PAHAYAGAN NG Kabitenyo

In God We Trust

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C. Luzon expressway extension to open in first half of 2023

(File photo courtesy of DPWH)

MANILA – The Department of Public Works and Highways (DPWH) is looking to operate a portion of the expressway in Central Luzon at the connection of the Subic-Clark-Tarlac Expressway (SCTEX)/Tarlac-Pangasinan-La Union Expressway (TPLEX) in Tarlac City, Tarlac up to San Juan, Aliaga, Nueva Ecija toward the first half of 2023.

In his report to Secretary Manuel Bonoan, Senior Undersecretary Emil Sadain said the DPWH Unified Project Management Office - Roads Management Cluster 1 (DPWH UPMO RMC 1) is working to complete an additional 7-kilometer segment from Guimba-Aliaga Road intersection to San Juan Interchange that will extend to 25 kilometers the already accessible 18-kilometer section of the Central Luzon Link Expressway (CLLEX).

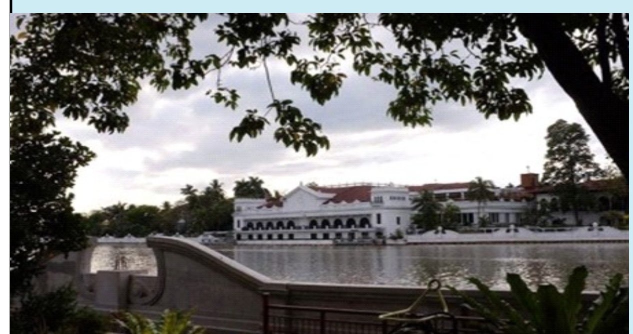
"The DPWH UPMO RMC 1 team with the contractors and consultants have worked hard to overcome challenges along the way, such as bad weather, right of way issues, difficulty in the transport of construction materials and Covid-19 impact that caused some delays," he said.

Other than the four-lane, two-way expressway with a design speed of 100 kilometers per hour, the DPWH is also undertaking the construction of three interchanges – Zaragoza, Aliaga, and San Juan that will allow motorists from the secondary and provincial roads to access CLLEX.

Once completed, the 30-kilometer CLLEX Project will facilitate fast, safe, comfortable and reli-

see page 6...

Palasyo ng Malacañang, bukas na sa publiko



Riverfront Facade of Malacañan Palace as seen from Bahay Pangarap located right across the Pasig River.

MANILA, Philippines — Binuksan na ni Pangulong Ferdinand Marcos Jr. sa publiko ang Malacañang na anya'y hindi niya bahay kundi ng mga mamamayan.

Sa talumpati ni Marcos sa isinagawang pamimigay ng regalo sa Rizal Park, Maynila, muling -inanyayahan ni Marcos ang publiko na bisitahin ang Malacañang at lahat ay maaaring pumasok.

"Welcome kayong lahat. Bukas na ang Palasyo. Hindi ko naman bahay 'yan eh, bahay niyo 'yan eh. Kaya binuksan ko na," ani Marcos.

Sinabi rin ni Marcos na maaari ng mag-istambay sa Malacañang na binubuksan ng alas-7 ng gabi hanggang alas-6 ng umaga kinabukasan.

"Aanyayahan ko rin pala kayo binuksan namin ang Palasyo, ang Malacañang para 'yung

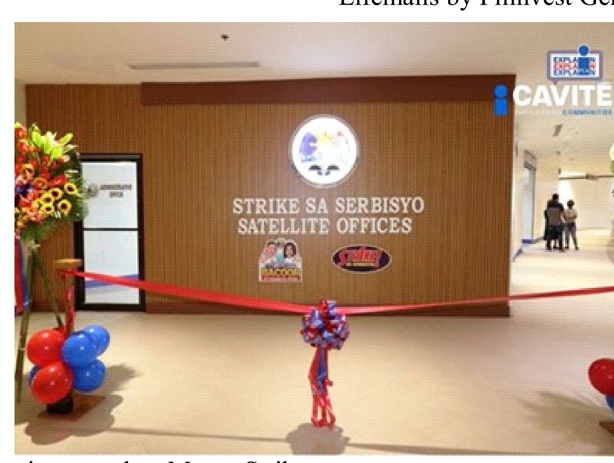
(see page 6)

MINI CITY HALL SA MALL, BINUKSAN SA BACOOR

BACOOR | Pormal nang binuksan ng pamahalaang lungsod ang Strike sa Serbisyo Satellite Office na magsisilbing 'Mini City Hall sa Mall' ngayong araw, Disyembre 20.

Sa pakikipagtulungan ng Filinvest Lifemalls, magsisilbi itong one-stop-shop para sa mga serbisyo ng DOLE, DSWD, NBI, PSA, PNP, SSS, Pag-Ibig, National Labor Relations Commission, Public Attorney's Office, at Philhealth.

Sa pangunguna ni Mayor Strike Revilla, layunin nitong makapaghatid ng inklusibo at makataong serbisyo para sa mga Bacooreño. Ang ribbon cutting ceremony ay pinangunahan Mayor Strike B. Revilla at dinaluhan nina Vice Mayor Rowena Bautista Mendiola, Cong. Lani Mercado Revilla, Cong. Bryan Revilla, at Lifemalls by Filinvest General Manager of Main Square, Dorinda Recalde. | via City Government of Bacoor



AFP palalakasin West Philippine Sea presence matapos Chinese 'reclamation'

MANILA, Philippines — Inutusan ng Department of National Defense ang kasundaluhang palakasin ang presensya nito sa West Philippine Sea, ito matapos ang mga aktibidad diumano ng Tsina sa mga "unoccupied" features sa Spratly Islands na inaangkin ng Maynila.

Martes lang nang sabihin ng Department of Foreign Affairs na "labis silang nababahala" sa balitang nagtatayo raw ang Tsina ng imprastruktura sa Lankiam Cay, Eldad Reef, Whitsun Reef at Sandy Cay na malapit sa Pag-Asa Island. Itinanggi ito ng Tsina.

"Any encroachment

see page 5

Marcos declares Dec. 26 as special non-working day

MANILA – President Ferdinand R. Marcos Jr. has declared Dec. 26 this year a special non-working day throughout the country to "give the people the full opportunity to celebrate the holiday with their families and loved ones."

Marcos made the declaration through Proclamation No. 115, according to a news release from Malacañang.

"A longer weekend will encourage families to get together and strengthen their relationship towards a more productive environment, and will promote tourism," the proclamation read.

He also ordered the Department of Labor and Employment to issue the appropriate circular to implement the proclamation for the private sector.

Christmas Day, which falls on a Sunday, is observed as a regular holiday.

Malacañang earlier updated the list of regular holidays and special non-working days for 2023, allowing "long weekends."

Proclamation 90, released Nov. 11, amended Proclamation 42, declaring

(see page 2)

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First Aid Sa Na-High Blood

Health tip mula kay Doc Willie Ong

Kapag ang blood pressure niyo ay lampas sa 140 over 90, marahil ay may high blood ka na. Ngunit kapag ika'y pagod, nagagalit o nag-e-ehersisyo, tataas din ang iyong presyon pero hindi ibig sabihin ay high blood ka na. Ang tamang pagkuha ng blood pressure ay kung ika'y nakapahinga at walang ginagawa.

Ano ang sintomas ng high blood? Kadalasan ay walang nararamdaman ang isang taong may high blood. Kaya nga tinatawag na "silent killer" ang high blood pressure dahil nanganganib na pala ang buhay ng pasyente pero wala pa siyang nararamdaman. Pero may ilang tao ang nakararanas ng sintomas tulad ng pananakit ng batok, mabigat ang ulo at pagkahilo.

Heto ang first aid para sa mga na-high blood:

1. Siguraduhing tama ang pagkuha ng blood pressure. Kapag palagi itong mataas sa 140 over 90, ito ay nangangahulugang may high blood ka na.

2. Paupuin muna ang pasyente ng 15 minuto. Sabihin sa kanya na huminga ng mabagal at malalim. Pagkatapos ay kuhanan muli ng blood pressure.

3. Kung may maintenance medicines ang pasyente para sa high blood pressure, ipainom ito sa kanya.

4. May 2 pagkakataon kung kailan puwedeng bigyan ng karagdagang gamot ang pasyente: (1) Kapag ang blood pressure ay lampas sa 140/90 at may nararamdaman ang pasyente, at (2) kapag ang blood pressure ay lampas na sa 160/100.

5. Ang pangkaraniwang first aid medicine na ibinibigay para bumaba ang presyon ay ang (1) Clonidine (Brand name: Catapres) 75 mcg, isang tableta lamang o (2) Captopril 25 mg, isang tableta din.

6. Tandaan na hindi lahat ng mataas ang presyon ay kailangan bigyan agad ng gamot sa high blood. Minsan ay kailangan lang ma-relax ang pasyente.

7. Depende sa kondisyon ng pasyente, puwede mo siya dalhin sa Emergency Room ng ospital o ipakonsulta sa klinic ng doktor.

Maraming komplikasyon ang high blood pressure katulad ng stroke (pagdugo sa utak), pagkabulag, sakit sa bato at atake sa puso. Magpatingin sa doktor kapag ang presyon niyo ay lampas 140 over 90 para mabigyan kayo ng lunas. God bless po.

EDITORYAL - Kumpiskahin mga ilegal na paputok

Mababa ang bilang ng mga napuputukan nga-yon hindi katulad ng mga nakaraang taon na marami ang naputukan sa katulad na panahon. Ayon sa Department of Health (DOH), inaasahan nila na bababa pa ang bilang ng mga napuputukan. Nagpapaalala ang DOH na umiwas ang mamamayan sa mga mapanganib na paputok. Bantayan ang mga bata sapagkat ang mga ito ang lagi nang napapahamak. Kadalasan, dinadampot ng mga bata ang hindi pumutok na rebentador at piccolo. Pagdampot ay saka naman ito pumuputok at ang resulta, lasog ang daliri. Mayroon ding tinatamaan sa mata na nagiging dahilan nang pagkabulag. Mahalagang masubaybayan ang mga bata upang hindi mapahamak sa mga mapanganib na paputok.

Sabi ng Philippine National Police (PNP) mahigpit nilang binabantayan ang mga lugar na nagkakaroon ng bentahan ng mga ilegal na paputok. Ayon kay PNP chief General Rodolfo Azurin, maraming pulis ang nakakalat at iniinspeksiyon ang mga ibi-ni-bentang paputok at baka mayroong mga ipinagba-bawal sa mga ito.

Sa ipinalabas na kautusan, mahigpit na ipinagbabawal ang mga paputok na gaya ng sawa, Judas Belt, Goodbye Philip-pines, piccolo, boga at iba pa nakapipinsala. Ayon sa PNP, may kaparusahan ang sinumang mahuhulihan ng mga nabanggit na pa-putok.

Hinihikayat ng PNP ang mamamayan na umi-was sa mga mapaminsalang paputok.

Mababa pa ang naitatalang nasusugatan sa paputok pero maaaring tumaas ito habang papalapit ang Bagong Taon. Maaaring hindi pa ginagamit ang mga patagong biniling paputok at sa mismong Bagong Taon sisindihan. Dapat dagdagan pa ang pagpapatrulya ng PNP upang mapigilan ang patagong bentahan. Umano para hindi mahuli, online ang transaction. At meron pang dinideliber umano sa bahay makaraang umorder. Paigtingin pa ng PNP ang pagmamanman sa bentahan ng paputok.

Marcos declares ....

the regular holidays and special non-working days.

Under Proclamation 90, Jan. 2, 2023, which falls on a Monday, will be an additional special non-working day "in consideration of the Filipino tradition of visiting relatives and spending time with their families for this occasion."

Jan. 1, 2023 is already a regular holiday under Proclamation 90.

Earlier in the day, Marcos led a gift-giving activity at the Rizal Park in Manila and promised that his administration will continue providing much-needed aid for the poor, vulnerable and underprivileged.

Marcos, in several speeches, said the government will strive to ensure that every Filipino child will have a Christmas.

He also invited the public to visit the Malacañang Palace Grounds to view the Malacañang Christmas Tree and lanterns and attend the Simbang Gabi.

The Palace grounds will be open to the public from 7 p.m. to 6 a.m. on Dec. 18 to 24.

Simbang Gabi, which traditionally starts on Dec. 16 and ends on Christmas Day, will be at 4:30 a.m. in front of the Mabini Hall. (PNA)

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.

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Boost sexuality education to further reduce teenage pregnancies

MANILA — Senator Sherwin Gatchalian on Thursday highlighted the need to strengthen sexuality education in the K-12 curriculum to sustain the gains of the Responsible Parenthood and Reproductive Health Act of 2012, including the drop in teenage pregnancies.

"Bagama't may nakikita tayong pagbaba sa bilang ng mga maagang pagbubuntis, kailangang masuri pa rin natin kung paano natin tinuturuan ang ating mga kabataang kababaihan na iwasang malagay sa sitwasyon ng pagiging mga batang ina (While we notice a decrease in teenage pregnancies, we must still assess how we teach our female youth to avoid being put in the dire situation of a teenage mother)," Gatchalian said in a statement.

Gatchalian made the statement after Department of Health (DOH) officer-in-charge Maria Rosario Vergeire reported that the adolescent birth rate in the country is now at 25 per 1,000 women, which is lower than the 2022 target of 37 per 1,000 women.

Vergeire bared this in a forum organized by the Philippine Legislators' Committee on Population and Development (PLCPD), the United Nations Population Fund (UNFPA) and the Commission on Population and Development (POPCOM).

But despite the drop, Gatchalian said the numbers of teenage pregnancy "remain high."

"Mahalagang mapigilan natin ang paglobo ng mga bilang ng maagang pagbubuntis sa mga kabataan, lalo na't ang mga batang ina ay madalas hindi nakakatapos ng kanilang edukasyon at napagkakaitan ng magandang kinabukasan (It is important to prevent an increase in teenage pregnancies, especially since young mothers usually fail to finish their education and deprives them of a bright future)," the chair of the Senate Committee on Basic Education said.

Gatchalian earlier filed Senate Resolution No.13, which seeks to assess the comprehensiveness and effectiveness of the Department of Education's

(DepEd) current policy on the Comprehensive Sexuality Education (CSE).

In filing the resolution, Gatchalian noted that adolescent pregnancy is generally not the result of a deliberate choice, but "a consequence of having little or absence of access to school information, or sexual and reproductive health care."

He said the UNFPA has declared that "there is a long delay in the integration and implementation of the CSE in the K to 12 Curriculum."

"This delay is a significant missed opportunity to provide young people with non-judgmental and scientifically accurate and age-appropriate sexual and reproductive health information that would curb the knowledge gap and provide life skills needed to make informed decisions related to risk behaviors with consequences to their health," he said.

Gatchalian said there is an urgent need to review DepEd's existing CSE policy for the purpose of assessing the comprehensiveness of its scope and the effectiveness of its implementation, not only to prevent the occurrence of teenage pregnancies, but also strengthen the CSE and integrate effective measures in the basic education system. (PNA)

Japan scholarship slots now open for Filipino teachers, students

MANILA – Filipino teachers and Japanese studies students may now apply for Japan's 2023 scholarship program.

Two categories under the 2023 Monbukagakusho Scholarship Program were opened, targeting foreign teachers and university students taking up Japanese studies.

For the "teacher training" category, the applicant must be aged 35 years and below, has at least five years of experience, and is working as a teacher in elementary or secondary education or a teacher training school.

Once approved, Japan would fund the applicant's research on the fields of education management, methods of education, special subjects and observation study in a university in Japan.

Filipino students aged 18 to 29 years and are currently majoring in Japanese studies, on the other hand, are eligible for a one-year scholarship, also in Japan.

Both categories require the scholar to return to the Philippines, the Japanese Embassy in Manila said Thursday.

Application forms and information on prerequisites may be viewed and downloaded from the Embassy website.

Deadline for submission is on Jan. 20, 2023.

The process, the embassy said, consists of a document screening, written examinations and an interview. (PNA)

GUHIT NG KAPALARAN

CAPRICORN: (Dec. 22-Jan. 19) Bigyang pansin ang ibang mga bagay na maaaring makatulong para matupad ang mga pangarap. Lahat ng gawain ngayon ay nakatuon sa pagkamit ng magandang kinabukasan. Maaaring sa sobrang pokus ay may bagay na makaligtaan. Lucky numbers at color for the day ang 5, 14, 28, 40 at indigo.

AQUARIUS: (Jan. 20-Feb. 18) Huwag kimkimin ang sama ng loob, dahil kapag hindi ito nakaya parang bulkang sasabog. Panatilihing maging cool. Lucky numbers at color for the day ang 11, 12, 30, 37 at red.

PISCES: (Feb. 19-Mar. 20) May kakayahan kang pamumunuan ang lahat. Kaya mapagtatagumpayan ang hamon ng tungkulin. Lucky numbers at color for the day ay 9, 23, 36, 42 at blue.

ARIES: (Mar. 21-Apr. 19) Mahalaga ang pagpaplano. Isipin ang gawain nang makaiwas sa pag-aaksaya ng panahon at oportunidad. Lucky numbers at color for the day ang 10, 22, 34, 45 at purple.

TAURUS: (Apr. 20-May. 20) Kung may hindi alam, pag-aralan nang matutunan. Hindi man lubusan na maunawaan, umuusad ka naman. Lucky numbers at color for the day ang 6, 10, 23, 41 at yellow.

GEMINI: (May. 21-Jun. 21) Huwag pagurin ang sarili sa paggawa ng mga bagay na hindi naman talaga kaya o hindi nauunawaan ng lubusan. Lucky numbers at color for the day ang 9, 18, 27, 33 at orange.

CANCER: (Jun. 22-Jul. 22) Sa halip na maghanap ng ibang bagay, bigyang-halaga ang mga bagay na meron ka. Pagyamanin ang iyong kakayahan. Lucky numbers at color for the day ang 5, 13, 34, 41 at pink.

LEO: (Jul. 23-Aug. 22) Dahil sa isang malapit na kaibigan, makakakilala ng babae o lalaki na magkapagpapatibok ng iyong puso. Lucky numbers at color for the day ang 9, 17, 24, 38 at brown.

VIRGO: (Aug. 23-Sep. 23) Huwag kaagad sumuko. Maging mapagtimpi sa pagharap ng pagsubok. Magtatagumpay kung magpapakatatag. Lucky numbers at color for the day ang 10, 23, 37, 44 at jade green.

LIBRA: (Sep. 24-Oct. 23) Magtiwala sa anumang mangyayari dahil makakarating ka rin sa patutunguhan. Tiwala sa sarili ang kailangan. Lucky numbers at color for the day ang 2, 13, 25, 33 at maroon.

SCORPIO: (Oct. 24-Nov. 22) Huwag magpokus ng sobra sa isang bagay, dahil mababalewala ang iba. Sikap at tiyaga ang maghahatid ng tagumpay. Lucky numbers at color for the day ang 15, 27, 35, 40 at green.

SAGITTARIUS: (Nov. 23-Dec. 21) Makakakilala ng tao na sa kalaunan ay magbibigay ng kasiyahan sa buhay. Siya ang magsisilbing guro mo. Lucky numbers at color for the day ang 7, 19, 27, 32 at violet.

90% of firms complying with general labor standards: DOLE

MANILA – The Bureau of Working Condition (BWC) of the Department of Labor and Employment (DOLE) on Thursday reported that as of November, the compliance rate of business establishments nationwide on General Labor Standards is at 90 percent.

DOLE-BWC Director IV Alvin Curada said five regions recorded the highest compliance rate.

"Our compliance rate on General Labor Standards is at 90 percent as of November 2022. There were only slight difference in every region but the high compliance rate were recorded in Cordillera Administrative Region, Mimaropa, Region 6, Region 7 and Region 10," he said at the Laging Handa briefing.

As for the Occupational Safety and Health (OSH) Compliance, Curada said many challenges were encountered.

"Based on the establishments we inspected, the challenges include the lack of first aider and safety officer. There were no Fire Safety Inspection Certificate issued by the Bureau of Fire of Protection, while other companies failed to implement Occupational Safety and Health programs. So these are the five aspects of Occupational Safety and Health Law that needs to be looked by the inspection next year," he said.

Curada added that over 80,000 establishments were inspected by the DOLE as of November, the figure is more than the target of 75,000 companies for the year.

"Our target for 2022 is 75,000 but as of November 2022, we already inspected 80,915 establishments. We are over our target for the year," he said.

"We usually carry out a routine inspection, programmed inspection. This is based on a list of establishments that we get from the Philippine Statistics Authority, the local government units, and it is programmed for inspection from January to October 2022," he added. (PNA)

PCUP eyes more livelihood programs for urban poor in 2023

MANILA – The Presidential Commission for the Urban Poor (PCUP) on Thursday bared its plan to implement more livelihood programs for the urban poor in 2023.

This came after PCUP chairperson, Undersecretary Elpidio Jordan Jr., emphasized the need to push for more livelihood projects to empower the urban poor communities.

"This is the surest way for us to support and be successful in our beloved President Ferdinand 'Bongbong' Romualdez Marcos Jr.'s efforts to alleviate the suffering of our poor countrymen," Jordan said.

Jordan said government services intended for the country's marginalized and underprivileged sectors should also include sustainable livelihood programs for the poor. He said concerned government agencies must work together to promote the welfare and interests of every poor Filipino household.

A total of PHP6.435 million were distributed to around 429 beneficiaries from 16 Sustainable Livelihood Program Associations during the ceremonial pay-out held at the Barangay Opao Gym in Mandaue City, Cebu in November.

PCUP Visayas area coordinator Julito Layon said the recipients went through a meticulous process set by the Department of Social Welfare and Development (DSWD) and qualified after passing the criteria for the distribution of startup funds.

The livelihood assistance from the DSWD will serve as seed capital for the beneficiaries' chosen enterprises.

The PCUP has vowed to carry out initiatives that will help the Marcos administration realize its goal of reaching a single-digit poverty rate by 2028.

Created in 1986 under the Office of the President, the PCUP is tasked to promote and protect the rights of urban poor organizations and communities, including informal settler families.

The PCUP serves the direct link of the urban poor to the government in policy formulation and program implementation addressed to their needs.

The commission specifically responds to issues on urban poverty such as demolitions, reclamation, and housing and provides assistance to the poor. ***(PNA)***

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1 milyong pabahay kada taon, matutupad – Marcos

President Ferdinand "Bongbong" Marcos Jr. delivered a message after he arrived at Villamor Airbase in Manila on December 15, 2022.

MANILA, Philippines — Tiniyak ni Pangulong Ferdinand R. Marcos Jr. na tutuparin niya ang kanyang pangako na magtayo ng 1 milyong low-cost housing units kada taon.

Inihayag ito ng Pa-ngulo sa groundbreaking ng Palayan City Township Housing Project sa Nueva Ecija, kasabay ang pagtiyak na magkakaroon ng sariling bahay ang mga walang tirahan at mga minimum wage earners.

"I am glad that we are continuing. This is not the first groundbreaking that I have attended. I know that it will not be the last, and that we will continue to break ground in different parts around the country para naman 'yung ating pinapangarap na1 million homes a year," ani Marcos.

"'Pagka naabot natin, at least napakala-king bagay na 'yan na na-bigyan natin ng solusyon ang problema ng pabahay ng ating mga kababayan," dagdag ni Marcos.

Pinasalamatan ni Pa-ngulong Marcos ang Depart-ment of Human Settlements and Urban Deve-lopment (DHSUD), gayundin ang local -government units (LGUs), sa kanilang papel sa pagpapatupad ng Pambansang Pabahay Para sa Pilipino Program.

Kumpiyansa ang Pangulo na magiging matagumpay ang mga proyektong pabahay.

Nitong Nobyembre nangako si Marcos na magtatayo ng hindi bababa sa 1 milyong bahay bawat taon, bilang bahagi ng pagsisikap ng kanyang administrasyon na tugunan ang backlog ng pabahay sa bansa.

Ang Pambansang Pabahay Para sa Pilipino Program ay isang flagship housing project ng administrasyong Marcos na naglalayong magbigay ng humigit-kumulang 6 milyong Pilipinong benepisyaryo ng ligtas, abot-kaya at komportableng tahanan.

Isang memorandum ng kasunduan ang ni-lagdaan sa pagitan ng DHSUD at ng mga -institusyong pinansyal ng gobyerno para pondohan ang mga proyekto sa pabahay ng departamento.

LIBRENG TOLL NGAYONG PASKO AT BAGONG TAON! 🚘

Inanunsyo ng SMC Infrastructure ang 'toll holiday' sa South Luzon Expressway (SLEX), Southern Tagalog Arterial Road (STAR) Tollway,

NAIAx, Skyway, at Tarlac-Pangasinan-La Union Expressway (TPLEX) para sa Araw ng Pasko, Disyembre 25 at Bagong Taon, Enero 1.

Libreng makakadaan ang mga motorista sa mga naturang expressway sa loob ng walong oras na toll holiday. Ayon sa pamunuan ng San Miguel Corporation, inaasahan nila ang mabigat na daloy ng trapiko sa mga expressway ngayong Kapaskuhan dahil sa mas pinaluwag na travel restrictions, kaya't inaabisuhan nila ang mga motorista na maging mapag-pasensya at mag-ingat habang nasa daan.

Nakaantabay naman ang mga traffic management staff ng SMC Infrastructure na handang magbigay ng roadside assistance.