

[illegible]

Photo Credit: Mark Salondaka

**CONGRATULATIONS MOM!!**

ON BEHALF OF OUR MAGNIFICENT MOM, WE WANT TO THANK ALL OF YOU WHO PROVIDED A CONGRATULATORY MESSAGE TO HER ON THE OCCASION OF THE RENAMING THE SCHOOL OF NURSING UNIVERSITY OF HAWAII TO NANCY ATMOSPHERA-WALCH SCHOOL OF NURSING UNIVERSITY OF HAWAII MANOA (NAWSON UHM)

**THE WALCH FAMILY**  
DUKE GERHART W. WALCH  
DUCHESS DR. NANCY WALCH  
RADIOLOGIST TECHNOLOGIST G, KUHIO WALCH &  
ATTY./ENTREPRENEUR CHRISTEEN WALCH







# NANCY ATMOSPERA-WALCH SCHOOL OF NURSING

*A new name to honor a transformative gift*

The University of Hawai'i at Mānoa is renaming the School of Nursing and Dental Hygiene after UH Mānoa Nursing alumna Dr. Nancy Atmospera-Walch, who has made a transformative gift to the school. Her gift will have an enduring impact on the quality of nursing education, student success, community service and the nursing profession by:

**Improving school health for Hawai'i children** by creating an endowed professorship that will support the Hawai'i Keiki Program.

**Addressing the state's nursing workforce shortage** by providing operating funds to expand the Hawai'i State Center for Nursing.

**Supporting future nurses** by funding endowed scholarships for undergraduate and graduate students and contributing to the dean's fund.

**Developing early career nursing faculty** by creating two endowed professorships and supporting the school's recruitment efforts.

DR. *Atmospera-Walch, mahalo.*

**Ambitious philanthropists like you have the ability to radically change our world.** Your generosity will create opportunities for future nurses to perpetuate your legacy of breaking down barriers and serving our community.

  
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M E M B E R

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## publisher's note



By MARY LLANOS CORDERO

# MOTHER & DAUGHTER PAVING THE WAY AND MAKING A GLOBAL IMPACT

Although we are still in the midst of a global pandemic, our current society has plenty of monumental reasons to celebrate successes. The recent Olympic Games in Tokyo, Japan featured a record number of Asian-American medalists, with Hidilyn Diaz becoming the first Filipino national (and first Filipina!) to win a gold medal for the Philippines. Hollywood, through the Marvel Cinematic Universe (MCU), just released "Shang-Chi and the Legend of the Ten Rings," a superhero film featuring a predominantly Asian and Asian American cast, using deep culturally inspired themes of family and struggle that resonate universally with people. The exclusive invite-only Met Gala in September featured a guest list that highlighted outstanding Asian and Asian-American figures from various walks of life – activists, actors, athletes, singers, etc. All these accomplishments coming to the forefront of Asian/Asian American contributions are no small feat, and are a result of years of hard work and perseverance amidst odds stacked against individuals who look like us – the Asian/Asian-American population that make up part of this country.

In this issue of the Fil-Am Courier, we feature a history-making woman in our Filipino community here in Hawaii who has earned her place as the first Pinay that the University of Hawaii system has named a school after; the first woman to ever receive this distinction; and the first nurse.

Nancy Atmospera-Walch is certainly no stranger to recognition. However, when you get to know her better, you'll realize that she never asks for it – she simply lives her life according to her personal values of

caring for friends and family. This has extended to finding solutions to address healthcare issues within our larger community. The University of Hawaii at Manoa has renamed the School of Nursing and Dental Hygiene to the Nancy Atmospera-Walch School of Nursing. Always generous with her time, talent and resources, Nancy wanted to give back to the school that made her dreams come true and opened many doors of opportunity for her. Her generous donation will make a profound impact in the profession of nursing, the quality of nursing education, and the success of the students as well as our community in general.

Along with this professional success, Nancy takes pride in the strong family unit she has built with Gerhart, her husband of over 40 years of marriage, her son – Kuhio Walch, who like Nancy, also graduated from the University of Hawaii school system and is now a radiology technologist, and her daughter – former attorney and current entrepreneur Christeen Walch.

Nancy's accomplishments are far too many to mention on my message but this most current achievement of hers far exceeded everyone's expectations!

We at the Fil-Am Courier are proud to feature Nancy in our September 16, 2021 edition, along with her daughter Christeen Walch.

Like her mother, Christeen Walch is also an accomplished woman in her own right. She is the co-founder and COO of LifeScore Limited, a global music technology company that recently won a Webby Award, which recognizes excellence on the internet. She was previously a senior associate at Latham & Watkins



Photo Credit: Mark Salondaka

LLP, a global law firm that was ranked number one by the AM Law 100. An Iolani graduate, she received her BA in economics and computer science from NYU, her MS in science and technology commercialization from The University of Texas at Austin McCombs School of Business, and her JD from St. John's University School of Law. Christeen also completed Stanford Business School's Emerging COO: Driving Innovation and Operational Excellence Executive Education program. She will be teaching an entrepreneurship course at Montana State University in 2022. Christeen is the founder of Women of Winter, a grassroots community organization encouraging girls and women to get involved in snow sports. She is also an international ski instructor, which shows her well roundedness, as a person. Chris excels in whatever she puts her mind and heart into.

The proverbial saying, "the

Apple doesn't fall far from the tree," expresses their similarities that's embedded in their DNAs. Like her mother, Chris is intelligent, talented and multi-faceted. She is a leader, a forward thinker, doer and a go getter!

According to Nancy, "If you care for people, it's amazing how much caring you get back." We hope that this simple but profound message can inspire you to give back to the community as well – because some of the most outstanding moments in our history are made when people truly understand how intrinsically linked our actions are to our collective progress.

Both mother and daughter have broken the glass ceiling and they continue to strive for more breakthroughs to pave the way for the future generation.

Congratulations Nancy & Chris!

Mary Llanos Cordero





cover story

**DR. NANCY  
ATMOSPERA-WALCH**  
**FIRST FILIPINA  
FEMALE NURSE  
TO BE NAMED  
AFTER A SCHOOL  
AT THE  
UNIVERSITY OF  
HAWAII**

Photo Credit: Mark Salondaka

ABOUT THE AUTHOR



*Kathleen Lee was born on an Air Force base in the Philippines, grew up in San Jose, CA for almost two decades (where she attended SJSU), and has lived in Honolulu, HI since late 2009. She currently owns and runs Kathleen Lee Consulting, in which she applies her professional experiences gained from the communications, government, hospitality, marketing, media, nonprofit, and public relations sectors.*

When one first meets Dr. Nancy Atmospera-Walch, an initial impression one may immediately derive from her presence is that of an understated elegance, brought forth by her impeccably dressed and well-coiffed physical appearance and posture. Beyond that, anyone who holds a conversation with the petitenurse-turned-entrepreneur can learn almost instantly how her sophisticated demeanor is matched by a sharp intellect

that discusses big picture ideas, as well as a heart dedicated to serving people. Although her humility (paired with her warm, hospitable personality) can be easily detected from a mile away through her actions and words, she is kind of a big deal. Nancy is the President/CEO & CNO of ADVANTAGE Health Care Provider, Inc., which serves intellectually and developmentally disabled (I/DD) clients in need of home and community-based health care services. In August 2021, the UH Manoa School of Nursing and Dental Hygiene was renamed the Nancy Atmospera-Walch School of Nursing. This monumental act is historic for a few reasons: 1) it makes Nancy the first female to have a school within the University of Hawaii system named after her 2) she is the





first nurse to have this honor, and 3) she is the first Filipina-American to covet this accomplishment. If you ever ask her about the generous gift she gave to the school from where she earned her multiple educational degrees, one thing you will learn is this: *“the amount will never be stated (publicly),”* according to Nancy. *“I believe that (the money) should not be the focus of giving. It should really be about the meaning of why you want to do it. It’s not about the amount, but the consistency as well as the intention behind it. I think people need to focus more on why they’re doing things. Is it only for them, or is it focused on why they want to make a difference?”*

Her purpose for the gift is a clear indication of where her vision lies – to advance the nursing industry in Hawaii further and the larger community. The gift targets four impacts:

- Improving school health for Hawaii’s keiki
- Addressing the state’s nursing workforce shortage
- Supporting future nurses
- Developing early-career nursing faculty

Nancy is passionate about uplifting the nursing school, advancing the nursing profession, and keeping local talent in Hawaii. *“(Our locals) go to the mainland because we cannot find ways to pay them here. I hope we can*

*find ways to be competitive, so they stay in Hawaii, rather than us trying to spend the money to get people to come here as traveling nurses. Why spend money on traveling nurses when we can focus on our own people from the very beginning?”* Her opinion on Hawaii-grown nurses: *“We do not have to teach them about compassion and aloha – because they were born here and already know it. We are not taking care of the people here who know the core of the community – and we should.”*

*“I wanted to make sure that whatever I do, that it will impact not just me, but the community. How do we do that? We have to make sure to support the people who work in that community and the people who will be coming in the future – so we have to provide for the new generation of nurses. I also believe we have to have good professors. I had good professors that mentored me.”*

Ask her about her educational and professional background, and she’ll respond with honesty and transparency. *“I actually wanted to be a doctor,”* she stated. (The “Dr.” honorific in her title refers to her Doctor of Nursing Practice [DNP] degree she earned in 2017 from the UH Manoa School of Nursing. Other degrees from her alma mater include an MPH degree in Health Education from the School of Public Health and BSN and AD degrees from the School of Nursing.)

*“When I had just finished high school and came to Hawaii, many of my father’s friends and others said, ‘you should go back to the Philippines because they will never accept you at UH.’ My uncle said, ‘you can just go try,’ and my father said, ‘try before you give up.’ I replied, ‘you don’t have to tell me, I’m not giving up when I haven’t even started.’”*

Nancy took the entrance exam and was admitted to UH Manoa to study pre-med. *“At that time, there was no school of medicine (at UH). I also saw my father work hard and realized that becoming a doctor was expensive and would take a long time, so I went into nursing.”* Nancy’s dad is part of the Sakadas, the migrant worker population that

toiled in the fields of Hawaii in the 1900s.

*“I really fell in love with nursing. It’s my passion – helping others. As a nurse, you are truly the person that takes care of people 24/7. Of course, the rest of the healthcare team – the physician, the occupational therapist, the pharmacist, the social worker, the dietitian, or the physical therapist – all help deliver comprehensive quality care; but the nurse is the one who is continuously around any patient. There’s always someone who knows the patients in and out, and who is she or he? It’s the nurse.”*

One of Nancy’s favorite parts about being a nurse is getting to know about her patients’ ailments and discovering possible solutions

by asking them about their personal stories and genuinely connecting with them. *“While they’re telling their stories, you find out everything about them. As you take care of them, you can remind them about what they’ve told you and find ways to treat them accordingly. Most nurses have compassion. You ask me why I chose to be a nurse? It’s because I learned very early on that I love the work that goes with nursing. If I had to be born again and come back on this earth, I’d still be a nurse.”* She opted to acquire her master’s degree in public health to have both the clinical and public health knowledge of nursing. According to Nancy, with both, you can do anything that your mind can conceive and your heart





desires. “Once you go outside of the clinical side and become an entrepreneur, you can really look at things and come up with programs that can help people before they get sick and make even more of an impact in the community.”

“Life is the most precious gift we have. If no one is nurturing us back to health, the world would be full of sick people – this is why I’ve been advocating for nursing for a long time. The job of the nurse is not the most glorious thing – but it’s the feeling of fulfillment you get when your patients smile and when they go home.”

Nancy’s philanthropic efforts go beyond Hawaii. In 2020, she was elected to the Executive Board of the Philippine Nurses Association of America and is the chair of the newly developed business development office. The association has over 5,000 members and 55 chapters nationwide. “My goal is to lead in making the organization and foundation financially independent. We need to build it up, so we have money to deliver

*much-needed services, which is the mission and vision of the organization.”* Last year, she was also a featured speaker for the Philippine Chamber of Commerce and Industry Quezon City’s general membership meeting for a “Coping with COVID19: Experiences of the World” international learning event, as well as CBRC Global’s International Webinar on Nursing Entrepreneurship.

Amidst all her accolades and a

CV that spans over a dozen pages, if you ask her what her values are, she will bring up her love of family and friends as her first and foremost priorities. Nancy has been married to Gerhart W. Walch for over 40 years and describes him as a partner who has supported her through thick and thin all these years. Her pride in their children’s accomplishments is evident when she mentions them. Their daughter, Christeen is an accomplished entrepreneur, former

attorney, certified international ski instructor, and founder of a grassroots organization focused on encouraging women to participate in snowsports. Their son, Gerhart Kuhio, graduated from the UH school system and is currently a radiology technologist. Nancy also mentioned her brother, Sonny, who passed away in July, as one of her biggest supporters in this lifetime.

When it comes to giving back to the community, Nancy’s outlook

is optimistic. “Don’t belittle what you can contribute – it can be as little as a penny. But it’s still a part of a hundred. People sometimes say, ‘I do not have money.’ I say, ‘it’s not just money you can give – you have your time, philanthropy, and talent. And then, if you have treasure, give back with your treasure. But it doesn’t always have to be treasure first.’”







## DR. NANCY ATMOSPERA WALCH



*"We make a living by what we Get, we make a life by what we Give"*  
– Winston Churchill

Dr. Nancy Atmospera Walch "makes a life by what she gives." She is a nurse entrepreneur, a generous, beautiful, and untiring woman. She wanted to give back to the school that opened doors for her and made who she is now, possible. She gave a generous gift that will keep on giving to the University of Hawaii at Manoa School of Nursing. This gift will impact the quality of nursing education, student success, the community, and the nursing profession. The University renamed their School of Nursing to Nancy Atmospera-Walch School of Nursing.

Dr. Atmospera-Walch is a member of the Philippine Nurses Association of America (PNA) and the Philippine Nurses Association of America Foundation (PNAF). She has supported both organizations' missions and goals through donations of time and money.

Dr. Atmospera-Walch is equally generous with her time and in sharing her talent and influence. Last year, PNAF was preparing for its bi-annual Collaborative conference in the Philippines. The school that was selected to collaborate with PNAF during the scheduled 2021 conference was in Vigan, Ilocos Sur. Dr. Atmospera-Walch without hesitation volunteered to do the initial contacts and preparation. Using her talent and influence, she met with the Governor of Ilocos Sur and before the day was done, he had given his full support for the event and donated the use of the convention center for the Conference. Thank you Dr. Walch. We were all looking forward to this event but due to the Pandemic were not able to hold the Collaborative conference this year, but are planning on doing it in January, 2023 where else but in Vigan, Ilocos Sur.

Dr. Nancy Atmospera-Walch, generous with her time, resources, talent and influence "makes a life by what she gives."



**NANCY NOLASCO HOFF**  
PNAF President, 2019-2023



cover story

# THE APPLE DOESN'T FALL FAR FROM THE TREE



Photo Credit: Mark Salondaka

As far as the apple not falling far from the tree, Nancy and Gerhart's daughter Christeen Walch (who goes by Chris), is a well-accomplished woman in her own right. "Christeen recently won a Webby Award," Nancy beamed as she talked about her daughter. The Webby Awards is the leading international awards honoring excellence on the internet. This recognition was earned by LifeScore Limited, a global music technology company that Chris co-founded, along with Hollywood film composer Philip Shepard, Siri inventor Tom Gruber, and ex ARM executive Ian Drew.

LifeScore is recognized by industry experts for the quality of the music produced and was named in 2021 as UK's No. 1 MediaTech Innovator. The company was incubated at the best recording studio in the world, Abbey Road Studios, and its parent company Universal Music Group is a strategic investor. LifeScore is engaged with recognized brands in streaming, automotive, toys, wellness, and the music business itself.

Chris led the LifeScore team on their debut project "ArtificialNext" with Twitch – the world's leading live streaming platform for games, music, talk shows, sports, and other interests that people love. "ArtificialNext" is a live and interactive sci-fi drama that along with the Webby Award, has also won Primetime Emmy and Peabody Awards. Chris and her team

at LifeScore provided an adaptive musical score for the livestreaming performance, in which the audience helped shape the story as it was performed – this was the first time in history that the audience helped shape a musical score in real time, to a live fictional performance.

The LifeScore team, under Chris' leadership, also worked with Bentley Motors to create the world's first prototype of a vehicle composing a musical score in real time, which Bentley described as "an industry first." Rather than listening to music to distract from travel, the vehicle can compose an instrumental soundtrack to engage with the journey. LifeScore's goal is to be the premiere adaptive music solution for partners across several industries.

Chris was also an attorney for global law firm Latham & Watkins LLP, which has been ranked as the number one law firm by the AM Law 100. She represented a client base that included Fortune 500 companies, private equity funds, investment banks and high net worth individuals in leveraged finance, commercial acquisitions and dispositions, cross-border transactions, development projects, mergers and acquisitions, project finance corporate banking and secured high yield transactions.

In 2018, Chris founded Women of Winter – a grassroots organization that encourages women and girls to

get involved in snow sports, where women are largely underrepresented. The organization also strives to provide scholarships to BIPOC women. In 2020, Women of Winter provided 8 women with scholarships to an Avalanche Level 1 Course and provided tuition support to a female ski patroller to attend National Avalanche School. In 2021, Women of Winter provided 6 BIPOC women with ski gear and scholarships for a 4 day PSIA Level 1 Ski Instructor Course and Exam. Now in 2022, Women of Winter will be providing almost 40 scholarships nationwide to women in snowsports. Chris is a certified ski

instructor in the US and Europe. An Iolani graduate, her higher education background includes a BA in economics and computer science from New York University, an MS in science and technology commercialization from the University of Texas at Austin McCombs School of Business, and her JD from St. John's University School of Law. She completed Stanford Business School's Emerging COO: Driving Innovation and Operational Excellence Executive Education program. In Spring 2022, Chris will be teaching an entrepreneurship course at Montana State University.

ABOUT THE AUTHOR



**Kathleen Lee** was born on an Air Force base in the Philippines, grew up in San Jose, CA for almost two decades (where she attended SJSU), and has lived in Honolulu, HI since late 2009. She currently owns and runs Kathleen Lee Consulting, in which she applies her professional experiences gained from the communications, government, hospitality, marketing, media, nonprofit, and public relations sectors.





# CONGRATULATIONS

*Dr. Nancy Atmospera-Walch*

Mahalo for your 29 years of service at The Queen's Medical Center  
and for your commitment to healthcare.

Queen's is a proud partner of the Nancy Atmospera-Walch School of Nursing.



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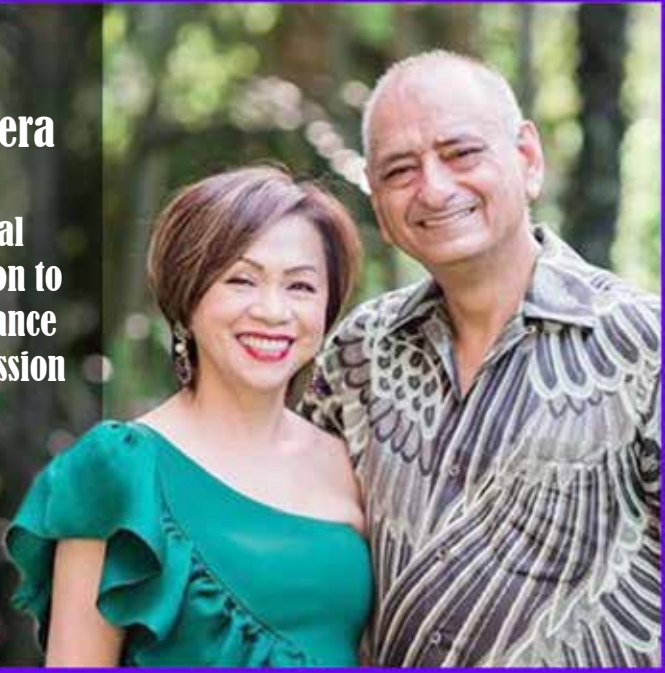


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in Hawai'i.  
Mabuhay!

**Marivic Dar**



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OF HAWAII SCHOOL OF  
NURSING**



**Congratulations  
DR. NANCY WALCH**  
So Proud of you!

Aloha from  
**BETTY BROW**

**Kudos and Aloha!**



from **Rose and Sonny Aquino**




**Mahalo  
Nancy!**  
from  
**One Nurses**  
**Violeta Arnobit**  
RN-President  
Ace Medical

*Mahalo  
Nancy Walch*

**Senator  
Bennette Misalucha**

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WALCH**

**ON HER IMPACTFUL  
GIFT TO THE UHSON  
AND THE COMMUNITY  
OF FUTURE NURSES**

*Congratulations and  
Mahalo Nui Loa to  
Dr. Nancy Atmospera-Walch!*



*Rob & Mylene*

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CONGRATULATIONS  
**DR. NANCY ATMOSPERA-WALCH!!!**  
OUR FAMILY AND AS MEMBERS OF PNAH,  
WE ARE PROUD OF YOU AND  
YOUR “LIFETIME ACHIEVEMENT AWARDS”  
ARE BEYOND WORDS !!!



GREETINGS FROM,  
**TESSIE OCULTO AND HELEN GRACE GO**



THE OFFICERS AND THE BOARD OF DIRECTORS OF THE  
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HYGIENE TO “NANCY ATMOSPERA-WALCH SCHOOL OF NURSING UNIVERSITY OF HAWAI’I MANOA,” (NAWSON UHM)

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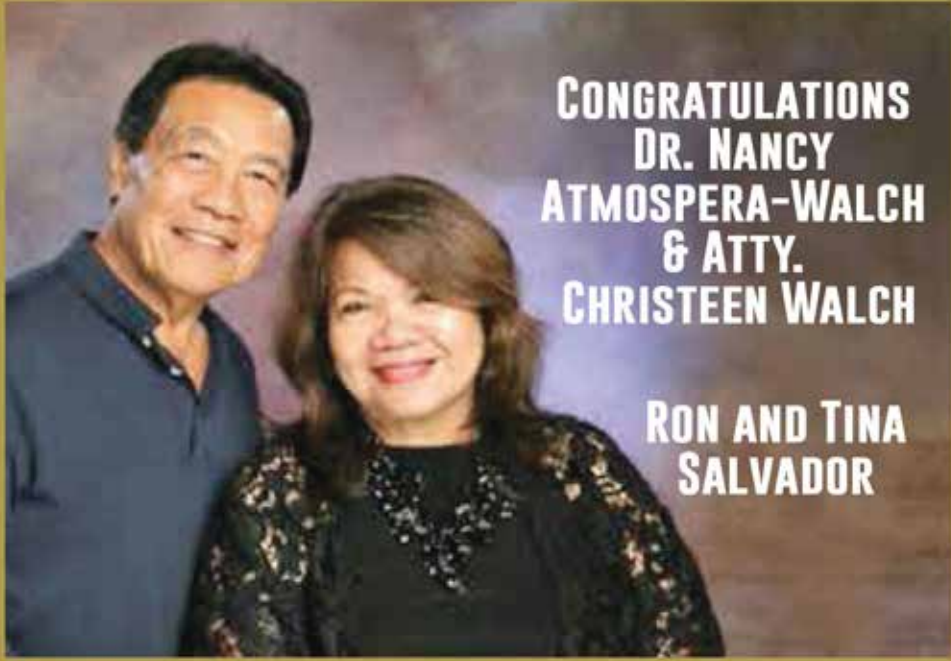
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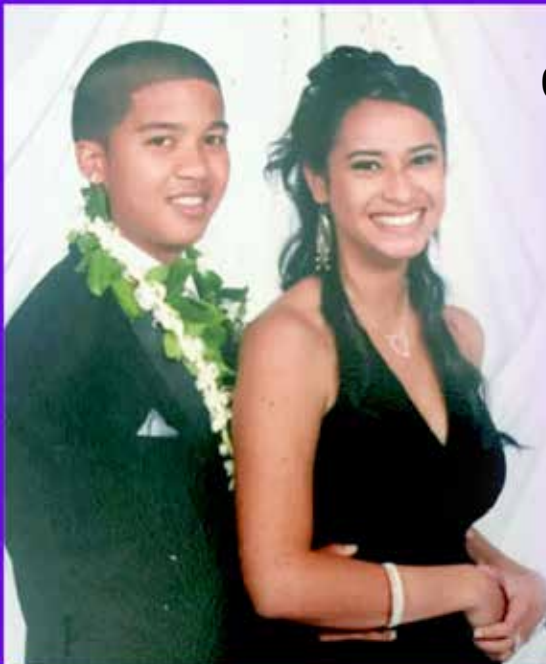
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health/mindshift



By HILDA HERRERA BORJA

Before we even attempt to answer the above celestial question, allow me to tell you a super amazing yet bittersweet love story that happened decades ago— one that will somehow tie in with the Biblical answers to the above inquiry . It's an authentic story that has touched so many around the world. No, It's not a "Romeo and Juliet" type of script but a winsome account of a remarkable human-animal bond between a Japanese gentleman named Professor Hidesaburo Ueno, and his faithful *Akita inu* (dog), *Hachiko*.

First, allow me to go back to a more recent past— to the early part of 2016, when I first learned about Professor Ueno and Hachiko-- whose poignant tale has since been penned as a classic read and made into movies. It was an unexpected discovery of sorts on my part-- one that was intertwined with in a series of fun adventures during my third sojourn in Japan, an R&R with my sister, Marcy and son, Gil. Yes, you can rightly say that I can't resist the beckoning of the "Land of the Rising Sun" and I would pack my suitcase in a heart beat whenever another opportune time arises.

The air was warming up; spring had arrived! The *sakura* trees were in full bloom as they graced parks and casted their shades along sidewalks as well as adorned temples and shopping malls. Cherry Blossom festivities were in the air. How exciting! Women, young and old alike were dolled up in their colorful *kimonos* as they walked daintily with their *geta* sandals. All smiles and never shy, many cheerily posed for a snapshot or two with tourists.

We were like kids in a candy land as we mingled with locals and fellow tourists alike. We had so much fun. However, after a few days of immersing ourselves in the festive tradition, we decided to say *Sayonara* for a few days and geared toward covering more miles and exploring other touristy and even local spots in and around Kanagawa Prefecture's Yokosuka City where my brother Andy was working at that time. We stayed with him. We took the bus and the train (including the bullet train— Yes!) then walked the places of interest in our destinations. Thank goodness, we had Andy as our "tour guide" otherwise

as non-Japanese speakers, we would have been scaredy trippers exploring by ourselves especially amidst the hustle and bustle of the mass of humanity in substations and shopping malls.

We were on the go almost every-day. We ate street food in Yokohama's Chinatown. We visited the grounds of the Imperial Palace in Tokyo and temples nearby. We were awed by the panoramic views of Tokyo inside the observation deck of Tokyo Sky Tree, the tallest structure in Japan. We even explored the hollowed interior of the gigantic world-famous bronze statue of the Buddha in Kamakura and learned about its historical significance from artifacts displayed on its walls. When we were not out and about, we walked the narrow streets in the neighborhood where Andy lived. We frequented a mom and pop store for their *onolicious bentos*. And like inexhaustible Energizer Bunnies, the three of us also took a hop to the island of Okinawa and stayed there for a few days. We joined guided tours to many points of interest— the highlight of which was the *Churaumi* Aquarium, one of the largest and best aquariums in the world. What a feast to our senses as we were mesmerized by the sublime oceanarium.

Back to Mainland Japan, we revisited Tokyo. As we mindfully navigated our way through crowded streets and sidewalks, we decided to follow a queue leading to the bronze statue of a sitting dog gracing Tokyo's Shibuya Rail Station. We gathered that this bronze replica of a canine had drawn daily streams of fans from all over the world. Once one got his much-awaited turn to touch the statue, a must-desired snapshot with the bronze figure became a prized memento.

With absolute amazement, my sense of wonder was awakened by what I've heard about the touching tale of this loyal dog and his master friend. I have to admit that I had kleenex moments as I soaked myself through the pages of the story of this duo. And I'd say to this day that— that brief stop to a world-renowned landmark tops my memories of my must-see destination.

My intent is not to steal the thunder from those who graciously penned the endearing love story between a loyal pooch and his affectionate owner. Rather, to provide a thumbnail sketch and correlate its take away message to the subject question: Is heaven real?

In a nutshell--- in 1924, one-year old Hachiko who hailed from a farm outside Tokyo was adopted by Prof.



Ueno. Their fondness for each other immediately developed and grew over time. Every morning, Hachiko and Prof. Ueno would walk together to the nearby Shibuya Train Station. Hachiko would return home after his master bade him goodbye as the latter boarded the train, to go to work. Around late afternoon, Hachiko would head back to the train station in time for Prof. Ueno's return from work. This became Hachiko's routine for almost a year until one afternoon, Prof. Ueno failed to show up... Unbeknownst to Hachiko's canine understanding, Prof. Ueno died of cerebral hemorrhage while giving a lecture at the university. Hachiko had no clue that Prof. Ueno was gone. So for almost 10 years after Prof. Ueno's passing, Hachiko never lost hope and patiently waited for his master's return... hoping to see Prof. Ueno alight from the same train that took him home every afternoon. But no luck. Yet Hachiko persisted. Good-hearted folks who frequented the train station would pet and feed Hachiko; unfortunately, some mean individuals bullied and even abused him. Tired and weary, he was subsequently adopted by Prof. Ueno's gardener. He eventually died of cancer and worms. Today, a sculpture of Prof. Ueno and Hachiko graces a special spot at Tokyo University and Hachiko's bronze statue at Shibuya Station has since become a favorite meeting place for locals and a must-see landmark for visitors.

Is there an eternal life? And is there heaven and it's antithesis— hell? And, if there is eternity and there is life after death, did affectionate Prof. Ueno and loyal Hachiko eventually reunite and are now living happily ever after... in heaven? Our survival manual— the Bible— has no explicit answers to this question. But then again... from a Biblical perspective, we may never know until we get to heaven given--- unimaginable delightful surprises awaits us... when we get there...

The reality of heaven has been a bone of contention for skeptics. However, countless accounts of those who have had NDE(near-death experience) and have been to heaven— and even heaven's antithesis, hell— tell us the reality of life after death— as it is written in the Word of God.

If the amazing love story between Prof. Ueno towards Hachiko and the

later's enduring loyalty to his owner friend has deeply touched many--- how much more can we be so moved by God's enduring LOVE for us and his ultimate sacrifice that He became Man (Jesus Christ), dwelt among us and died the most horrific death— on the cross to redeem us from our sins (John 3:16).

Like Hachiko, we endure trials and adversities. However we are made in the image of God (Genesis 1:27) so God has gifted us with a divine ability to withstand and emerge victoriously because Jesus Himself has already overcame the world for us (John 16:33). Above all, God has prepared an eternal place (heaven) for us and live an everlasting life with Him (John 14:3).

As how a Gospel song goes: "This world is not our home; we're just passing through". Indeed much as I'd like to revisit Japan again and again-- what I am longing for the most is to live in heaven for all eternity given in heaven, there will be no more sufferings (from CoVid, for one), crying, pain and death (Revelation 21:4). There, we will pass through pearly gates and walk in streets of gold (Revelation 21:21). We will live in mansions (John 14:2) and enjoy the company of our departed loved ones (1 Corinthians 2:9). Also, how neat will it be: when we will no longer grow old (no more need for Botox; LOL); no need to go to work, pay bills and do house chores (not my fave).

Let's draw our strength from God's Word. When it seems as though there is no end in sight for life's misery and no place to turn to— let's look up to God— like how the Israelites cried out to God for deliverance as they ran from their enemies, only to end up facing the mighty Red Sea that could have swallowed them to death. Also, how Joshua and his courageous men prayed to God, to save them as they battled their enemy's huge army. BUT GOD delivered them from their foes and gave them their victory.

**Here's a sobering reminder which I will not hesitate but rather I'd be bold in sharing...**

On an unexpected and unknown day and hour, all of us will face our own mortality given we all have an expiration date called death. The question is: **Do we know where we'll spend eternity when we die?** The answer is not com-

plicated and here's the deal:

Do you know Jesus, as your Lord and Savior? If so, have you already surrendered yourself to Him? CONGRATULATIONS! You've made the most life-changing decision in your life. However, if you are still unsure, undecided or in decisive— it's not by chance that you are reading this essay. Realize that we are all sinners and have fallen short of God's expectations (Romans 3:10 & 3:23). But if we confess our sins and repent, God will forgive our sins (1 John 1:9). And if we call upon the Name of our Lord and Savior, Jesus Christ, we will be saved (Romans 10:13)

No ritual, no ceremonies, no formalities to go through. Not even a written contract or memorized prayer. Just come as you are and wherever you you. All you need is an intentional faith-- by expressing your humility and total surrender to Jesus. Talk to him the way you would talk to a close friend. Jesus wants to be your best friend-- in fact, He is your best friend. And, He is as close as the mention of His Most Holy Name: **JESUS**. He urged us and even commanded us to pray **IN HIS NAME** and He promised incredible results (John 14, 16). **Don't wait. Do it now.** Your salvation will change the trajectory of your life. And only you know that you know-- that you know-- how Jesus can lift your heavy burdens and lead you to His peace that passes all understanding (Philippians 4:6)

And so... when we all get to heaven, how happy a reunion that could be. And we might have an additional surprise awaiting for us there... like Hachiko and Mr Ueno welcoming us along with Jesus, the saints and our departed loved ones and friends... We'll never know... until we get to heaven. The Lord's coming is soon. (1Thessalonians 4:16-17).

MARANATHA!

*Hilda Herrera Borja is a freelance writer. She retired as a Behavioral Health Provider for the Department of Defense. Thereafter, she worked as a Military & Family Life Consultant/Counselor for all branches of the military on the Island of Oahu. Being a columnist for the Fil-Am Courier is her way of connecting with and serving our Filipino community.*



feature



By LAURIE THOMPSON

I was very fortunate to be born into an animal loving family; and I never had to ask permission to bring a pet home. The only stipulation in keeping the pet was that I had to care for it. Two pets did not get to stay. One was a baby alligator that I purchased at a pet store in California (for \$5 back then) because I insisted it had to live in the bath tub. The second was a five foot pet gopher snake that lifted the top off his enclosure and wrapped itself around my arm. It would not let go, which lead me to knock on my

# For The Love Of Dogs: Their Home Away From Home

neighbors' door asking for help. The poor elderly woman nearly had a heart attack when she saw me! I ended up letting the snake go free in a field. Through the years, I have owned just about every farm and domestic animal

you can imagine; training each one to do things a dog or cat can do. There is no animal that can't be trained. It's all about love and trust!

What led me to do what I enjoy most in life were my current dogs. I could not find any daycare that would accept Dobermans in a non-commercial daycare setting. I did not like seeing my high energy dogs get stressed when left where there was nowhere for them to run at full speed or feeling the comforts of home. So I decided to start Paws On Path Adventures, a doggy daycare/boarding service that would give dogs the sense of security and comfort they would have in their own home. All pups are treated as if they are my own, just as I would expect mine to be treated.

Dogs are creatures of habit and are happiest when they have a set routine. All of the pups that attend my daycare have a set schedule and they seem to know what day it is that I will be picking them up. After the dogs arrive, they are given an hour to socialize in a smaller yard to bond as the pack of the day. Then they take a group photo on my front porch where they automatically go to when I say "picture time! Puppies up!". They remain there till I say "all done!". Next, they race to the big back yard where they run, play and wrestle, while I prepare breakfasts for those who eat here. After they have rested for an hour to avoid bloat, we head out on our adventure. All adventures are off-leash, so we go to places where there is a minimum amount of people. After all, it can be intimidating to see a pack of 12-18 dogs that you don't know running towards you at full speed. However, it's the most beautiful sight to see! There is no comparison walking them on-leash to letting them run off-leash for 2-3 hours.

The majority of the dogs were afraid of water when they first started

my daycare and were not off-leash trained. But the power of the pack is an amazing and powerful teacher. Dogs learn from dogs more effectively and faster than they learn from humans. My personal dogs are all trained to lead and protect the entire pack. They know every dog by name and will guide any dog that attempts to step away back toward the pack when I call that dog's name.

At the end of the day, the dogs receive daily baths using soapless shampoo so their coats and skin don't become dry. They are fed dinner and they nap and lounge on furniture just as they would at home. For the dogs that board, they get their ears cleaned, teeth brushed, scaled if needed and nails filed. I send each pet owner photos and videos that were taken throughout the day of their pup. When the day is over, we load into the van to take the pups home.

The concept is designed to create a comfortable atmosphere for each pup regardless of their age, breed or

health/handicap restrictions. I have created a total kennel/crate free environment for them. A dog's time with us on earth is short and they deserve to enjoy every second of their lives in exchange for the joy, loyalty, unconditional love, protection and comfort they provide us with. I lovingly provide each dog a home-away-from-home.

**Laurie Thompson** - Now Retired from a lifetime of working in Management positions for large Corporations since the age of 17, Laurie began her life as the eldest of two children as a model for Montgomery Ward, a weightlifter, martial artist, trained boxer, rider in pa'u units in various parades and animal trainer for an array of species (which has always been her main passion). She now owns and operates her doggy daycare and boarding (Paws on Path Adventures) and assists her husband with his record label and family-owned commercial real estate company. You can reach Laurie at (808) 781-9571 and pawsonpathadventures@aol.com



Laurie Thompson on an adventure with the dogs



Laurie Thompson caring for the dogs in her home



Laurie Thompson giving love to the dogs and the dogs showing love for her.



Dogs enjoying an off-leash experience in the water



Dogs posing on Laurie Thompson's front porch for their daily photo



Laurie Thompson providing a home-away-from-home for dogs





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Over half of people over the age of 50 suffer from some form of vein disease. And yet, only a small fraction of those people actually seek treatment from a vein treatment center. One of the reasons for this is that many people believe in myths that they have heard about vein doctors from friends or that they have heard on the internet. In this article, we hope to dispel a few of these myths and provide you with some facts.

What should Hawaii residents know about vein doctors?

1. We are doctors first and vein doctors second.

Probably the first and foremost thing you should know about vein doctors is that we are doctors first and vein doctors second. Whatever the symptoms are that you may be experiencing and that have brought you to us, we are concerned with finding the cause of them so we can treat you as a whole person and improve your overall health.

If, after a thorough physical examination, we find that your symptoms are due to vein disease, we will tell you and then recommend the best, most state-of-the-art treatments to eliminate that disease. If we find that your symptoms are NOT due to vein disease, we'll tell you that, too, and either help you ourselves based on our long experience as general practitioners or recommend you to another specialist who can help.

2. Our treatments aren't limited to the ones we perform in our offices

As doctors concerned with your overall health, we often find ourselves making recommendations for diet programs, exercise routines and lifestyle changes to not only help eliminate any

vein problems you might have, but also to improve your overall health and sense of well-being. For example, two of the most important things we help our patients with are overcoming smoking and inactivity, both of which have been linked not only to vein disease but more serious diseases as well. We can help you find smoking cessation and exercise programs to help keep you healthy.

3. The biggest myth about vein doctors is that their treatments hurt

This myth is a carryover from how varicose veins and other vein diseases were treated decades ago and has nothing to do with modern treatment methods. All of the treatment techniques we use are minimally-invasive, which

means that they are painless and in most cases don't even require a local anesthetic. You can literally walk into our comfortable offices with varicose veins and walk out about an hour later without them.

So don't continue to believe any of the myths you've heard that have kept you from seeking treatment for your varicose veins, spider veins, swollen legs and ankles or other vein problems in the past. Instead, pick up your phone to reach one of our vein treatment specialists at Vein Clinics of Hawaii or go to [www.VeinClinicsofHawaii.com](http://www.VeinClinicsofHawaii.com) to take our free online vein screening quiz. You'll be happy you did.

TOP MYTHS VS FACTS ABOUT VEIN DOCTORS



Attorney for over 30 years in Hawaii, New York and the Philippines.  
Host of "The Legal Pinoy," a weekly radio show focusing on Filipino American issues heard on 96.7FM Saturdays 7:30 to 8:00am and Sundays 9:30am to 10am.



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eye care



By STEVEN RHEE, D.O.  
Board-certified Ophthalmologist  
at Hawaiian Eye Center.

One in six Americans aged 65 and older have a vision impairment that cannot be corrected with glasses or contact lenses. The risk of eye disease increases with age, yet many older adults neglect to see an ophthalmologist for care. To bring attention to taking care of our eyes as we age, the American Academy of Ophthalmology celebrates Healthy Aging Month to raise awareness of the signs and symptoms of vision loss - and steps to help seniors take care of their sight. A recent survey found two out of three Americans falsely believe vision loss is inevitable as we age. Sure, aging can affect your eyes, but vision loss is not inevitable. Here are the American Academy of Ophthalmology's 10 common signs/changes to vision and eye health that aging adults should watch for, and the best ways to protect your sight.

1. **Trouble reading fine print**  
**Farsightedness, or presbyopia,** is much more common after the age of 40. This makes up-close activities, such as reading or sewing, more challenging. Reading glasses can help.
2. **Difficulty seeing at night**  
Older adults may notice that their eyes take longer to adjust and focus in the dark than they used to. Studies have suggested that the eye's rod cells, which are responsible for low light vision, weaken with age. That's why driving becomes trickier at night, or during poor weather. The National Traffic Safety Administration recommends that older people limit driving to daylight hours.
3. **Dry eyes**  
Older adults tend to produce less tears, an uncomfortable eye condition called dry eye. Dry eye

is especially common among women who have gone through menopause. Depending on severity, your ophthalmologist will recommend the best treatment for you.

4. **Objects blending into backgrounds**  
It may become more difficult to distinguish objects from backgrounds of similar color, such as milk in a white cup. This is called loss of contrast sensitivity. There are low vision techniques to help with this, such as using opposite colors around the house.
5. **Red, swollen eyelids**  
Blepharitis, an inflammation of the eyelid, becomes more common due to hormonal changes as we age. Symptoms include red or swollen eyes, a crusty sensation around the eyelashes, or soreness.
6. **Spots or floaters in your vision**  
The vitreous, or jelly-like substance filling the middle of the eye, can thicken or shrink as we age. When this happens, tiny clumps of gel can form and cause floaters in our vision. This is usually harmless but should be discussed with an ophthalmologist.

7. **Glare sensitivity**  
Aging adults with certain eye conditions can become increasingly sensitive to glare. A good way to minimize the discomfort is to use a matte screen filter on digital devices, adjust lighting around the house, and make sure to cover your eyes with sunglasses and a wide-brimmed hat while outdoors.
8. **Cataracts**  
Everyone develops cataracts as we age. A cataract is when the lens inside of our eye become cloudy, making it difficult to see. Cataracts can be treated with surgery.
9. **Age-related macular degeneration (AMD)**  
AMD is a common eye disease, usually found in adults over the age of 50. Although patients may not notice symptoms during early stages of the disease, central vision will eventually decline. Treatment varies depending on the type of AMD.
10. **Glaucoma**  
People of all ages can be diagnosed with glaucoma, but the disease is most common

among senior adults. The disease damages the optic nerve and can lead to blindness if not treated early. Since symptoms often go unnoticed, getting regular eye exams is the best preventative measure to protect yourself from vision loss.

**How to protect your eyes — and your overall health — as you age**

Health problems might show up first in your eyes. Routine eye exams are not only important for getting ahead of silent eye diseases — they are important for ensuring your overall health. Health conditions such as high blood pressure, high cholesterol, vitamin deficiencies, and several diseases can be detected through the eye before any symptoms surface.

Knowing your family's health history can protect your future. Identifying your risk factors is important for preventing serious eye diseases from stealing your sight. Family history, ethnicity, age, and other factors should be discussed with your ophthalmologist during your routine eye exam.

Healthy living is especially important as you age. Exercising, eating well and other healthy habits have always been important for every aspect of your health. The consequences, however, are more often felt with age. Reducing the risk

of certain health conditions, such as obesity or diabetes, will protect your eyes, too.

Low vision tools can help. Low vision is not a normal part of aging, but for those who do experience vision loss from an eye disease, there are several low vision tools that can help with maintaining independence. These range from smartphone apps that read text aloud to hand-held magnifiers. A low vision rehabilitation team will help with personalized recommendations for making life easier.

Plan to get your eyes checked more often as you age. As you age, expect to get dilated eye exams more often to make sure all is well with your eye health. The Academy recommends all healthy adults get a baseline eye exam with an ophthalmologist by age 40. Seniors over the age of 65 should see an ophthalmologist every one to two years. \*

**Steven Rhee, D.O.,** is a board-certified ophthalmologist at Hawaiian Eye Center. Hawaiian Eye's dedicated doctors and support staff are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call 621-8448 or visit [HawaiianEye.com](http://HawaiianEye.com). "For over 44 years, life has never looked better."

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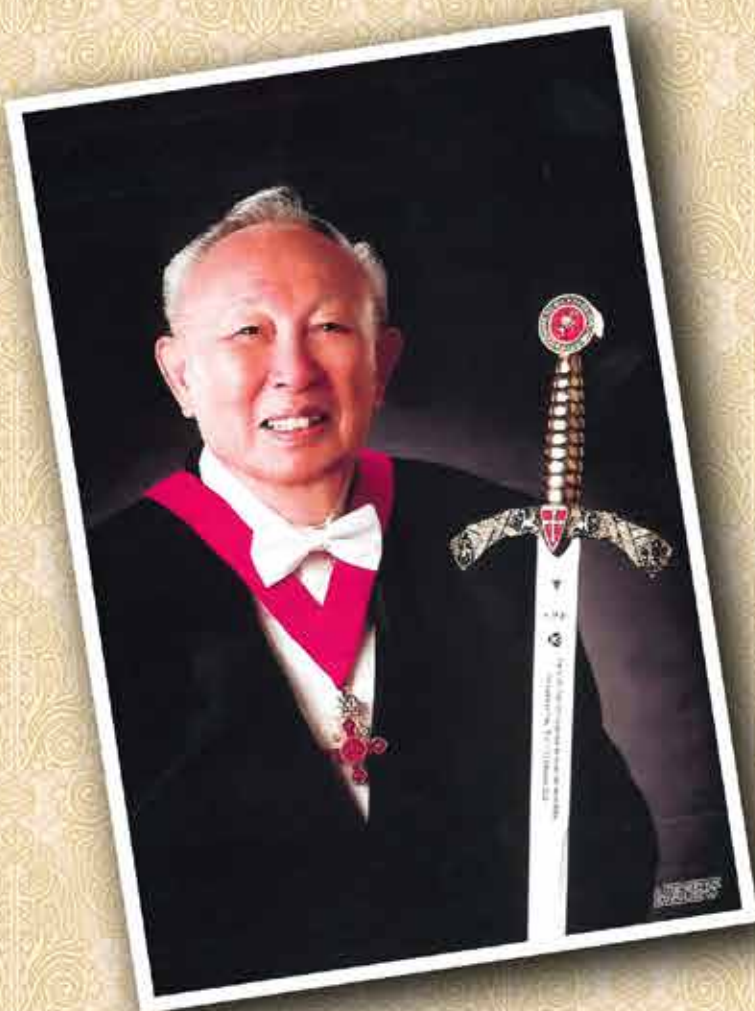
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