

ORIENTATION PARA SA TUPAD NG DOLE DINALUHAN NG 315 NA BENEFICIARIES

CARMONA - Isinagawa ang Orientation para sa 315 na BENEFICIARIES mula sa Carmona ng Tulong Panghanapbuhay sa ating Disadvantaged/Displaced Workers (TUPAD) ng Department of Labor and Employment (DOLE).



Dito ay isinagawa rin ang Contract at DTR signing ng TUPAD beneficiaries. Ang assistance po na ito ay magsisilbing malaking tulong sa ating mga kababayan ngayong bumabangon tayo sa pandemya upang makapagsimula sila ng kanilang sariling kabuhayan.

House tackles bills creating evacuation centers per municipality

MANILA – The House of Representatives has begun deliberations on the various bills seeking to establish evacuation centers in every city and municipality across the country as a permanent recourse for calamities and natural or man-made disasters.

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PROGRAMA PARA SA BATANG SILANGUEÑO, BIBIGYANG PANSIN

SILANG | Layunin ng lokal na pamahalaan na tutukan ang mga programa para sa mga batang Silangueño na biktima ng iba't ibang uri ng pang-aabuso.

Pinangunahan nina Mayor Kevin Anarna at Vice Mayor Ted Carranza ang pormal na pagpapasinaya ng opisina na mangunguna sa pagpapatupad ng mga serbisyo at programa ng lokal na pamahalaan, katuwang ang Department of Social Welfare and Development (DSWD).

Ayon kay Anarna, naglaan ang pamahalaang bayan ng sariling opisina na tutugon at magbibigay ng sapat na suporta para sa mga batang nangangailangan.



MMDA: Adjusted mall hours to start

MANILA, Philippines — In anticipation of a surge in traffic volume during the Christmas season, mall operations in Metro Manila will be adjusted, the Metropolitan Manila Development Authority (MMDA) announced yesterday.

Starting Nov. 14, the MMDA said malls would operate from 11 a.m. to 11 p.m. Mall-wide sales are also prohibited during weekdays.

The adjusted mall hours will be in effect until Jan. 6, 2023.



MMDA Chairman Romando Artes said mall owners agreed to adjust their operating hours during a meeting yesterday.

“Sales will be al-

lowed during weekends only. Also, deliveries will be from 11 p.m. to 5 a.m.,” Artes said.

Exempted from the

SEE PAGE 6.....

Twin Lakes Tagaytay Samgyuniku Unlimited Japanese Korean BBQ



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Mga Prutas para sa iyong Kalusugan

Payo ni Doc Willie Ong

1. Saging – Mabuti ang saging sa mga nag-ehersisyo at sa may sakit sa puso dahil may taglay itong potassium. Para sa hindi makatulog at stressed sa buhay, nakapagpaparela din ang saging dahil sa sangkap nitong tryptophan. Kumain ng 2 saging bawat araw para makaiwas sa sakit.

2. Mansanas – May vitamin C at anti-oxidants ang mansanas. Mahalaga na kainin din ang balat ng mansanas dahil may taglay itong pectin na nagtatanggal ng dumi sa ating katawan. Panlaban ang mansanas sa mataas na kolesterol, arthritis at sakit ng tiyan.

3. Maaasim na prutas tulad ng calamansi, dalandan, orange, at suha – Masagana ang mga ito sa vitamin C at panlaban sa sipon, ubo, hika at arthritis. Kapag kumakain ng dalandan, kainin din ang mga maninipis na fibers (pulp bits at membrane) dahil mabuti ito sa ating sikhura.

4. Strawberry – Naniniwala ang mga eksperto na panlaban sa kanser ang strawberry. Mag-ingat lang at may mga taong allergic sa strawberry. Hugasan maigi bago kainin.

5. Papaya – Mataas sa vitamin A at vitamin C ang papaya kaya nakatutulong ito sa ating kutis. Ang papaya ay may papain, isang kemikal na tumutulong sa pagtunaw ng pagkain at sa pag-regular ng ating pagdumi. Mataas din ito sa fiber.

6. Ubas – Ang ubas ay may tannins at flavonoids na puwedeng makapigil sa kanser. Kumain ng ubas kung ika’y nagpapagaling sa sakit. At kapag kulang sa dugo at mahina ang katawan, kumain ng ubas para manumbalik ang iyong sigla. Kaya paborito itong iregalo sa mga dumadalaw sa ospital. Hugasan maigi bago kainin.

7. Pakwan at melon – Panlaban ang mga ito sa sakit sa bato at pantog (kidney at bladder infection). Ang pakwan at melon ay punong-puno ng vitamin C at potassium. At kapag tag-init, ito ang kailangan ng ating katawan.

8. Buko – Ang buko juice at nakatutulong sa may kidney stones (bato sa bato). Nililinis din ng buko ang ating katawan.

9. Abokado – Ang abokado ay may taglay na good fats at healthy oils. Dahil dito, nakatutulong ito sa pag-iwas sa sakit sa puso at istrok. May sangkap din itong vitamin B6 at vitamin E na pampakinis ng ating balat. Para hindi kumulubot ang mukha, kumain ng abokado.

10. Pineapple – Ang pineapple ay may bromelain na makapagpapalakas sa ating resistensya. May sangkap din itong manganese at vitamin B na nagbibigay lakas sa ating katawan.

BANTAY KALUSUGAN

Paano Maiiwasan ang Indigestion?

1. Kumain ng pakonti-konti ngunit mas madalas – Kumain ng mas maraming gulay at prutas. Nguyain ang pagkain ng mabuti at dahan-dahan.

2. Iwasan ang mga “trigger foods” – Ang karaniwang nagdudulot ng indigestion ay ang matataba at maaanghang na pagkain, soft drinks, kape, pag-inom ng alak at paninigarilyo.

3. Panatilihin ang tamang timbang – Ang sobrang timbang ay naglalagay ng pressure sa iyong sikhura at ma-aaring maging dahilan ng stomach acid para umakyat sa lalamunan.

4. Mag-ehersisyo nang madalas – Ang pag-ehersisyo ay malaking tulong para hindi tumaba at umayos ang iyong panunaw.

5. Limitahan ang stress – Magkaroon ng sapat na tulog. Maglaan ng oras sa mga bagay na gustong gawin. Maaari rin mag-meditate o mag-yoga.

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EDITORIAL - DepEd treating teachers like criminals

There seems to be no end to the Department of Education's bungles.

Just recently, many people including students and teachers were left scratching their heads after DepEd issued Department Order No. 49 where DepEd personnel were told to “avoid relationships, interaction, communication, including following social media with learners outside of the school setting, except if they are relatives.”

DepEd Secretary, Vice President Sara Carpio, has an even worse explanation of the order.

“As a teacher, there has to be a line between him or her and the learner. They should not have friendly relations with their learners outside of the learning institution setting because people develop biases when they become friends with someone,” she said.

As if to add insult, she said added that aside from minimizing biases on the part of teachers, it is to prevent “criminal” incidents from happening.

Two things caught our attention.

The first thing, it seems DepEd doesn't believe that teachers can set their own social boundaries with students.

Teachers and students have been interacting and having friendly relations outside of school since there have been teachers and students. There is nothing wrong with this. All people are social animals.

EDITOR'S NOTE:

• All comments and opinions submitted by our contributing writers and herein published shall remain as personal opinion of our column writers. • Viewliner shall not be held liable to any legal issues related to any commentaries that may appear herein.

We do understand discouraging social media connections between teacher and student. We are actually for this. Your friends in social media are supposed to be your peers and equals, but we all know this isn't the case all the time. And sometimes when people rant against something or someone, they forget that those who aren't supposed to read those posts can.

But discouraging relationships outside social media? You cannot stop two people from becoming friends or establishing a close and friendly relationship, no matter the age gap, social standing, or other factors, again with set boundaries.

Also, the order says teachers should avoid “interaction, communication” with students. Are teachers to snub the students they meet outside school? Are they to ignore them, pretend they don't exist, and walk away? Or turn their back and hide if they see them com-

ing? We don't know what kind of experience Vice President Carpio had with her teachers, but acknowledging and even chatting with teachers when people see them in public is perfectly acceptable behavior throughout the world.

The second thing, the DepEd seems to be treating teachers like criminals and opportunists just waiting to take advantage of students.

This actually started two months ago when Carpio wanted DepEd to have confidential funds. It was so that DepEd could conduct “surveillance and intelligence” on, we assume, the teachers.


Carpio should get her head in the game. This is the DepEd; not the police, not the intelligence-gathering agencies.

But then again, what can we expect with a DepEd helmed by someone who has no teaching experience whatsoever and is more interested in enforcing security and espionage than education?

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Vietnam 'important partner' in ensuring food security: PBBM

MANILA – The Philippines considers Vietnam as an “important partner” in ensuring food security, President Ferdinand R. Marcos Jr. said Thursday.

He made the remark during a bilateral meeting with Vietnamese Prime Minister Pham Minh Chinh on the sidelines of the 40th and 41st Association of Southeast Asian Nations (Asean) Summit and Related Summits in Phnom Penh, Cambodia.

During their meeting, Marcos cited that Vietnam accounts for 90 percent of the Philippines’ rice imports.

He told Chinh that he looks forward to working closely with Vietnam and having greater engagement toward enhancing relations in agriculture and other areas, such as trade, investment, defense, and maritime security.

“As we have observed, the Philippines and Vietnam since the beginning of our diplomatic relationship have had a burgeoning, a growing relationship, both in the political and security side and of course, in terms of trade and in people-to-people exchanges,” Marcos said.

The President wel-



comed the increased total trade between the Philippines and Vietnam but noted a significant trade imbalance between the two countries.

He expressed hope that Vietnam would help the Philippines address this problem.

“In the past few years, we have seen the great success, the great economic success that Vietnam has enjoyed and with that, even Filipino investors have started to go to Vietnam to be part of this development in your country, and since then our trade has increased,” he added.

The Philippines earlier reestablished the Philippine Trade and Investment Center in Ho Chi Minh, which is expected to enhance economic relations between Vietnam and the Philippines.

Marcos also said the continued dialogues would be beneficial, including in-

telligence and strategies exchanges in dealing with maritime concerns.

Chinh, meanwhile, expressed eagerness to work with the Philippines in addressing maritime issues, particularly illegal fishing, and balancing trade.

He underscored the need for new approaches in addressing the present challenges and called for adherence to the Declaration on the Conduct of Parties in the South China Sea.

The Vietnamese leader also lauded Marcos for the Philippine government’s effective coronavirus disease 2019 (Covid-19) response and for achieving one of the highest gross domestic product (GDP) growth rates in Asia.

The Philippines has de-escalated quarantine protocols and posted a GDP growth of 7.6 percent despite a high inflation environment, according to the

Philippine Statistics Authority.

‘Common ground’

Meanwhile, Marcos raised the need for Asean to “find common ground” in dealing with pressing concerns, which include rising United States-China tensions over Taiwan, as well as the crisis in Myanmar.

“All of these issues are of extreme importance and of extreme urgency. And that is why I believe Asean must find common ground from which to face those challenges,” he said.

China claims Taiwan as a breakaway province, while Taipei has insisted on its independence since 1949.

Relations between Taiwan and China appear to have deteriorated sharply after the visit of US House Speaker Nancy Pelosi in August.

Myanmar’s military seized power in February 2021, ousting the elected government of Aung San Suu Kyi.

The takeover resulted in widespread public protests that were suppressed with deadly force.

In response, armed opposition to military rule has arisen. (PNA)

DOH vows to bring mental health services closer to communities

MANILA, Philippines — The Department of Health said Thursday it will increase access to mental health services and strengthen community-based mental health programs.

Health officer-in-charge Maria Rosario Vergeire said the DOH will support the development of more mental health facilities across the archipelago as part of its effort to bring healthcare services closer to communities.

RELATED STORIES

Advocates hail passage of landmark Mental Health Law

Vergeire also stressed the importance of improving



the research agenda on mental health prevalence and the need to increase funding for the training of mental health professionals.

“We have adopted a non-specialized approach to bring mental health services closer to communities, ensuring that mental health care is available for all life stages in various settings and levels of care,” the health official said.

Stigma and discrimination continue to hamper Filipinos from seeking mental health services, Vergeire added.

“We need the support of other sectors to eliminate the stigma around mental health and help make Filipinos healthy, both physically and mentally,” she said.

GUHIT NG KAPALARAN

SCORPIO: (Okt. 24-Nob. 22) Dumating lang ang gusto, masaya ang buhay para sa'yo. Mangyayari ang lahat ayon sa inaasahan, maliban sa isang bisita na darating. Lucky numbers at color for the day ang 41, 15, 31, 52, 26 at mint green.

SAGITTARIUS: (Nob. 23-Dis. 21) Mahal mo ang iyong trabaho, mapo-promote ka. Lucky numbers at color for the day ang 35, 42, 25, 15, 51 at sapphire blue.

CAPRICORN: (Dis. 22-Ene. 19) Piliin ang maging masaya. Magpasalamat sa tuwina. Lucky numbers at color for the day ang 35, 52, 21, 43, 11 at satin white.

AQUARIUS: (Ene. 20-Peb. 18) Tatanggapin ang bunga ng pagsisikap. Happy ka. Lucky numbers at color for the day ang 51, 32, 11, 43, 23 at turmeric yellow.

PISCES: (Peb. 19-Mar. 20) Sa buong araw ikaw ang gagawa. Pagod pero fulfilled. Lucky numbers at color for the day ang 55, 25, 35, 11, 42 at scarlet red.

ARIES: (Mar. 21-Abr. 19) Manahimik sa biro. Disiplina ang pairalin. Lucky numbers at color for the day ang 25, 45, 15, 51, 32 at dollar green.

TAURUS: (Abr. 20-May. 20) Maso-solve mo ang pro-blema, harapin ngayon. Lucky numbers at color for the day ang 22, 53, 33, 43, 12 at indigo blue.

GEMINI: (May. 21-Hun. 21) Balance at calm ang araw, kaya panatag ang iyong kalooban. Lucky numbers at color for the day ang 31, 43, 55, 22, 11 at tangerine.

CANCER: (Hun. 22-Hul. 22) Sa sipag makakamit ang debt-freedom. Lucky numbers at color for the day ang 41, 52, 25, 31, 15 at ultra violet.

LEO: (Hul. 23-Ago. 22) Increasing ang income sa trabaho. Lucky numbers at color for the day ang 25, 52, 41, 12, 31 at jade green.

VIRGO: (Ago. 23-Set.23) Sari-sari ang financial sources, don't panic. Lucky numbers at color for the day ang 43, 35, 51, 11, 22 at lilac violet.

LIBRA: (Set. 24-Okt. 23) Lahat ng naumpisahan ay matatapos ngayon. Lucky numbers at color for the day ang 21, 25, 33, 41, 11 at ruby red.

PBBM, Cambodian PM eye cooperation on digitalization, 3 others

MANILA – President Ferdinand R. Marcos Jr. and Cambodian Prime Minister Hun Sen have expressed intent to further deepen the ties between the Philippines and Cambodia by exploring possible cooperation in various fields, including digital transformation.

This developed after Marcos held Thursday a bilateral meeting with Hun Sen at the Peace Palace in Phnom Penh, Cambodia.

“They (Marcos and Hun Sen) committed to expanding the extent of the two countries’ productive partnership over the last 65 years and exploring partnerships in a wide range of areas, including digitalization, health services, logistics, and assisting small business,” Office of the Press Secretary (OPS) officer-in-charge Undersecretary Cheloy Velicaria-Garafil said in a press statement.

The Philippines and Cambodia established their formal diplomatic relations on Aug. 20, 1957.

In 2016, cooperation agreements in the areas of labor, sports, combating transnational crimes and tourism were signed during the state visit of former president Rodrigo Duterte to Cambodia.

Marcos’ meeting with Hun Sen came a day before the formal opening of the 40th and 41st Association of Southeast Asian Nations (ASEAN) Summit and Related Summits hosted by Cambodia.



Apart from the plan to explore new partnerships, Marcos and Hun Sen also discussed the ongoing crisis in Myanmar, one of the ASEAN member-states.

During the bilateral meeting, Marcos raised the need to examine the “dynamics” of politics in Myanmar, while engaging with the country “in every way possible,” Garafil said.

Marcos and Hun Sen also agreed that “patience” is key to dealing with the Myanmar crisis.

“Mr. Prime Minister, as you have great experience in this matter, perhaps your advice to be patient, is the best that we can do right now,” Marcos, as quoted by the OPS, told Hun Sen during the bilateral meeting.

“But we can still do more in terms of engagement in Myanmar. I’m in full agreement with you, Mr. Prime Minister, that that is the way forward,” he added. The ongoing crisis in

Myanmar tops the agenda of this year’s ASEAN summits. In April 2021, ASEAN member-states, which included Myanmar, agreed on a peace plan dubbed as “five-point consensus,” which calls for an immediate end to violence in the country and seeks dialogue between the military and the opposition movement.

After the military coup in 2021 that overthrew the government of Aung San Suu Kyi, widespread unrest has been reported in the junta-led nation as civilians denounced the military rule. Marcos and Hun Sen also had a lengthy discussion about the Russia-Ukraine conflict, Garafil said. (PNA)

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Korean-funded mold technology support hub opens in Cavite

MANILA – The Mold Technology Support Center (MTSC) funded by the Korean government for USD8 million officially opened in General Trias, Cavite on Thursday.

The MTSC, which is poised to be a premier training hub for mold technologies, will be managed by the Department of Science and Technology-Metals Industry Research and Development (DOST-MIRDC).

It houses equipment, tools, and various technologies for mold and mold-related requirements of the industry. The establishment of the MTSC aims to help advance local mold companies, increase their productivity, and help them become globally competitive.

At the MTSC launch, MIRDC executive director Robert Dizon said the facility will also help strengthen the industrial cooperation between the Philippines and the Republic of Korea.

“Korean partners who supplied all the equipment are here to demonstrate and encourage more local companies to avail of MTSC’s services. Not only did they provide the equipment, but our Korean partners made sure to boost the skills and technical know-how of our MTSC engineers and staff,”



Dizon said.

Seven engineers and technicians from the MIRDC and the Philippine Die and Mold Association (PDMA) trained on technical drawing, mold design, programming and operations, and mold assembly in South Korea from September to December 2019.

According to the MIRDC, the MTSC will be instrumental in beefing up the local economy. In Cavite alone, the MTSC will be able to provide its services to over 200 companies.

Companies in the molding industry are those

which manufacture household products such as bottles, gadget casings, food containers, and toilet seats, among others.

The facility is located on a Philippine Economic Zone Authority-owned land

near the Cavite Economic Zone.

Aside from providing training on mold making, the MTSC will accept mold-making jobs. Those interested may reach out to the MIRDC or the PDMA, especially if they are members of this association.

Dizon earlier said trainees may learn the basics like technical drawing, wherein they would only need a computer and software. The training may last for two months because of the various modules that participants would need to take up. (PNA)

LTO opens another licensing center in Quezon City

LTO chief Teofilo Guadiz led the opening of the Araneta licensing center in Barangay Sto. Domingo, Quezon City. Philstar.com / Irish Lising

MANILA, Philippines — The Land Transportation Office (LTO) opened yesterday its sixth licensing center in Metro Manila to serve more clients.

LTO chief Teofilo Guadiz led the opening of the Araneta licensing center in Barangay Sto. Domingo, Quezon City.

Guadiz said the center caters to motorists applying for a student permit, new driver’s license or those renewing their current license.

He said the licensing center would not only bring government service closer to the public, but would also comply with standards to ensure the safety of motorists.

“I expect from you the strictest



standards in the issuance of driver’s licenses. We have set up some goals, we have set up some expectations,” he told employees of the newly opened LTO licensing center.

Guadiz admitted that the agency is still facing challenges in ensuring that motorists are educated in road safety laws to curb the number of accidents.

LTO National Capital Region West director Roque Verzosa III said they hope to provide affordable, accessible, comfortable and safe transport services for motorists.

Kinilala ng Overseas Workers Welfare Administration (OWWA) - Region IV A ang pagpupurige ng City Government of Bacoor sa pangunguna ng ating 24/7 Mayor Strike B. Revilla at ng Bacoor Public Employment Service Office (PESO) sa paglulunsad ng mga programa para sa ating mga OFW. Kinilala din ng OWWA ang suporta ng PESO ng lungsod ng Bacoor sa mga programa ng ahensya.

Nais ihatid ng buong pamahalaang lungsod ng Bacoor ang pasasalamat kay Regional Director Allan Ignacio. Gayundin ang pagpupugay sa Bacoor PESO team sa pamumuno ni Doc. Abragam de

Castro at sa patuloy na pagsuporta ni Mayor Strike B. Revilla sa nga inisyatibo ng opisina.

#StrikeSaSerbisyo
#SaBacoorAtHomeKaDito

