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## Filipino Bowling League Champs

**Another successful season for the Filipino Bowling League came to an end on April 30. The season ended with free bowling and lunch for 66 bowlers.** The Filipino Bowling League sponsored the lunch, which was catered by Lucy Ferber, and AMF West donated the free bowling.

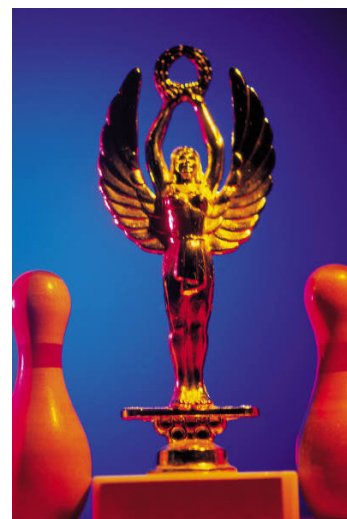
The next season begins on Saturday, October 1, 2005. A full season consists of 30 games. Those interested in joining the league should contact Mike De Los Santos by phone at 816-765-3593 or by email at [delos1946@aol.com](mailto:delos1946@aol.com).

This season's champions

**First Place**  
*The Volunteers:*  
 Adela Tan  
 Michael Tan  
 Alan De Los Santos  
 Paul De Los Santos

**Second Place**  
*Grandview Beauty and the Beast:*  
 Lucy Ferber  
 Dolly Potts  
 Dave Ferber  
 Carl Potts

**Third Place**  
*Chris's Angels:*  
 Lilia Bautista  
 Claudette De La Cruz  
 Joseph Hicks  
 Michael Hicks



*Congratulations to the Filipino Bowling League for carrying out another successful season!*

**Photo:** Bowling League Champs, Paul and Alan De Los Santos and Adela and Michael



Special points of interest:

- 2005 Youth Retreat announced on page 2.
- Generation X and Y Filipino Happy Hour gets underway. See pages 2 and 5.

**Don't Forget to Renew your Membership with the Filipino Association. The membership application can be found on page 5.**

### **NEWS AND NOTES:**

#### *CHESSE CLUB:*

A Chess Club is presently in the making. If you're looking for an activity that stimulates your mind, consider joining the Chess Club. Those interested should contact Tony Aquino at 816-765-7708.

#### *YOUTH RETREAT 2005:*

The Scholarship Committee is hosting a lock-in retreat for children ages 13 and up. The event lasts from 5:00 PM Friday June 24 until 10:00 AM Sunday, June 26, 2005. Filled with exciting activities, the retreat will enrich our youths' personal growth and develop their leadership qualities. The registration fee is \$20, and the registration form can be obtained from Cory Sorio. Please see the announcement below.

#### *DANCE LESSONS:*

If you missed the Cha Cha dance lessons on Saturday, April 30, you'll get another chance. The Ways and Means Committee is sponsoring Swing lessons on June 25 and Rhumba lessons on July 23. Class begins at 6:30 PM at the Filipino Cultural Center and costs only \$10 per participant.

## *Congratulations to the following 2005 Graduates!*

### **Giovani Dumaguin**

Bachelor of Science in Nursing  
St. Louis University  
Filipino Students Association  
International Student Federation  
ASIA –Asian Students in Action  
Chemistry Club  
Biology Club  
Outdoors Club  
St. Louis University Choir (Tenor)  
Goal: Pursue pediatric nursing as area of concentration with a job at Children's Mercy Hospital.  
Favorite quote: Work hard, and everything will pay off in the end.

### **Michael Hicks**

Bachelor of Science in Mechanical Engineering  
University of Missouri, Kansas City  
GPA 3.6, Dean's Honor roll  
Outstanding Mechanical Engineering Student of the Year  
Outstanding Student Leader of the Year  
President – Pi Tau Sigma Honor Society  
President, United Students of Asia  
President, Filipino American Students' Association  
Member: Sinag-Tala, Sampaguita Choir  
Member: Filipino Bowling League  
Job: Mechanical Engineer with Bibb and Associates Inc, Lenexa, KS  
Favorite quote: Always treat people the way you would like to be treated.

### **Clifford Juan**

Bachelor of Science in Electrical Engineering and Computer Science, Magna cum Laude  
University of Missouri, Kansas City  
GPA 3.85, Dean's Honor List  
UMKC Board of Curators Scholar  
Honeywell Scholar  
Tau Beta Pi Honor Society  
Golden Key Honor Society  
Phi Beta Delta Honor Society  
Next step: Fulbright Scholarship towards a Master's degree in Computer Science at the Naval Postgraduate School in California, with a 2- year government job after completion.  
Favorite quote: Imagination is the only weapon in the war against reality.

### **Joyce Santillan**

Bachelor of Science in Nursing, Cum Laude  
Rockhurst University/Research College of Nursing  
Member: Research Student Nurse Association  
Member: Student Government Association  
Job: Menorah Medical Center, Medical/Telemetry Unit  
Favorite pastimes: Shopping, Dancing, Dining out



## ***THE 2005 YOUTH RETREAT!***

### ***PROMOTING PERSONAL GROWTH & LEADERSHIP DEVELOPMENT***

**Open to FAGKC Children 13 years and older.  
Saturday, June 24—26, 2005**

**For more information:  
Contact Cory Sorio at 816-333-9087 or  
cporille@yahoo.com**

## 2005 Honor Roll Students

Name	Grade/School	Academic Achievements	Extracurricular Activities
Jessica Ruffy	5th grade Pembroke Hill	GPA 3.4 Math Club	Soccer, Basketball, Track Flute, Dance
		Chorus	Sinag-Tala
Zoe Sabido	5th grade St. Thomas More	GPA 3.6 Honor roll	Figure Skating Track, Volleyball
Kristina Cole	6th grade Countryside Elementary	GPA 3.8 Yearbook	Volleyball Chorus, Guitar
Andre's Diaz	7th grade Pembroke Hill	GPA 3.6, Honor roll Science club	Football, basketball Science Olympiad
		Math club, Latin club	
Valerie Sadao	8th grade Frontier Trail	GPA 3.8, Principals Honor roll Pep Club, KAY Club	Volleyball
Richie Snyder	8th grade Christ the King	GPA 3.2 Class Representative 5-8	Track, volleyball, basketball Sinag-Tala
		Student Council, Yearbook committee	Community Service: Gillis, Redemptorist
Anna Doolittle	9th grade Olathe North H.S.	GPA 3.75, Honor roll Distinguished Scholars Language Arts	Marching band French Horn lessons
Dominic Francia	9th grade Shawnee Mission West	GPA 4.1 Honor roll	Basketball, Football Track
Shaina Rivera	9th grade St. Thomas Aquinas	GPA 4.1 Dean's Honor Roll, Clean Team	Tennis Piano
Alexis Sabido	9th grade St. Thomas Aquinas	GPA 3.2 Honor roll	Band
Reese Hernandez	10th grade Olathe North H.S.	GPA 3.87 Student Ambassador	Football Baseball
		National Honor Society	
Mark Ramos	10th grade Blue Valley West H.S.	GPA 3.5	Soccer, Lacrosse Guitar
Samantha Tan	10th grade Lincoln College Prep Academy	GPA 3.7 Who's Who American HS students National Honor Society, International Club	Volleyball, Soccer Violin, FYO, Sinag-Tala Church - Altar Server
Kevin Bautista	11th grade Olathe North H.S.	GPA 3.75 People to People Student Ambassador ONHS - United Nations Academic Honor	Olathe Youth Court - Judge & Jury member Volunteer: Menorah Medical Center
Corina de la Cruz	11th grade Olathe North H.S.	GPA 3.9 Principal's Honor roll, KAY Club	Piano, Cheerleading Volunteer: Menorah Hospital FYO, Sinag-Tala
Christopher Francia	12th grade Shawnee Mission West	GPA 3.9 National Honor Society	Football Basketball
Julian Rivera	12th grade Rockhurst High School	GPA 3.89, Ignatian Honor roll Drama Council President Chamber Choir Manager, 1st Tenor NHS - National Honor Society	Participation - various plays and musicals Various advertisements for school events Holy Trinity church cantor Piano lessons, Voice lessons
Claudette de la Cruz	College, KCCC	GPA 3.6 Major: BS Biology, BA Spanish	Sinag-Tala, Bowling Olathe Medical Center Volunteer
Krystina Tongson	College, KU	GPA 3.6 Major: Chemistry, BA	Volunteer, Lawrence Memorial Hospital Asian-American Student Union

### GENERATION X AND Y FILIPINO HAPPY HOUR.

The first Friday of every month, after the General Meeting.

By Jackie Nugent

#### Last May, the first Monthly Generation X and Y Filipino Happy Hour was held at the Filipino Cultural Center.

Approximately 20 people attended and were treated to drinks, snacks and great conversations. I would like to thank all of you who joined us for the Happy Hour and made it such a fun time. I also thank all of you who helped to coordinate the event or donated drinks or snacks.

The Generation X and Y Filipino Happy Hour is a new monthly tradition, held on the first Friday of every month after the General Meeting. While we welcome everyone, this event is targeted towards those who are members of Generation X and Y.

#### How do I know if I'm in Generation X or Y?

If you were born between 1965 - 1981, you're in! Plus or minus a couple of years on either side? Close enough! We'd love to have you.

**For more information,** call Jackie Nugent at (785) 727-0737. Also, please see our ad on page 5.

**Health Notes**  
By Cory Sorio

**NUTRITION NUGGETS**

"You are what you eat" is an old adage that does not sit well with a lot of people. Watching what you eat reeks with deprivation and unpleasant restrictions. Why not drink, eat and be merry for tomorrow you die? "Mas masaya ang mamatay na busog kaysa mabuhay na gutom", we say in the vernacular. How might we reconcile these opposing views? Here's the good news: You have the power to make informed decisions. I hope the following tidbits will help you.

**1. Energy balance** – Calorie intake equals calorie expenditure. Intake includes what you eat and drink, expenditure includes your resting metabolic rate, thermic effect of food, and physical activity.

a. Resting metabolic rate (RMR) refers to the amount of energy you need to keep your heart beating, your lungs breathing, your brain and liver functioning and all your cells alive and well while at complete rest. This uses about 65% of your total daily calorie needs. Some factors that affect RMR are part of your genetic make-up and beyond your control. However, there are 2 things you can do:

● Build lean body mass and exercise. Muscle tissues are very metabolically active while fat cells are lazy. At rest, one pound of muscle burns up to 70 times more calories a day than a pound of fat. So, people who have more muscle burn more calories just sitting than people who have more fat on their bodies. Regular exercise builds muscle tissue and increase calorie expenditure.

● Avoid restrictive diets – Dieting and starvation makes your body more efficient in using calories. Your body slows down in order to adapt to the lower calorie intake. It actually holds on to every calorie you eat and stores it as fat since it's not sure if and when you will feed it again. That's one

# A Tradition of Sharing: PNAGKC and FAGKC

By VICKY HERERA

Bayanihan! Samahang Pilipino! A tradition we Filipinos are very proud of and time and time again, this priceless heritage that has been handed down from generation to generation, continues to manifest itself in almost every endeavor that we do. It shows when a simple gathering becomes an oasis of sharing and when difficult tasks become an opportunity of meeting of brilliant minds to achieve a common goal!

On July 13-17 2005, the Philippine Nurses Association of Greater Kansas City will host the 26th PNAA (Philippine Nurses Association of America) National Convention at the Hyatt Regency Crown Center, Kansas City. We expect approximately 400 nurses delegates from different states to attend this event. The convention will feature a leadership workshop, and a one day continuing educational program entitled "Creating Partnership for a Preferred Future: Sharing Vision, Values and Leadership ." We also scheduled fun

times by including a 1960's inspired motif welcome night, a country western hoe down, an elegant gala night with an impressive cultural enrichment.

Join us to celebrate and showcase Kansas City at its best! Help us introduce our delegates to our fine dining, the excitement and thrills of our parks, to our unique shopping districts and renowned museums, and most of all, to our greatest asset, "we the people," and our Midwest hospitality.

July is just around the corner and as our excitement and nervous anticipation continue to build, we remain confident that, by working alongside FAGKC, we will not fall short of our goals but instead achieve this monumental endeavor with a huge success. Bayanihan! Samahang Pilipino. No job is too difficult when shared!

Thank you and we appreciate your support.



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Email: [staffing@reliablehealthcare.org](mailto:staffing@reliablehealthcare.org)  
[rhsitservice@reliablehealthcare.org](mailto:rhsitservice@reliablehealthcare.org)

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<p>RHS-Missouri 851 NW 45th St. Suite 300 Gladstone, MO 64116 Tel. 816-455-3400</p>	<p>RHS-Kansas 5340 College Blvd. Overland Park, Kansas 66211 Tel. 913-327-9191</p>	<p>RHS-Indianapolis Intech Two Suite 100 6650 Telecom Drive Indianapolis, Indiana 46278</p>
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**"Nursing is our passion...staffing is our business."**

Continued on page 7...

## June Birthdays and Anniversaries

1 HELEN AUSTRIA; MICHAEL MESINA  
 3 HUNTER CAUDILL; MARILYN MOORE  
 4 BRADEN AGPOON  
 6 ANGELITA BELDOMY  
 7 MODESTO PUNO  
 8 WENDELL DORONIO  
 10 DAVID JEFFERS; ROBERT ELLIS  
 11 ANGELICO ALFREDO AGUSTIN  
 12 DAVID POTTS  
 14 ERLINDA LAURENDINE; JOE LAURENDINE  
 15 SANDRA SANTOS  
 16 VENIR RIVERA; CORAZON SORIO  
 19 KRISTEN COLLINS; PEPS GADOR  
 20 STEPHANIE MULLINS; EDMUND GLEAN  
 21 LILIAN MARTIN-VENTURA; HELEN PACIS; MIRLA DE LOS SANTOS  
 22 CRISELDA HESS; PAUL DE LOS SANTOS  
 23 MICHAEL ABRAHAM; JANIQUA MENZIES  
 24 JOANNE CHECCHI; ALBERT ABRAHAM; IMELDA TAUTE  
 25 ELMER MOORE  
 26 VIRGILO CHICO; STEPHANI MULLINS  
 27 ERIN COCJIN; ELVIRA BERRY; ELVIRA BERRY  
 28 BETH ROSAS; JESSICA ROSAS

29 PAUL GLEAN; TIFFANY CROSS

### ANNIVERSARIES

2 PETER & MAYIE VILKINS; ROMY & ELVIE GANABAN  
 5 ALEXANDER & HELEN PACIS  
 6 CRIS & LILIA BAUTISTA  
 7 MAGNO & ERLINDA GABALES  
 9 JOSEPH & SALOME RODRIGUEZ; ARTHUR & PRESCILLA VILLAMAYOR  
 12 JOE & NANCY FERNANDEZ; FRANK & PEPS GADOR  
 14 JO & ERLINDA LAURENDINE  
 15 RICHARD & JOSIE O'NEILL  
 19 BILLY & NOEMI CONDRA  
 20 MANUEL & LILLIAN PARDO; WILFRED & YEDA RICHARDS  
 23 OSWALDO & SONIA TUMANUT  
 25 JOSE & MARGARET TORRES

### Schedule of Events

- June 3—General Meeting at the Philippine House at 7 PM.
- June 3—Generation X & Y Happy Hour following the General Meeting. Call or email Jackie at 787-727-0737 or [jackie@emoonbeam.com](mailto:jackie@emoonbeam.com).
- July 1—General Meeting at the Philippine House at 7 PM.
- July—Generation X & Y Happy Hour following the General Meeting. Call or email Jackie at 787-727-0737 or [jackie@emoonbeam.com](mailto:jackie@emoonbeam.com).
- June 11-12—Fiesta Filipina
- June 24-26—2005 Youth Retreat. See page 2 for information.
- June 25—Swing Lessons at the Filipino Cultural Center at 6:30pm. \$10 per person.
- July 23—Rhumba Lessons at the Filipino Cultural Center at 6:30pm. \$10 per person.

### The Monthly Filipino

## Generation X & Y Happy Hour

See the E-vite: [www.evite.com/jackie@emoonbeam.com/julyhappyhour](http://www.evite.com/jackie@emoonbeam.com/julyhappyhour)



### So what's the Happy Hour all about?

It's just a bunch of friends (old and new) getting together to share some adult **beverages** and **snacks**, shooting the breeze, hanging out, goofing off, relaxing, and having a good time. **Visit the e-vite (address above) and invite more friends.**

### What's this got to do with the Filipino Association?

Come early to the Happy Hour, say 7 PM, and attend the Association's **general meeting at the Philippine House**. Find out what's going on with the Association. Tell 'em what's on your mind while you're at it.

ON THE FIRST FRIDAY  
 OF EVERY MONTH  
 AT 9:00 PM

Visit the E-vite website address above  
 for the next location.

### RSVP:

[www.evite.com/jackie@emoonbeam.com/julyhappyhour](http://www.evite.com/jackie@emoonbeam.com/julyhappyhour)  
 Or email [jackie@emoonbeam.com](mailto:jackie@emoonbeam.com)

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**For more information Call Jackie at 785-727-0737.**

## FILIPINO ASSOCIATION OF GREATER KANSAS CITY

9810 West 79 Street, Overland Park, Kansas 66210

### MINUTES FAGKC GENERAL MEETING

May 6, 2005 7:30-9PM

Attendance: Cito Jalbuena, Beth Rosas, Tacing Jalbuena, Jackie Nugent, Neo Rabang, John Friend, Nenita Labayen, Ric Labayen, Romanito Tadeo, Lillian Pardo, Manuel Pardo, Hans Vergara, Lisa Hopkins, Gerry Morrow, Jeff Morrow, Bong Tumanut, Adela Tan, Mike Tan, Ruel Miciano, Joy Doolin, Carmen Chico, Cory Sorio, Eric Sorio, Judy Sorio, Fely Francisco, Ed Francisco

1. Call to Order by President Joel Gaela
2. Agenda and April minutes approved with corrections.
3. President's Report – Joel welcomed new members and thank everyone present for coming to the meeting. Following tonight's meeting is a socialization gathering of our younger members.
4. Treasurer's Report - By Hans Vergara. See attached. Moved and approved.
5. Executive Committees  
Sinag-Tala Performing Arts Executive Director- By Dr. Lillian Pardo. The invitation to the opening of the exhibit of Philippine Adornments was designed by Edward Tumanut and will soon be mailed out. The Exhibit is scheduled to open on July 8, 2005 with a reception at the FCC from 6-8 pm. The exhibit is open from July 8 to August 28 on Saturdays and Sundays (1-4pm or by appointment). For more information call 913-381-1601 or 913-722-5913.

Sampaguita Choir Director-No report.

Filipino Cultural Center Executive Director- No report.

#### 6 Standing Committees

Ways & Means- by Lisa Hopkins. The Ways & Means Committee has continued to do Good Samaritan Projects doing yard work for the past 4 Saturdays. They have raised about \$2500.00 the past month. They also have maintained the upkeep of the FAGKC yard by mowing, weed eating and laying mulch on the stairway leading to the Filipino House. Lisa thanked all of the hard working volunteers. The first dance Cha Cha night was held last Saturday. There were approximately 20 couples that attended and was bale to raised \$350.00. The next two dances will be June 25- Swing Night, and July 23- Rhumba.

The Royals concession for Saturday May 14, 2005, has been cancelled due to conflict with the Parents Night. The commitment for May 21 & 22, 2005 (Saturday and Sunday) is still on, so please email Paul De Los Santos [pdelossantos@gbronline.com](mailto:pdelossantos@gbronline.com) if you want to volunteer in those days. The St. Louis Cardinals will be in town to play the Royals.

Senior Council by Nenita Labayen. Parents Day Celebration will be held at the Filipino Cultural Center on Saturday, May 14 at 6:00pm. They will have a dinner with surprise entertainment, and a raffle drawing. The Calendar 2004 will also be distributed.

#### 7 Special Committees

Hospitality-Get well cards were sent to Pita Gaela and Gemma Snyder.

Building and Ground. We have completed the 2<sup>nd</sup> part of the handrail on the stairway to the Filipino House. The railing project is now complete. There is a need to purchase commercial cleaning equipment for the FCC if we expect our renters to cleanup after their events. Adela Tan volunteered to purchase cleaning equipments and supplies.

A suggestion to get the list from Ping of all authorized FAGKC members who have a set of keys to the FCC. Concerns about FCC being left open.

September Affair- by Adela Tan. The committee met April 10, 2005. The venue for the 2005 September Affair will be Marriott Downtown Count Basie Hall on Sept. 24 Saturday. The hotel will reserve 20 rooms for \$89/night. Free self-parking is available. Food tasting and menu selection is scheduled in June. The Band - is the Flipside of St

Louis. Various sub-committees will identify various tasks that are time sensitive such as finalization of the Theme Title, Invitations, printing of stationeries etc. Next Meeting Date: Sunday of May 22. Scholarship by Cory Sorio. Guidelines for the Scholarship program is published in the Tambuli May Issue. Youth Retreat will be on June 24, 25 & 26. Will limit attendees to 15. Anyone 13 years and older. It will be at the Sanctuary of Hope. Charge is \$10.00/night

Fiesta Filipina by Joel Gaela. The 2005 Fiesta Filipina will be held June 11-12, 2005 on the Filipino Cultural Center Grounds. Admission is \$3.00. Children under 12 yrs old are free. We have identified individuals that will take on job assignments. See attachment. Lillian Pardo, PRO is in charge of getting radio, TV and newspaper ad and publicity for the Fiesta Filipina. We still need volunteers to fill the remaining areas that are not filled. The next meeting is Saturday May 21 at 1:00pm in the Filipino House.

Ethnic Enrichment Commission- By Ruel Miciano (alternate Commissioner) was sworn in last Thursday. The EEC Festival is scheduled August 19, 20 & 21. Drawing of placement of booth will be done during the next EEC meeting. There will be a War Memorial parade on May 30<sup>th</sup> at 8:45am in the Liberty Memorial. Need a volunteer to represent FAGKC.

8 Filipino Cultural Center Foundation – No report. Joel encouraged everyone to continue to sell the raffle ticket so we can all reach our goal and raffle off the Mercedes Benz during the September Affair in September.

#### 9 Ad Hoc Committees

Information Services- By Bong Tumanut. The web-accessible member database is fully functional and is now being used to maintain member data and membership payment data. Bong has installed a wireless gateway in the Filipino Cultural Center building that will allow members to connect to the internet via DSL. They have updated the website to post more current information. The committee is planning to document and publish instructions on how to connect to the internet using our wireless gateway; extend the reach of wireless connectivity to the Filipino House; and redesign the website. Bong is available for assistance on Saturdays by appointment.

Old Business: Lita Hipona FAGKC Auditor for 2004 submitted her report. See attachment. Cito reminded all Memebrs of the board to attend their meeting on May 10 at the Genghis Khan restaurant at 7pm.

Meeting adjourned at 9:10pm.

Submitted by:

Beth Rosas

# Treasurer's Report



**Jackie Nugent**  
Editor-in-Chief

**Ka Indang**  
**Michael Tan**  
**Cheryl Gaela**

To contact Jackie or to submit items to the Tambuli:

jackie@emoonbeam.com  
(785) 842-5077

**Deadline for submission is the 15th of the month for inclusion in the following month's edition.**

FILIPINO ASSOCIATION OF GREATER KANSAS CITY CONDENSED STATEMENT OF RECEIPTS AND DISBURSEMENTS For the Month Ending April 30, 2005					Prepared by: Hans Vergara Treasurer 2005	
	GENERAL	BUILDING	CULTURAL ARTS FUNDS		TOTAL	
	FUND	FUND	CHOIR	SINAGTALA	MONTH	YEAR
CASH PER BOOKS 12/31/04	-	-	-	-	-	32,933.29
CASH PER BOOKS 03/31/05	5,616.25	11,119.63	4,437.66	5,564.85	26,738.39	-
<b>ADD RECEIPTS:</b>						
Operating:						
Membership Dues	290.00				290.00	3,690.00
Ways & Means	600.00				600.00	1,517.00
Miscellaneous	51.00		1.53		52.53	381.42
Special Project:						
Donations - Usage		550.00			550.00	2,175.00
Donations - Others					-	699.48
Sampaguita					-	300.00
September Affair					-	1,000.00
Total Receipts	941.00	550.00	1.53	-	1,492.53	9,762.90
<b>LESS DISBURSEMENTS:</b>						
Operating Expenses	(674.84)				(674.84)	(6,393.48)
Special Project Expenses	(500.00)	(300.00)			(800.00)	(1,126.29)
Mortgage & Interest Paid		(2,806.78)			(2,806.78)	(11,227.12)
Total Disbursements	(1,174.84)	(3,106.78)	-	-	(4,281.62)	(18,746.89)
<b>CASH PER BOOKS 04/30/05</b>	<b>5,382.41</b>	<b>8,562.85</b>	<b>4,439.19</b>	<b>5,564.85</b>	<b>23,949.30</b>	<b>23,949.30</b>
<b>RECONCILIATION TO BANK:</b>						
Add: Outstanding Checks, not cleared Bank	1,140.25	327.50			1,467.75	1,467.75
<b>CASH PER BANK 04/30/05</b>	<b>6,522.66</b>	<b>8,890.35</b>	<b>4,439.19</b>	<b>5,564.85</b>	<b>25,417.05</b>	<b>25,417.05</b>
Add Other Investments	575.11	11,253.35	-	-	11,828.46	11,828.46
<b>CASH PER BANK TOTAL 04/30/05</b>	<b>7,097.77</b>	<b>20,143.70</b>	<b>4,439.19</b>	<b>5,564.85</b>	<b>37,245.51</b>	<b>37,245.51</b>

## Health Notes

(continued from page 4)

reason why people who diet usually gain back their weight (and more!) once they return to their normal eating patterns.

b. Thermic effect of food is the amount of calories you use to digest, absorb, transport, and store nutrients in your body. Every time you eat, your RMR goes up slightly and stays up for about 5 hours to fuel these metabolic activities. It explains why you're more likely to maintain a healthy weight and keep your metabolism revved up if you eat smaller, more frequent meals throughout the day instead of skipping breakfast and lunch and then stuffing yourself late at night.

### 2. Estimating your total calorie needs—

This is one method of calculating caloric needs.

Activity	Women	Men
Very Light, Sedentary	1.3	1.3
Light	1.5	1.6
Moderate Intensity	1.6	1.7
Heavy or Vigorous	1.9	2.1
Exceptional	2.2	2.4

a. Estimate RMR needs – Men: healthy body weight x 11 calories; women: health body weight x 10 calories. A 150-lb. man needs 1650 calories to meet RMR needs.

b. Multiply RMR by activity factor:

The 150-lb man who is moderately active would need 2805 calories a day. Activity plays a major role in weight gain or loss.

3. **Calorie sources**—Food containing carbohydrates, protein and fat provide the calories (energy) you need. A gram each of carbohydrates and protein provides 4 calories while a gram of fat provides 9 calories.

a. **CARBS:** Carbohydrates are the body's preferred source of energy. Some of our cells (brain and red blood cells) can ONLY use carbohydrates for energy. Carbs are not fattening in and of themselves. **Excess calories from any source are converted to and stored as body fat in your body.** Simple carbs include refined table sugar and sugar added to candies, cookies, soft drinks, etc. Complex carbs (starch) are found in bread, rice, pasta, tortillas, crackers, pretzels, beans, and starchy vegetables such as potatoes, peas, corn and yams. Simple carbs are more concentrated, have more calories, and are nutrient poor. They are digested and absorbed more quickly, resulting in a rapid increase in blood sugar level and immediate burst of energy which triggers a quick action of insulin resulting in rapid drop in blood sugar – leaving you feeling tired, hungry and craving more sugar after you eat. Naturally occurring sugars (in fruit and milk) and complex carbs in grains and vegetables are diluted with fiber and water, which makes them more bulky (so they fill you up) without extra calories.

b. **FAT** – Don't confuse dietary fat (what we eat) with adipose tissue (fat in our bodies). The fat we eat doesn't automatically stick to your waist, butt, and thighs. **Again, excess calories from any source makes you gain weight.** Fats serve many important functions: stores energy (important in illness & diminished food intake), pads internal organs, insulates our bodies against temperature extremes, and forms the major material of cell mem-

branes especially brain and nerve cells. More important than the total amount of fat you eat is the type of fat you choose. Monounsaturated and omega 3 fats are regarded as the most heart healthy. BUT, they have the same calories as saturated fat.

c. **PROTEIN** – Proteins supply amino acids and provide the building blocks for growth and repair (skin cells, liver cells, immune cells, muscle cells). The body can only use a maximum of 0.9 gm protein per pound of body weight for tissue building. Extra protein is converted into carbohydrate for energy, or stored as fat. It's an expensive source of energy. Meats, poultry, fish, eggs, cheese, milk, yogurt, and soy products are considered complete proteins because they contain all the "essential" amino acids. Essential means that they are needed but the body cannot manufacture them. Plant sources of protein such as beans, seeds, grains, and nuts are incomplete proteins but complement each other to provide the essential amino acids. Vegetarians can get all the protein they need with plant foods alone.

So, do eat, drink and be merry, in moderation and balance. You need a healthy body to fully enjoy the gifts and pleasures of life, including eating.



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*The Filipino Cultural Center (FCC) is home to the Filipino Association of Greater Kansas City, a non-profit organization incorporated in 1968. As the convergence point for Filipino Americans in the Heartland, the FCC serves as a venue to a variety of charitable, educational, and cultural activities. With picnics, fiestas, music and dance lessons, martial arts, medical mission fundraising events, and more, the FCC's busy schedule benefits all ages and the Kansas City community at large, while also extending its reach to the far corners of the world. Because of its superb facilities, the FCC also hosts the events of other non-profit organizations. Expansion of the FCC will broaden our ability to serve others and celebrate the Filipino heritage.*

\* Drawing will be held during the September Affair Gala on September 24, 2005. Need not be present to win. Winner responsible for taxes and insurance. Odds of winning: If all tickets are sold, odds of winning are 1:4,400 or 0.0227% per ticket. Disclosure: The 1st prize winner may opt for a cash prize of \$35,000 instead of the car. If all tickets are not sold by 8:00PM on September 24, 2005, the car will not be raffled. Instead a cash raffle will be drawn. 60% of the total ticket sales will benefit the Cultural Center Foundation. The remaining balance (40%) will be prized as follows: 1st Prize - 50% of balance; 2nd Prize - 30% of balance; 3rd Prize - 20% of balance. Tickets cannot be replaced if lost, stolen or destroyed. No refunds will be granted in the event all tickets are not sold. All rights reserved. Image courtesy of Mercedes-Benz USA, LLC.

