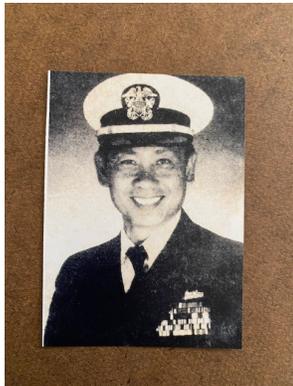




Filipino American Military
Officers Association
Established May 1990



PRESIDENT'S MESSAGE

To fellow FAMOS members,
Summer is almost here. It is time to enjoy the nice San Diego sunshine. Perfect weather to celebrate Philippine Independence Day, Father's Day, attend meetings, events and activities of FAMOS.

Please do not forget, Saturday, July 16, 2022, we will celebrate our association's 32nd anniversary. It will be at the Scottish Rite Event Center, 1895 Camino Del Rio South, San Diego, CA 92108. Starting time is 5:30 PM. Tickets are available at \$50 dollars each by contacting, CDR Benny Valerio at (619) 889-3420 or CWO Ernie Liwag at (619) 690-2157. For those who already have tickets, please send payments to Ernesto Liwag, 1056 Fuchsia Lane, San Diego, CA, 92154. For confirmation,

FLASH

FAMOS NEWSLETTER

EDITION X

WEBSITE: [HTTP://WWW.FAMOSUSA.ORG](http://www.famosusa.org)

JUNE 30, 2022



FAMOS OFFICERS

- PRESIDENT - CW04 OSCAR SA GARCIA**
- 1ST V. PRESIDENT - CDR. BIENVENIDO VALERIO**
- 2ND V. PRESIDENT - COL. CEFERINA RUIZ**
- 3RD V. PRESIDENT - CW5 TEDDY DATUIN**
- SECRETARY - MRS. REMEDIOS LIWAG**
- TREASURER - CW02 ERNESTO LIWAG**
- AUDITOR - MR. ROGER ANG**
- ADVISOR - CAPT. ELSA ANG**
- ADVISOR - CW04 MANUEL SUPNET**
- PRO - CDR. MARIA BALOLONG**
- PRO - MACM CESAR ADAN**
- PRO - MR. SIM SILVERIO**

Continued from Page 1 (President’s Message)

please contact the same above-mentioned contact persons and phone numbers.

At this juncture, please be aware that FAMOS is in planning stage in collaboration with other organizations to hold a joint picnic in a park (TBD). It will be open to the public. Those who would like to bring their favorite dish, are encourage to do so. The goal is to show that Filipinos, though we came from different regions, speak different dialects and do things differently, we can enjoy life together. Hopefully, this will be the start and continue doing it every year. And in addition to our attendances in associations' meetings, participation in all events and and activities, we will be meeting the same people all the time, and be familiar with each other. That will foster friendship, friendship promotes understanding and understanding stimulates respect. And when we mutually respect each other, the water of regionalism which comes and goes every which way, will enter into the "Pipe of Unity," flow ever so smoothly and more importantly it will go into one direction.

My most sincere supplication is that , every Filipino will chip in and help out towards genuine realization of this goal. We will then leave a lasting impression that will elevate us to the pedestal of recognition thereby making Filipinos Count, worthy of pride and glory to our children, their children’s children and future generation of Filipinos in this greatest country on the face of the earth, the United States if America.

All Glory to God.

Oscar Sa. Garcia
President

SAVE THE DATE	
SATURDAY, JULY 16, 2022	
FOR FAMOS	
32ND ANNIVERSARY, INDUCTION, AND AWARDS CEREMONY	
<small>"Celebrating Filipino Contribution to America"</small>	
LOCATION: Scottish Rite Event Center, 1895 Camino Del Rio South, San Diego, CA 92108	
TIME: 5:30 pm—11:00 pm	
COST: \$50.00 per person	
MENU (Buffet): Tri-Tip Beef & Chicken Oscar	
RSVP NO LATER THAN: July 6, 2022	
POCs: Benny Valerio: 619-889-3420 or valeribenny@gmail.com Ernie Liwag: 619-709-0763 or ernieliwag@gmail.com	

FAMOS MEMBER HIGHLIGHT OF THE QUARTER



**Marissa M. Marquez, LTC, U. S. Air Force Reserve
DNP, MSN, MBA, BSN, FNP-C**

EDUCATION:

- 1982-1985 Bachelor of Arts in English & Literature
University of Santo Tomas, Manila, Philippines
- 1995 Associate Degree in Nursing
Southwestern College, Chula Vista, California
- 1998 Bachelor of Science in Nursing
University of Phoenix, San Diego, California
- 2002 MBA in Health Care Management
University of Phoenix, San Diego, California
- 2013-2022 Doctor of Nursing Practice - Family Nurse Practitioner
University of San Diego, San Diego, California

Lt Col Marissa Manipud Marquez was born in Dagupan City, Pangasinan, Philippines. She completed her early education at West Central Elementary School and Dagupan City National High School. She went on to pursue higher education at the University of San Tomas (UST) for three years, earning a Bachelor of Arts Degree in English and Literature. In May 1985, in pursuit of better life and opportunities, she and her family immigrated to the United States.

Lt Col Marissa Manipud Marquez is currently assigned at 27th Special Operations Medical Group, Cannon AFB as Family Nurse Practitioner (FNP) and Clinical Nurse since 2014. Prior to transferring to Cannon AFB, she was at 752nd Medical Squadron at March ARB, CA. She also held a Special Identifier as International Health Specialist (IHS). She has supported three (3) Operation Pacific Angel in Cambodia, Indonesia and Philippines. She was also part of Panama Medical Readiness Exercise in the province of

Continued on Page 3

Continued from Page 2 (FAMOS Member)

Cocle, Panama. She was deployed at Ramstein AFB, Germany to support the Enduring Freedom. Lt Col Marquez was selected by United Nations training in Montreux, Switzerland for Managing Natural Resources During Post-Conflict Reintegration and Recovery and with United Nations Office for the Coordination of Humanitarian Affairs in Kuala Lumpur, Malaysia for the 137th United Nations-Civil Military Coordination (UN-CMCoord) Course. She has also taken part in medical conferences around the world, including international conferences in Thailand, United Kingdom, South Africa, South America, among other location. She is a recipient of the UPORFA Military Orders of the Liberators Medal. She was conferred with the North Atlantic Treaty Organization (NATO) Sovereign Military Order of the Temple of Jerusalem (SMOTJ) Priority.

She is currently working with one of the State of California State-operated facilities with the Department of Developmental Services, Porterville Developmental Center. She was selected and currently serving as one of the San Diego County Juvenile Justice Commissioners, San Diego California. Her past work experiences include US Department of Justice Federal Bureau of Prison, California Department of Corrections and Rehabilitation, California Department of Health Care Services, County of San Diego- Health and Human Services Agency and other civilian health care services. Lt Col Marissa Marquez is graduating this May 2022 for her Doctor of Nursing Practice (DNP) Family Nurse Practitioner from University of San Diego, San Diego, California.

**PHILIPPINE HISTORY****FROM DISCOVERY TO INDEPENDENCE**

While attempting to sail around the world for Spain, Ferdinand Magellan, a Portuguese navigator discovered the Philippine Archipelago on March 16, 1521. He named the islands after King Phillip II of Spain. He spent more than a month in the area trading with the local leaders and trying to convert them to Christianity. When one of the leaders, Chieftain Lapu-lapu, refused to cooperate, he ordered to attack his village. Magellan was wounded and succumbed to his wounds in the island of Mactan. This discovery started the long occupation and colonization of the Philippines by Spain.

The Philippine Revolution began in August 1896 when the Spanish discovered the Katipunan, founded in 1892, an anti-colonial secret organization led by Andres Bonifacio. The primary goal of the Katipunan was to gain independence from Spain. Many other Filipino leaders rose up to fight the Spaniards for independence. Dr. Jose Rizal, Philippine National Hero, was executed by the Spaniards at Bagumbayan in 1896 on charges of sedition and treason. Rizal gave us freedom by using goodness. Jose Rizal became the Philippine national hero because he fought for freedom in a silent but powerful way. He expressed his love for the Philippines through his novels, essays and articles rather than through the use of force or aggression. On the other hand, Emilio Aguinaldo, who declared Philippine Independence on June 12, 1898 from Spain, fought both the Spaniards and the Americans through armed conflict. In my book, they are both National Heroes of the Philippines.

The Spanish Armada guarding the Philippines was defeated by the U.S. Navy ships under the command of Commodore George Dewey in the "Battle of Manila Bay" on May 1, 1898. After its defeat in the Spanish-American War of 1898, Spain ceded its longstanding colony of the Philippines to the United States in the Treaty of Paris.

Seeking for Philippine Independence instead of a change in colonial rulers, fighting broke out between American forces and Filipino nationalists led by General Emilio Aguinaldo. The Philippine-American war lasted three years and resulted in the death of over 4,200 Americans and 20,000 Filipino combatants. Although the Filipinos fought valiantly,

Continued on Page 4

SECNAV Names Future Arleigh Burke-class Destroyer Telesforo Trinidad

19 May 2022

From Secretary of the Navy Public Affairs



WASHINGTON – Secretary of the Navy (SECNAV) Carlos Del Toro announced today that a future Arleigh Burke-class guided-missile destroyer will be named USS Telesforo Trinidad (DDG 139).

The future USS Telesforo Trinidad (DDG 139) will honor Fireman 2nd Class Telesforo De La Cruz Trinidad, the only Filipino in the U.S. Navy to be awarded the Medal of Honor.

“My first time learning about Petty Officer Trinidad’s story was as a midshipman at the Naval Academy and since being sworn in as Secretary, I have wanted to honor his heroic actions by naming a ship after him,” said Del Toro. “This ship and her future crew will be a critical piece in strengthening our maritime superiority while also emphasizing the rich culture and history of our naval heritage.”

Trinidad was born November 25, 1890, in Aklan Province, Panay, Philippine Islands. On January 21, 1915, Petty Officer Trinidad was serving aboard USS San Diego when the captain decided to conduct a four-hour full-speed and endurance trial to determine if the ship could still maintain its officially rated flank speed. Following the trial, an obstructed tube in one of the ship’s boilers gave way, creating a chain reaction. Trinidad re-entered the closed space to the No. 2 boiler to save Fireman 2nd Class R. W. Daly. As he was carrying Daly through the No. 4 fireroom, an explosion of No. 3 boiler hit Trinidad, which burned him in the face. After seeing Daly to safety and despite his injuries, Tri-

nidad then assisted in rescuing another injured shipmate from the No. 3 fireroom. For his bravery, the U.S. Navy awarded him the Medal of Honor.

“I am pleased to honor Trinidad’s life and legacy today – especially during Asian American Pacific Islander Heritage Month,” said Del Toro. “Having a ship named after such a significant figure highlights our diverse culture and that our people will always be our strategic advantage against any adversary. I hope the naming of this ship is a beacon for not only Asian Americans and Pacific Islanders but for all our Sailors, Marines, and civilians who serve across the Department of the Navy. The service and sacrifice of these men and women have made our military and our nation stronger and better.”

Arleigh Burke-class destroyers are the backbone of the U.S. Navy’s surface fleet providing protection to America around the globe. These highly capable, multi-mission ships conduct a variety of operations, from peacetime presence to national security, providing a wide range of warfighting capabilities in multi-threat air, surface and subsurface domains. These elements of sea power enable the Navy to defend American prosperity and prevent future conflict abroad.

Continued from Page 3 (Philippine History)

they were no match to the superior weaponry and well-trained soldiers of the Americans. After realizing that they cannot win through conventional war, the Filipinos shifted to guerilla-style warfare. With the capture of General Emilio Aguinaldo in 1901, the most organized Filipino resistance had dissipated. President Theodore Roosevelt proclaimed a general amnesty and declared the conflict over on July 4, 1902. In 1907, the Philippines convened its first elected assembly, and in 1916, the Jones Act promised the nation eventual independence. The archipelago became an autonomous commonwealth in 1935, and the U.S. granted independence on July 4, 1946. Manuel Quezon was elected the country’s first president.



Happy Philippine Independence Day
June 12th
Ang bayan kong Pilipinas
Mabuhay

From ‘Pension Poaching’ to Elder Fraud, No One Is Immune to Financial Scams

By: Kevin Lilley

May 18, 2022

News of scam artists targeting an older veteran unfortunately has become commonplace, with the Federal Trade Commission reporting more than \$66 million in losses from military retirees and veterans reported to the agency [in 2020 alone](#).

But a recent public information campaign makes it clear these scammers can go after anyone, including a World War II Navy veteran who spent part of his post-service professional career at the helm of the FBI:

William Webster, who also ran the CIA and is now a 98-year-old retired judge, and his wife were targeted in a lottery scam in 2014, according to [an FBI.gov report](#). When the couple refused to pay the \$50,000 requested by an unknown caller, the scammers threatened violence. He called his old department; the caller’s now in prison.

“If it can happen to me, it can happen to you,” Webster said in the video, released in early May by the FBI.

Along with the [elder fraud](#) threats targeted by the FBI campaign, military retirees and veterans face scams specific to their service. The VA last month reported an uptick in “[pension poaching](#),” where an individual or organization misrepresents their ability to help a veteran secure VA benefits, or attempts to convince a veteran to transfer their funds or share personal information to secure greater or faster VA compensation.

While no two scams are identical, be wary of anyone making the following requests or proposals regarding your veterans benefits:

Claims of “guaranteed” future VA benefits, or a request to provide credit card information before assisting with a VA claim. Accredited VA attorneys and claims agents cannot charge a fee until after a claim decision.

Requests for your eBenefits, VA.gov, or other VA login credentials.

Claims to represent the VA itself or to hold VA accreditation (Check any organization or claims agent [against VA’s online accreditation database](#)), especially those accompanied by legal threats for noncompliance. Not sure how to proceed, or if you are actually facing a compliance issue? Hang up and call the VA direct at (800) 827-1000.

Suggestions about moving money into or out of specific accounts to allow for benefits eligibility. Remember: If you receive VA benefits after misrepresenting your finances – even at the direction of a third party – you may be liable to repay the benefits to the government.

Report suspected VA-related scams by calling the VA Office of Inspector General at (800) 488-8244. Report other scams at <https://reportfraud.ftc.gov> or via your [local FBI field office](#).

VA Loans Are Leaving Veterans Outbid in Hot Housing Market, Lawmakers Warn

June 06, 2022

Editor’s note: This article by Rebecca Kheel originally appeared on Military.com, a leading source of news for the military and veteran community.

Dozens of House lawmakers are concerned the [Department of Veterans Affairs'](#) home loan program isn't keeping pace with an increasingly competitive housing market and leaving veterans at a disadvantage against buyers with commercial loans.

In a letter this week to VA Secretary Denis McDonough, 65 lawmakers warned that only a tiny fraction of home sellers now prefer VA loans and that veterans are turning to other options in reaction. The department should "explore how VA mortgage loans can compete in today's marketplace and ensure veterans have negotiating power throughout the home-buying process," the lawmakers, from both parties, wrote.

"Historically, VA mortgage loans were appealing and competitive to sellers," the lawmakers said in the letter, which was publicly released June 2. "Unfortunately, the current housing market and the rise in cash and conven-

Continued on Page 6

Continued from Page 5 (VA Loans)

tional loans with waived contingencies can leave veterans unable to compete with other buyers."

The letter was organized by Reps. Guy Reschenthaler, R-Pa., and Derek Kilmer, D-Wash.

Under the VA home loan program, the loans are provided by private lenders, but the VA guarantees a portion of the loan against the possibility of default. That allows borrowers to get more favorable terms than they might otherwise be able to, including no down payments, lower interest rates and limited closing costs.

But the program also requires a VA appraisal of the home and other qualifying steps that can lengthen the time to close a sale and frustrate buyers and sellers.

"VA borrowers are less successful than borrowers using conventional loan products, with 11% of VA borrowers changing loan products during their housing search, compared to only 1% of conventional borrowers who change financing method," the lawmakers wrote in the letter, citing the National Association of Realtors' [2021 survey on home loans](#).

In that same survey, 94% of sellers said they were most likely to accept an offer with conventional financing, compared to 1% who said they were most likely to accept an offer with a VA loan.

The VA appraisals can take an average of 14.8 business days to complete, compared to a couple days for a non-VA loan, John Bell, the acting executive director of VA's Loan Guaranty Service, told a House committee in December.

Under those conditions, veterans are competing to buy homes in a historically hot housing market with increasing prices and decreasing inventory.

In February, the median home sale price was \$357,300, an increase of 15% over last year, and there was about 1.7 months of inventory, a decrease of 0.3 month from last year, according to National Association of Realtors statistics cited in the lawmakers' letter.

The lawmakers pressed McDonough for answers on how the VA can improve the appraisal process

and public perception of the home loan program, as well as what the department thinks Congress can do to enhance the program.

"We call on your department to improve the VA mortgage loan process and ask for a report on the steps the VA is taking to increase loan competitiveness," the lawmakers wrote. "It is imperative veterans receive a competitive loan that provides them the opportunity to purchase a home."

At the December hearing, Bell faulted "misperceptions" among sellers that "VA financing is less ... desirable than conventional" loans and said more education is needed to "break the stigma" about the program. In March, the VA and the National Association of Realtors [launched a video series](#) aimed at dispelling misconceptions about the program.

Still, Bell also said the department is "consistently looking" for ways to speed up the appraisal process.

"Factors such as reduced housing stock, rising home prices, coupled with cash-only or sight-unseen purchase offers have led to conditions where all buyers with financing are facing difficulty having their offers entertained," Bell said. "While VA is confident its policies will continue to support veterans, we stand alongside them and share their frustration by the lack of transparency in the sale offer process, the loan application process and how veteran borrowers may be perceived and dismissed."

5 Reasons Why Everyone Needs an Estate Plan

By: Lila Quintiliani

June 01, 2022

The word "estate" may conjure up images of gated mansions, chauffeur-driven cars, and big yachts. Yet estate planning is not just for the ultra-wealthy, nor is it just for the elderly. Everyone, regardless of their net worth, should have an estate plan, not only to preserve their assets, but also to protect their loved ones and take care of themselves.

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Many people already have a will, but a comprehensive estate plan goes beyond that. It includes beneficiary designations, durable powers of attorney for finance and health care, a living will, and possibly a [trust](#).

Here are five reasons why you need an estate plan. Ready to start or improve your plans? [Join MOAA for a June 21 webinar](#) where you'll be able to ask questions and go deeper into the estate planning process.

1. A will may not cover all your property. A will is a legal document directing the distribution of your assets after your death. It can also include instructions on other matters, such as designating a guardian for your minor children or naming an executor for your estate. It's a good foundation for an estate plan, but it may not address all your assets. For insurance policies and retirement plans, for instance, the beneficiary is designated on the account itself, not through the will.

2. Your family is a bit complicated. Complex family dynamics may mean a will is not a satisfactory way to make sure all your wishes are carried out. You may need to create a living trust, which is a legal structure that holds your assets.

Trusts can have explicit instructions for how you want to distribute assets to various beneficiaries, and they can restrict how and when beneficiaries can use the assets they receive (in case you are worried Junior might blow his inheritance at age 18). If you have a special needs child, a trust can help take care of your child and allow them to remain eligible for means-tested public benefits.

3. You want to avoid probate. Probate is the legal process that takes place after someone dies. Even if you have a will, your heirs will have to go through probate to prove the will is valid, identify and inventory the assets included in it, pay debts and taxes, and distribute the property. The process is different in every state, but it can be lengthy and costly.

If you have a trust, it's possible to avoid probate altogether. While probate is a public process – and after death, a will is a public document – a trust can keep your affairs private.

4. You want a say in who will make your health care

and financial decisions. Even if you have a will in place, it doesn't go into effect until you die. So, if you want someone to be able to make medical or financial decisions for you should you become incapacitated, you are going to need separate medical and financial powers of attorney.

A medical power of attorney, or healthcare proxy as it is called in some states, grants someone the authority to make medical decisions on your behalf if you become incapacitated. This might be used in conjunction with a living will, which documents your end-of-life preferences.

A financial power of attorney can appoint an agent to make financial decisions, including paying bills or managing real estate and other assets.

These powers of attorney can be “durable,” meaning that they are in effect once they are signed, or “springing,” meaning that they come into effect only when a certain level of incapacity has been reached.

5. You want to spare your heirs a big tax bill. While the federal estate tax exemption is currently quite high, it's slated to drop dramatically in 2026 — from \$11.58 million to around \$6 million. And some states impose inheritance or estate taxes of their own, which may have lower limits that could impact even modest estates.

A living trust doesn't reduce estate taxes, but another type of trust, called an irrevocable trust, might. Charitable trusts may also be a way to reduce the tax burden while donating to a favorite cause.

Whether your estate is modest or worth millions, there are aspects of estate planning that apply to everyone. It's the best way to make your wishes known, take care of your family, and leave a meaningful legacy.

WORDS OF WISDOM
“DON'T COMPARE YOUR LIFE TO OTHERS AND DON'T JUDGE THEM. YOU HAVE NO IDEA WHAT THEIR JOURNEY IS ALL ABOUT.”

Consider These 3 Things Before Your Next Overseas Trip

By: Lila Quintiliani

May 18, 2022

After two years of lockdowns and travel restrictions, Americans are on the move: [About 6 in 10](#) Americans are planning a trip this summer, and about 20% of their travel will be overseas.

But travel can be a bit tricky these days, with ever-changing rules and regulations to navigate. Here are some things to consider if your travel plans include an international destination.

Travel Insurance

When it comes to medical care, all TRICARE beneficiaries are covered while [traveling overseas](#), although you should always get all routine care and fill prescriptions before you leave. But what if you get sick and need to extend your stay? You might run up a large hotel bill and have to pay to change your flight back.

Or what if you are on a cruise ship or hiking in a remote area and need to be evacuated due to a serious illness or injury? TRICARE covers air evacuation to the “nearest, safest location that can provide the required care,” but that location may not be your hometown, or even within the U.S. And for some TRICARE plans, you will be required to pay for the air evacuation up front and file a claim to get your money back (minus cost shares) later.

These are all good reasons to consider purchasing some sort of travel insurance plan before you leave home. You should also check to see if your credit card carries any type of travel insurance; if it does, put at least a portion of your trip on that card.

Testing and Vaccination Requirements

The Centers for Disease Control and Prevention (CDC) maintains a [Travelers’ Health webpage](#) featuring travel

health notices and current vaccination and testing requirements. It’s also a good idea to check travel requirements on an official website of the country you are planning on visiting, as regulations change frequently.

When it’s time to return home, the U.S. [currently requires](#) documentation of recovery or a negative viral test taken no more than one day before your flight’s departure from a foreign country. Make sure you have researched a location at your destination where you can get tested prior to return. Alternatively, you could bring along a CDC-approved home test with a telehealth service offering real-time testing supervision.

STEP Program

The STEP, or [Smart Traveler Enrollment Program](#), is a free Department of State service allowing you to enroll your overseas trip with the nearest U.S. embassy or consulate. This lets you receive information from the embassy about safety conditions in your destination country, and you’ll help the embassy and family and friends be able to contact you in an emergency.

Consular officers at embassies and consulates can assist U.S. citizens who encounter serious legal, medical, or financial difficulties overseas.

FUTURE HAPPENINGS

July 4
July 16

Independence Day
FAMOS Anniversary &
Awards Ceremony
Scottish Rites Center

July 30

Filipino American
Friendship Day
NTC Park, Liberty
Station

September 5

Labor Day

October 31

Halloween

November 8

Election Day

November 11

Veterans Day

November 24

Thanksgiving Day

December 25

Christmas

December 31

New Years Eve

BRIEF HISTORY OF THE 4TH OF JULY

To have a better understanding of the significance of the July 4th Holiday, we need to go back about 400 years ago when a small colony of European immigrants had formed in Jamestown, Virginia in the early 1600's.

But the story of Independence Day started when the Mayflower sailed to America in 1620. The 102 immigrants were mostly protestants who left Britain in search of religious freedom, a place where they can practice their beliefs without judgment or persecution. They landed in what is now known as New England in the fall of 1620.

As more Europeans arrived in North America, they eventually formed the 13 colonies. These colonies would later become the states of New Hampshire, Massachusetts, Connecticut, Rhode Island, New York, New Jersey, Pennsylvania, Delaware, Maryland, Virginia, North Carolina, South Carolina, and Georgia.

For 150 years, the colonists continued to exist without the British rule until the start of the American Revolution in 1775. One year later, the Continental Congress authorized the writing of the document declaring independence from Britain. Thomas Jefferson drafted the official Declaration of Independence and on July 4, 1776, Congress adopted the declaration. 56 representatives from the 13 colonies signed the declaration at the Pennsylvania State House in Philadelphia.

The holiday itself commemorates the first time the 13 colonies officially declared America as an independent country, although the Revolutionary War wasn't won until 1783.

So as you display the American Flag, enjoy the fireworks and backyard barbecues this year, think about the sacrifices of our country's founders and take a few moments to learn about the long journey to the America we know today.



America:

**Land of the Free
and
Home of the Brave**

**HAPPY INDEPENDENCE DAY
JULY 4TH**



FAMOS MEMBERSHIP UPDATE

LIFETIME MEMBERS

CAPT. ELSA ANG, USN, RET.
CAPT. TED CAMAISA, USN, RET.
CDR. JOY GACUYA, USN, RET.
CW04 TONY PIZARRO, USN, RET.
CW04 ED DANICO, USN, RET.
CW04 OSCAR SA. GARCIA, USN, RET.
CW02 ERNIE LIWAG, USN, RET.

NEW MEMBERS

MAJ. ROY AKANA, USMC, RET.
CDR. REGINALDO CAGAMPAN, USN
SHCM ARMANDO CARAGAN, USN, RET.
LINDA CARAGAN, ASSO. MBR.

FILIPINO AMERICAN MILITARY OFFICERS ASSOCIATION (FAMOS)

📖 2022 SCHOLARSHIP RECIPIENTS 📖



GABRIELLA STOCKERT
VISTA MURRIETA HIGH SCHOOL

Ed Diaz, Anatomy and Biomedical Science Teacher Department Chair, Vista Murrieta High School highlights Gabriella Stockert’s academic successes and future endeavors.

“Gabriella Stockert has been a student of mine for the past academic school year in Advanced Biomedical Science. She is a competent and responsible learner who is driven to do well in her classes. Gabriella has the personality that is consistent with successful people, and she has demonstrated this by her actions in my class.

Gabriella has been such a talented student in my class that I know she will be successful in life. She has regularly been a positive contributor to my course and commits herself to becoming the best person she can. She has the capability to complete tasks with little or no supervision as my science lab assistant. She has maintained an exceptionally high GPA with also being involved in clubs, and school sports such as soccer. Gabriella has a future goal of being a college graduate and based on her solid foundation of scholarship at Vista Murrieta High School; she has the ability to succeed in any academic program.

Gabriella has the ability and motivation to succeed in anything she pursues. I have enjoyed having her as a student and getting to know her as a person. I have no doubts of her intent to work hard and be successful in both her personal life and college career. Her commitment to planning her future is a significant expression of her desire to succeed.”

Continued on Page 11



SAMANTHA M. BIANES
BONITA VISTA HIGH SCHOOL

Bonita Vista High School Counselor, Ms. Olga Castro, best describes Samantha Bianes’ academic accomplishments and future leadership potential.

“I am very pleased to write this recommendation on behalf of Samantha Bianes. Samantha Bianes is a self-motivated, intelligent, and admirable young lady with strong determination to succeed in all her educational goals. I have known Samantha for about a year and her goal-oriented personality and academic track record impress me like few I’ve encountered.

Samantha is an IB Diploma Candidate currently earning an overall 4.02 weighted GPA. Her academic record is outstanding; however, her extracurricular accomplishments are more than admirable. Samantha is not only enrolled in a rigorous curriculum, but is also involved in multiple extracurricular activities such as the following: member of the SD Youth Symphony, Girls Varsity Golf Captain, Defying Grab President, Speech and Debate, ASB Secretary, and Girl Scout Bronze and Silver Award Recipient.

Samantha is a strong leader in her community. Her positive attitude and amicable personality are recognized and appreciated. Samantha has a strong work-ethic and believes in her goals and dreams. It is an honor for me to write a letter for a student a truly admire. I believe Samantha Bianes will have an amazing and successful career in Journalism and Communications in the near future and I look forward to hearing all about her future accomplishments. Samantha is an outstanding young lady with string determination to achieve greatness. She is passionate about life and her future!”

Continued on Page 11

Gabriella's Personal Essay**The Pandemic's Affect on High School Students**

High school goes by in the blink of an eye. It is what everyone tells you the entire four years that you're there. You go from being a naive teenager, to being an adult who suddenly has to know what they want to do with their life and who they want to be. Senior year is an already difficult time for high school students to stay motivated, and with the pandemic's effect, has worsened tenfold. The post pandemic after effects have drastically changed how the students perceive work loads. Sure, there are some students who have excelled despite the recent challenges, but that can't be said for all. There are some students who have suffered loss and have gotten so far behind in their schoolwork that they may not be able to graduate on time. With the losses they had suffered, they forfeited any motivation they had to finish off the school year. And who can blame them? Not every student can carry the workload of all their assignments and the anxiety that comes with, on top of the stressors that came with the pandemic. There is so much we can do to get these students the help and reassurance they need, and we need to start taking the steps toward implementing them.

Students are feeling misunderstood and abandoned by their teachers. This has always been a problem, but has worsened with the weight of the pandemic. Teachers are losing patience and confidence in the students who depend on them the most. Their students need them more than ever, and are not receiving the comfort and encouragement they require. Students were suffering mentally without physical social interactions and a structured classroom environment. Counseling is an idea that has already been brought up and implemented, but most times is solely for the students. The teachers could benefit from counseling as well, helping them understand and empathize with their students. Students are either too afraid to speak up or aren't conveying their needs in the most effective way. When a student is too afraid to ask for help, they fall farther behind and become frustrated. The students that do try and ask for help go about it the wrong way, such as complaining to a teacher about their assignments and their due dates rather than find a compromising solution. Both are halting any possible improvement. Having a more involved group of professionals on campus that promote strong communication can be a very large stride in improving students' education. With these counselors, students can come up with other ways they can approach their situations. Communication between the students and their teachers has been lost, and it's important that they regain that connection post pandemic.

There is so much we can do to provide these students with the assistance and reassurance they require, and we must begin taking the necessary steps to put them into action. It is the time to adapt and overcome these new obstacles that have been thrown our way. Too much has changed in this post pandemic period for us to continue on with the same systems and standards. Our students are fighting hard to catch up, and we need to help them work through what's holding them back.

Samantha's Personal Essay

At night, as my family sleeps, I travel. I visit forests and frolic amongst the trees. I sail across the oceans and experience fantastic worlds with wizards and witches. I travel to magnificent kingdoms and meet kings, queens, and dragons. The best part, I visit these places, all in the comfort of my bed.

My interest in reading extended past the magical realms created by my favorite pieces of literature. I found myself reading and writing about current issues that plagued our society. Finding inspiration from articles and stories, I teamed up with a "SUE Rising" hoping that I could use this new found inspiration for good. My mission was to be able to use the knowledge I gained from the research and inspire others to look deep into these issues. Reading about the increased assaults towards Asians, and using what I had learned from my research I composed a 10 minute speech tackling Asian hate within our society. On May 13, 2021, I delivered my speech to a room of 200 people and thanks to live stream technology, viewership expanded nationwide.

In the Fall, I will be heading off to Berkeley, California to attend Cal. Being the first university in the state of California, I'm excited to be part of its rich history. I will be pursuing a major in Comparative Literature with a minor in Global Studies. I'm looking forward to spending a lot of time within the walls of Berkeley's libraries. There are 32 libraries at Cal which makes it the 4th largest university library in terms of volumes of books.

I want to major in Comparative Literature by comparing Spanish Literature to another language. I'm planning to learn French as my third language. I'd like to see how Spanish and French literature compare and contrast. I also want to pursue a minor in Global Studies because I believe this will give me extra insight as to what is going on with our world and one day help improve world issues. My passion for literature inspires me to advocate for what is right. I still find myself traveling to new worlds when I read, but now I know I can help our current world issues and needs.

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