has so much pain inside. She looks the part when she is laughing and *maga-yaya* (happy) but there is a storm inside her. Whenever something doesn't go right, even just a little, she begins to cry uncontrollably. One day she will open up to me." Michael stares at the moon. "I too have so much pain inside. We are so much alike even though we come from such different cultures. My *Tatay* (father) was never home and always treated me like an employee rather than like a son. My *Nanay* (mother) was always busy at home and so stressed that she was never any fun. I never really had any good *kaluguran* (friends) or family to turn to. She is alone and I will be there for her as long as she lets me. One day, she will be happy and so will I. But for now, we just have each other and that's just fine by me." He softly hammers his fist on the hood of the truck and gets into the driver's seat. He runs his fingers on the bottom of the steering wheel. Texas (down).

| English | Pilipino | Ilokano | Cebuano | Ilonggo | Ibanag | Kapampangan |
|---------|----------|----------|-----------|---------|----------|-------------|
| Father | Tatay | Tatang | Amahan | Tatay | Yama | Tata |
| Mother | Nanay | Nanang | Inahan | Nanay | Yena | Ima |
| Happy | Masaya | Naragsak | Malipayon | Masadya | Magayaya | Matula |
| Key | Susi | Tulbek | Yawe | Yabe | Annusi | Susi |
| Friend | Kaibigan | Gayyem | Bai | Miga | Kofun | Kaluguran |
| Car | Sasakyan | Lugan | Sakyanan | Auto | Kotse | Saken |
| Arms | Braso? | Takyag | Lima | Gamat | Kamot | Braso |
| Hand | Kamay | Ima | Lima | Gamat | Duhol | Kamut |
| Head | Ulo | Ulo | Ulu | Buntuk | Ulo | Ulo |

He extends his *gamat* (hand) forward under the steering column. "One, two, three .." Left *kamay* (hand) going to the left. California (left) With his index finger he plunges it forward. "Bullseye" There, hanging in the corner of the carpet was a little ribbon. "Yes, now I remember." He pulls on it, and pops out a *susi* (key). Celebrating in the *lugan* (car) but quiet enough not to wake up Angel. He stumbles to put the *yabe* (key) in the ignition. Gggrrr ... "Yeah, yeah I know. I can't get it in. Geez," he mumbles, staring at the sky. Rah ... Rah ... Rah ... Rah ... *Kotse* (car) sputters. "Dang it!" Michael exclaims. He tries again and again but the *sasakyan* (car) dies. Sooooo many *sakyanan* (car) problems! First, it's my tire, now it's the Hummer. He opens the hood. "Oh man, I didn't take any auto body classes in high school. I took art. Grrr." He is mad at himself. He stares into oblivion not knowing what he's looking at inside his engine. Grrrr. He opens his phone and clicks on YouTube as he types "*Lugan* (car) doesn't work." A huge list of videos come out.

"Ahhhhh" Why so many? He revises his search to "*Sasakyan* (car) won't start." He begins to watch video after video. "How to start your *saken* (car) with a troubled starter." He shines his light and begins to hit what he thinks is the starter. He tries again but the *kotse* (car) still doesn't start. "How to check for a bad battery." He checks all the connections and notices one connection is loose. Yes. He searches the back seat and finds a small wrench to tighten the bolt. Rah ... rah ... rah ... He tries again. Rah ... Rah ... rah ... then suddenly, boom! the *sasakyan* (car) comes alive.



Yes! As Michael jumps out of the *lugan* (car) and begins his TikTok dance the *kotse* (car) dies again. "Noooooooo ... !" What do you do when you have a car problem? Do you watch YouTube and attempt to fix it yourself? Do you call a shop and schedule to have your car fixed? Or do you call a friend who knows someone to do it? 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 *making* (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 received her Associate in Arts degree in Liberal Arts from Maui Community College. She earned her Bachelor of Science in Business Administration, specializing in Accounting, from the University of Hawai'i - West O'ahu. She is currently the Administrative Officer 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 is now part of Saladmaster's Travel Club and won an all-expenses paid trip to Cancún, Mexico. Butay has traveled to Texas, the Philippines and Thailand as one of the delegates from Island Healthy Solutions, a Saladmaster dealer here on Maui.



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Ti Biag ken Pammati | from p. 12
“Life and Faith”



The Garcia family—Ashley, Halia, Jason and Iziah—having fish and shrimp for dinner after receiving ashes on Ash Wednesday.

to die for our sins so we could become like Him! Seeking the light His love brings to our lives, let us pray with the Psalmist: “A clean heart create for me, o God, and a steadfast spirit renew within me!”

Lord, with steadfast spirit renew our church, know how important family life and faith is to families. Let us renew our family life!

These last two years of COVID-19 have been very hard for families. As we continue to navigate this pandemic, we can see there have been consequences that have affected our faith families—socially, psychologically, physically, economically and spiritually. As families are being encouraged to return to church, we need to listen to their needs and give them reasons to seek our safe harbor of the Church. It is so important we increase our efforts to strengthen marriage and families across all parishes. There will not be another time like now. We know our churches face the challenge of addressing numerous marital and family situations that are more complex than in previous decades. So many couples and families face these challenges head on, many times believing that they are the only ones going through the difficulty. Yet there is consolation and hope in knowing we are all in this together. The church is the family of families. We are one ‘ohana. And as Disney’s Stich character says, “‘Ohana means family and family means no one gets left behind or forgotten.” Family life—though not without its challenges—is a great gift! It is in the family that all of us learn what it means to love and be loved, to for-

give and how to maintain relationships over time. There was a time when the church was central to the life of families. At a young age I remember my Mom dressing my sister and I for Mass on Sundays. No questions asked. Just get ready and attend. The church was so quiet you could hear a pin drop. I loved dipping my hand in the Holy Water to make the sign of the Cross. As I got older, Mom made sure we attended Religious Ed to receive all my sacraments. Even be-



Lee & Tanya Barbero, head of the Maui Diocesan Task Force for Marriage & Family Life Ministry on Maui.

fore the pandemic, the concept of family has undergone many changes. “Family” includes married couples, with or without children, single, divorced, widowed, young or elderly, two-parent families, single-parent families, blended families, families with special needs and families in various life cycles or development. Trying to renew the understanding that families are the building blocks of our faith communities is the focus of the



Our First Parish Marriage Encounter weekend ever in a parish at St Joseph Church in Makawao, Maui.

newly formed Diocesan Task Force for Marriage and Family Life Ministry. Lee and Tanya Barbero of St. Anthony Church and members of the Marriage and Family Life Ministry Task Force explain why this concept of ministry from a family perspective is so relevant today. “Everything we do touches families. It is woven into the fabric of Church. Family Life Ministry is not another ‘new thing to do’ but rather a new awareness of what we have been doing all along, looking at what we do through the lens of family life and responding to the needs of our families. This is an opportunity to learn and understand the basics of this new way to reach the unique needs of families in our faith community. Together we can build a strong foundation going forward.” Knowing we are not going through challenges and joys alone, can help to create a sense of community. When families accompany each other, hopes, love is restored and joy is renewed. “Let us make this journey as families, let us keep walking together. What we have been promised is greater than we can imagine. May we never lose heart because of our limitations or ever stop seeking that fullness of love and communion which God holds out before us.” (Pope Francis, Amoris Laetitia #325).

Ash Wednesday begins our Lenten Season. At Mass you will be receiving the Ash by Father or Deacon when he signs you with the sign of the Cross and say to you: “Turn away from sin and be faithful to the Gospel!” or “Remember you were dust and dust you shall return.” Beginning of life, building of family and relationships that

goes with life! Family foundation of the World! One way we can do this—is to strengthen our families. This pandemic has helped us to look to our families. We spend time and do activities with our children, studies, sports, movies, meals together, praying together and just being there for each other. As families, we have gone through a lot—pandemics, diseases, abuses, drugs, crimes and now War. We have survived as individual families, as community families, as religious families, and as world families. This togetherness has given us strength. Let us build our families to be even stronger!

Jesus, I trust in You! Amen! ✨

On June 18, 1987, **Patrick Constantino** was ordained as the first Deacon of Filipino ancestry for the Roman Catholic Church in Hawai‘i. For twenty-two years, he served as Administrator at Holy Rosary Church in Pā‘ia, St. Rita Church in Ha‘ikū and St. Gabriel Church in Ke‘ānae. Constantino is presently assigned to St. Joseph Church in Makawao.



Prior to his ordination, Constantino was in government—first appointed in 1966 as Assistant Sergeant of Arms by the Speaker of the House Elmer F. Cravalho. When Cravalho became Maui’s first Mayor, Constantino became his Executive Assistant—the first of Filipino ancestry. Later, Constantino became the first County Treasurer of Filipino ancestry and the first County Grants Administrator and Risk Manager of Filipino ancestry.



Our grandson Ikaika and his wife Pua with our youngest great grandson Kahiwa strolling in the garden.



The Cachola family attending Ash Wednesday Mass at the Co-Cathedral of St. Theresa.

A Focus Outside of COVID

March is Colorectal Cancer Awareness month

Errol Buntuyan, M.D., FAAFP

With the end of the Omicron surge, the rates of positive COVID cases on Maui have decreased to the single digit percentile. The news headlines are no longer filled with the latest COVID variants threatening a new surge or images of overwhelmed hospitals and ICUs. It seems we are in a long overdue break from this pandemic roller coaster ride.

On Maui, proof of vaccination status to dine-in at restaurants or to visit other “high risk” businesses like bars and gyms was lifted at the end of February. The indoor mask mandates and the Hawai’i State Safe Travels program are still in effect but is due to expire at the end of March. We shall see if Governor Ige extends the mandate through April. As of March 1, 2022 Maui County’s Public Health Emergency Rules are being repealed with Maui County campgrounds and small community centers (Pā’ia and Ha’ikū) open for reservations. More COVID restriction updates should be updated and released through the Maui County website in the coming weeks.

During this lull we are now able to focus on other health issues pertinent to our Filipino community. The month of March is Colorectal Cancer Awareness month. Colorectal cancer ranks as the fourth most common type of cancer in the United States. If caught early it is also one of the easiest to treat. The percentage of Americans, however, who actually take early screening tests is low.

This is especially true for Filipino-Americans who are screened in lower numbers than non-Hispanic whites, according to a 2017 report from the American Cancer Society. Unfortunately, this results in higher instances of colorectal cancer, specifically in Filipino men over age 50. I recently learned a high school Filipino classmate lost his battle with colon cancer at age 52.

The fear of being diagnosed with cancer may be the biggest obstacle to effective colorectal cancer screening. Patient education programs may help decrease this fear. The ease of getting screened with a home stool test kit needs to be highlighted. Primary care health offices should send yearly reminders starting at age 45 to do a home stool test kit. This is a simple kit which requires a plastic tip to touch a piece of stool after a bowel movement. You can just send it back in the mail to your provider in a self-addressed stamped envelope.

not have a family history of colon cancer, no longer is there an immediate need or worry to get a screening colonoscopy procedure at age 45. The easy home stool test will be just as effective in screening and if it is positive, then a colonoscopy should be scheduled.

Being aware of the risk factors for developing colorectal cancer is critical and should promote regular yearly stool test screening.

Common risk factors include:

- Age (specifically over 50, thus screening should start at 45)
- Genetics and family history
- Other diseases, like diabetes
- High intake of processed foods and red meats
- Tobacco use
- Excessive alcohol use

Many in the Filipino population may not want to have the recommended screening out of worry and fear of what could be found. We should, however, be focused at finding disease at a precancerous or early stage. This can be done with at home fecal occult blood tests and screening colonoscopies as noted above. This early discovery results in better survival outcomes, a lower risk of cancer recurrence and death from cancer.

The majority of patients diagnosed with colorectal cancer are aged 50 or older. Early detection can result in the removal of precancerous polyps, which prevents the progression of these lesions to cancer. Home stool tests are recommended yearly starting at age

45 and colonoscopies are either every 3 years, 5 years, or 10 years depending on initial scope findings.

In addition to regular colon cancer screening, all people should exercise often and follow a healthy diet which includes a variety of dietary fiber from fresh fruits and vegetables. It is already well known lifestyle changes can make a significant impact on cancer prevention.

Surviving the Omicron surge and living through the worst of COVID the last two years has certainly left an impact on our Filipino community. We hope we can remain in this knowledgeable, controllable and managed period of the pandemic for at least a few months. During this time we can redirect our focus on our general health and wellness.

Now is the time to update your health status, get your overdue lab work done, get your medications refilled and adjusted and set SELF CARE goals to improve upon your general physical and mental wellbeing. 🌟

Errol Buntuyan, M.D. is a Family Medicine Practitioner and the Physician in Charge of Maui Primary Care at Kaiser Permanente. Born in Quezon City and raised in Southern California, he has



been practicing medicine on Maui since 2007. Dr. Buntuyan promotes whole food, plant based nutrition, regular physical activity, stress mindfulness and sleep hygiene as keys to optimum health and wellness. He enjoys cooking, playing tennis and travel.



Sample Home Test Kit with Instructions and return envelope.

A colonoscopy is an in office sedated procedure by a specialist using a camera (scope) to visualize the inside of your colon. This is recommended for folks who have a first degree relative who was diagnosed with colon cancer under the age of 60. If you do



Lennel Joy Alvarez as a UHMC graduate.
PHOTO COURTESY ALVAREZ



Shania MMae Miranda prepares a COVID-19 vaccine.
PHOTO COURTESY MIRANDA

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community leaders to identify solid job opportunities. Whether students pursue a certificate, a two-year degree or a four-year degree, in the end they will be qualified to join a skilled workforce and contribute to building a positive future for our island home.”

During the pandemic, the UHMC Nursing program was active in administering vaccines and booster shots. Alvarez helped to organize a number of vaccine clinics at Binhi at Ani Filipino Community Center while Miranda volunteered. Maui UH Regent Ernie Wilson, who received a booster at Binhi at Ani Filipino Community Center, addressed the volunteers at the vaccine clinic and promised to inform the Chancellor of the good works and how important it was for the UHMC students to get involved in the community.

Hokoana concurs. “I believe the

see UHMC p.19



Precila Paet Peros



With Grandchildren. (Left to Right) James Peros, Marley Peros, Alfred James (AJ) Perez, Precila Peros, Nyree Peros

Precila Paet Peros

Lucy Peros | ALL PHOTOS COURTESY PAET PEROS 'OHANA

There’s an extremely popular Chinese proverb: “If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people.”

The parents of this month’s featured *Sakada* Offspring, Precila Paet Peros, took this proverb to heart when they started their big family of thirteen children!

Precila Paet Peros is the daughter

of the late Lucia and Quirino Paet, originally from Bantay, Ilocos Sur, Philippines. She was born on January 16, 1946 in Bantay, Ilocos Sur, Philippines. She came to Hawai’i when she was just four months old with her mother Lucia, together with her Aunt Teresita (five years old) and her brother James (three years old). Brave Lucia, with three babies in tow, boarded the *S.S. Marine Falcon* from Port Salomague in Cabugao, Philippines.

The journey to Hawai’i was a rough fourteen-day journey because of the rough seas. Lucia was seasick most of the time during their journey but she had to be strong to take care of her babies. Lucia considered Tessie as one of her biological children since she took care of her from an early age.

At school age, Precila attended Pu’unēnē School, St. Anthony High School and Kapi’olani Community College. She is a retired Licensed Practical Nurse. She was a nurse at Dr. Michael Savona’s clinic.

Precila is married to James “Jimmy” Peros, a retired Postal Worker. They have two children, Jason Peros and Melissa Peros Perez.

Jason graduated from the University of Nevada Las Vegas in Reno, Nevada with a degree in Travel and Hotel Management. He is employed at Southwest Airlines. He is married to Cecilia Peros, a registered nurse at the Veterans Hospital in Reno, Nevada. Their son, Marley is a Freshman at the University of Nevada, Reno and plans to go into the medical field. Their daughter Nyree is a Junior at Reed High School in Sparks, Nevada and plans to become a Dental Hygienist.

Melissa Perez is a teacher at Wailuku Elementary School. She graduated from Oregon State University with a Master’s in Education. She is married to Dr. Alfred Perez, BKM (Baldwin, Kekaulike, Maui High) Complex Resource Teacher. They have one son, Alfred James (AJ) Perez, a

first grader at St. Anthony Grade School.

Precila is a very vivacious and active member in church (St. Ann, Waihe’e) as well as in the Maui community. At St. Ann, she is in the bereavement, church cleaner, bread baking and church hospitality ministries. She received many awards for her efforts. She received the Fr. Ernest Claes Award for outstanding member of the Maui Council of Filipino Catholic Clubs. She was honored numerous times by Nā Hoaloha (Helping Hands, Loving Friend), a non-profit organization on Maui to help seniors remain independent by providing services such as telephone reassurance, rides to medical appointments and family respite. She was awarded the Catholic Charities Island Treasure in recognition of her generous service to St. Ann Parish. The Bantay Association of Maui recognized her for exemplary service and support to the organization. She was honored for many years of service with the County of Maui Outstanding Older American Award. She was one of the recipients of the *Gintong Pamana* award from the Maui Filipino Chamber of Commerce. In Dr. Patricia Brown’s book, *Filipinas! Voices from Daughters and Descendants of Hawai’i’s Plantation Era*, her story about her mom, Lucia was featured.

Precila enjoys raising orchids, cooking, traveling, and volunteering.

The Quirino and Lucia Paet family was one of the very few families who came to Hawai’i during the influx of the *Sakadas* coming to Hawai’i to work in the sugar and pineapple plantations in 1946. They came from Bantay, Ilocos Sur, Philippines. They were truly the family *Sakada* pioneer because it wasn’t easy to raise a family in those days, more so with thirteen children.

The Paet family lived in Spanish B Camp in Pu’unēnē with other *Sakadas* like Johnny Fontanilla, Claro Ramos, Ciano Fontanilla etc. Quirino’s job was at the sugar mill at the crystallization of molasses department. After twenty-two years, he decided to work in the Pacific Construction Company. Following that, he worked at the Kā’anapali Golf Course (AMFAC), helping to plant the grass while they were building the Kā’anapali Beach Resort Hotel. At the same time, he owned a yard maintenance as his side job. Lastly, he worked for Maui Sunset as a grounds keeper and retired from there for

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(Left to right) Vicky Fukumoto, Rene Akina, Shirley Ponciano, Precila Peros, Teresita Marinas Fontanilla, James Paet, Gloria Filo, Joseph Paet

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Lucia and Quirino Paet's Wedding

medical reasons. Unfortunately, Quirino died on August 9, 1992.

The Paets raised and slaughtered their own animals for their own consumption. They also sold them to their neighbors, *uraga* style (divide the meat into several small portions for the people to buy). They raised their own vegetables and picked from the fields. In those days, they were allowed to plant vegetables in the fields. This was a good supplement to their income.

Quirino and Lucia Paet were blessed with thirteen ambitious, community-oriented children. Their first child is Teresita Fontanilla (deceased), married to Clemente Fontanilla on O'ahu. She was the Executive Secretary for the late Mayor Hannibal Tavares when he was still living in Honolulu working for the Hawai'i Sugar Planters Association. Teresita retired from the Diocese of Honolulu as a Secretary for the late Sr. Grace Dorothy Lim. They have two children and three grandchildren.

The second child is James Paet (deceased), married to Kathleen Paet. He retired from Honolulu Electric Data Processing. They have three children and five grandchildren.

The third child is Precila Peros, married to James Peros.



James and Precila Peros' Wedding



(Bottom row, left to right) P. Peros, L. Paet, S. Fontanilla (Middle row, left to right) J. Paet, W. Paet, J. Paet, L. Smith (Top row, left to right) V. Fukumoto, R. Akina, T. Piquet, S. Paet, G. Filo, A. Lee, S. Ponciano

The fourth child is Gloria Filo, married to Ongalea Filo. She is a retired Executive Secretary at Hale Makua, Kahului.

The fifth child is Sally Paet (single). She retired from Young Brothers stevedores.

The sixth child is Lucille Paet Smith (deceased), married to Larry Smith. They have one son, Travis Araki, no grandchildren. She retired as a Customs Service agent at United Airlines in Chicago.

The seventh child is Shirley Paet Ponciano. She has two children and one granddaughter. She retired as a bookkeeper from the Salvation Army on Oahu.

The eighth child is Victoria "Vicky" Paet Fukumoto, married to Wayne Fukumoto. She is a retired Special Ed teacher Assistant, K-5 on O'ahu. They have two children and two grandchildren.

The ninth child is Rene Paet Akina. She is married to Thomas Akina. She is a retired LPN Director of the Day

Care at Hale Makua, Kahului. They have three children and four grandchildren.

The tenth child is Teresita "Tessie" Paet Piquet. She is married to Gary Piquet. She retired from their family Landscaping Business. They have one child.

The eleventh child is William Paet (deceased).

The twelfth child is Amelia Paet Lee. She is married to Steven Lee of Honolulu. She is a retired Special Ed Pre School teacher on O'ahu. They have two sons.

The thirteenth child is Joseph Paet (Single). He is a house painter.

Quirino and Lucia Paet believed and favored Catholic School education for their thirteen children. All thirteen attended Christ The King School and

St. Anthony High School. To help defray the cost of their tuition, they did different jobs at the school such as cleaning the classrooms, the cafeteria, the bathrooms, etc. With the understanding of all the children, Quirino and Lucia created a family tradition where they sent their older children to college and in turn after they graduate and find a job, they helped their parents support the younger ones so they could also receive a college education.

Every year before the pandemic, the Paet family held a family tradition. Every Christmas, they all get together as a family including those who live on the other islands and on the mainland, cook *lechon* as their main dish on their dining table. This *lechon* would be eaten after attending the

Continued on next page



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Marley Peros, Jason Peros, Cecilia Peros, Nyree Peros



Melissa Peros, Alfred James (AJ), Alfred (Freddie)

midnight mass. They also created other activities as well.

When the late Monsignor Osmundo Calip, the founder of the Filipino Catholic Clubs came to evangelize the Filipinos on Maui in 1950, Lucia and

Quirino together with others took him around the camps to remind them to go to church and to not forget their loved ones back in the Philippines. Monsignor Calip formed the Filipino Catholic Club seventy-two years ago

on Maui.

Several of the Paet children shared their happy memories about their parents. Gloria Filo lovingly said, “I would go with my Dad to sports events, watch dancing at the clubhouse and I even went with him to *bi-agans* (chicken fights). I even helped him in slaughtering animals in our backyard.” Rene Akina said “Mom and Dad were very accommodating when people came to our house. They welcomed everyone. Even though our family is big, Mom and Dad always shared what we had. They expected us to always look neat, go to mass, receive the sacraments and showed us good work ethics. They both expected us to behave well.” Sally mentioned they took their Dad to the Philippines in 1986 after so many years of being here in Hawai‘i. He was able to use his free round-trip ticket that was part of his contract when he was recruited in 1946. He was able to see his siblings and mother-in-law before they passed away.

hopes and dreams for their thirteen children. “We owe it all to our parents who we are today, especially our mother Lucia Marinas Paet. She was the driving force behind encouraging us to study hard so we can attend college. From the time we were little, it was drilled into our being that we need to help each other financially to attain a college education. When the older child finished college, it was his or her obligation to help the younger sibling with tuition, school supplies, fees, etc. until every sibling graduated from college with a degree. There was no debate on the subject as it was expected of each child to abide to our mother’s wishes. That’s why all thirteen children were successful in their careers today.”


Lucia’s and Quirino’s thinking on education is such a good representation of a Tibetan Proverb: “A child without education is like a bird without wings.” ✨

Lucy Peros is a retired school-teacher, having taught at St. Anthony Grade School and Waihe’e Elementary




Celebrating Precila's Birthday in January

**“As we prepare
for Easter, remember
to prepare your estate.”**



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Kwento Kwentuhan

The ‘Going to College Quandary’

Liza A Pierce of “A Maui Blog”

Graduation Season is just around the corner. Currently, graduating high school students are terribly busy. Not only do they have to accomplish the requirements to graduate, they also need to start applying for colleges and universities, if attending college is part of their plan.

Is it really important to go to college? College graduates see fifty seven percent more job opportunities than non-graduates according to the research conducted at the Georgetown Center on Education and the Workforce. It was estimated that by 2020, two-thirds of all jobs will require a post-secondary education. A degree enables graduates to qualify for these additional opportunities and offers them more flexibility where they choose to work. Additional research by a couple from the Federal Reserve Bank of New York noted average college graduates (even without a major) earned about \$78,000 per year—that’s \$33,000 more than someone with just a high school diploma. Of course, these are averages but you get the point. While college is not for everyone, college brings advantages to many.

Unfortunately, college comes with a cost and most often soaring prices. Therefore, there are some major decisions a families of graduating students must make.

1. To Borrow or Not to Borrow. I call this the “Student Debt Dilemma.” It is not hard to get college loans these days. The question is, “Do you really want to have a huge student loan debt by the time you grad-

uate?” The answer to the question is usually no. With the price of colleges and universities, however, it is almost impossible to attend without having to borrow money. It is especially important to look at the pros and cons before borrowing money for college.

- 2. Community College vs Top Universities** - It is a common belief attending a community college is cheaper than going to a university. There are, however, many considerations to look at. For example, the courses offered at community colleges may not be in line with the graduating students’ goal. Let’s take University of Hawai’i Maui College for example. Although it is now part of the University of Hawai’i, the courses offered may be limited. Popular majors include Liberal Arts and Humanities, Culinary Arts and Food Service, and Licensed Practical Nurse Training (LPN). Many graduating students from Maui decide to go to the University of Hawai’i on O’ahu because they have more majors to choose from.
- 3. In State or Out of State** - A student will definitely save money enrolling in state rather than out of state not only pertaining to the tuition fee discounts offered when one is a resident of the State they are enrolling to but also with the elimination of board and lodging expenses if the student stays with their parents while going through col-



There are many books about incurring debt to afford college.

IMAGE: LIZA PIERCE

- lege. The availability of majors, however, is once again a factor to consider.
- 4. Scholarships** - To Apply or Not To Apply. Obviously, the popular answer to this question of “to apply or not to apply for scholarships” is to apply. With that said, we must note scholarship applications are time consuming. And there are certain criteria for each scholarship opportunities, many of which are dependent on grades of the student (need to have high average), economic level (below poverty level gets more scholarships) and sometimes special talents and extra-ordinary athletic abilities. Most often, the average middle-class student falls between the cracks and are not awarded the scholarships they apply for. Needless to say, scholarships are still worth pursuing. Every little bit of financial help obtained can help. There are thousands of scholarship opportunities.
- In closing, it is up to each student

(and hopefully with family support) to decide the path they want to take after high school. Go to college or not... May you make the right choice for you. ✨



Liza Pierce of A Maui Blog is an Interactive Media enthusiast. 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 Digital Media Specialist with Hawai’i Life Real Estate Brokers. She is the author of the book Maui 2021 and Beyond.



School. Both of her late parents, Elpidio Cachero Cabalo (a 1946 Sakada) and Alejandra Cabaloy of Hāli’imaile, worked for Maui Land and Pine

Company. Lucy now enjoys retirement and has time to join other seniors in the Enhance Fitness Program under the Department of Aging three times a week. She also attends the line dancing class and other activities at Kaunoa Senior Center and joins other Waihe’e School retirees when help is needed at the school. Lucy also devotes some of her time to activities at Christ The King Catholic Church. She enjoys writing and reading in her spare time.

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most rewarding careers support not only our students and their families but also our community. That’s one of the reasons we include opportunities to serve within our college curriculum. As an example, throughout the pandemic our nursing students assisted at COVID-19 vaccination clinics both on campus and off, including the clinics held at Binhi at Ani in Kahului.”

UHMC students like Alvarez and Miranda are shining examples of UHMC being an option. Alvarez, who completed her two years of prerequisites, received her Associate in Liberal Arts degree and was immediately admitted into the UHMC Nursing Program, is about to end her schooling at UHMC. “Currently, I am in my last semester of nursing school, expected to graduate in May 2022 with my Associate’s Degree in Nursing,” says Alvarez. “I do not regret my choice of staying on Maui because by choosing

Chancellor Hokoana with Alvarez and another UHMC student at a vaccination clinic at Binhi at Ani.
PHOTO ALFREDO G. EVANGELISTA



UHMC I was able to help my family, save money and still receive a great education that would benefit me for my future as a Registered Nurse.”

Alfredo G. Evangelista is a graduate of Maui High School (1976), the University of Southern California (1980), and the University of California at Los Angeles School of Law (1983). He is a sole practitioner at Law Offices of Alfredo Evangelista, A Limited Liability Law Company, concentrating in estate planning, business start-up

and consultation, nonprofit corporations, and litigation. He has been practicing law for 38 years (since 1983) and returned home in 2010 to be with his family and to marry his high school sweetheart, the former Basilia Tumacder Idica.



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