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# LBSC conducts its 14th SyenSaya Science Festival

**The Los Banos Science Community Foundation, Inc. (LBSC) will conduct its back-to-back hybrid celebration of its SyenSaya Science Festival from 5-7 December 2022 at the EO Tan Hall, DOST-PCAARRD and SEARCA Auditorium at UPLB simultaneously via Zoom and Facebook Live.**

With this year's National Science and Technology Week (NSTW) theme of "*Agham at Teknolohiya: Kabalikat sa Maunlad at Matatag na Kinabukasan*", the three-day celebration will include four activities: the Opening Ceremonies, Wonderama Exhibit, Technology Forum, and the Awarding and Closing Ceremony headed by LBSCFI's committees and member-agencies.

Various agency heads and officials are set to attend the limited face-to-face Opening Ceremonies at the EO Tan Hall in DOST-PCAARRD including Mayor Anthony F. Genuino of the Municipality of Los Banos and Dr. Melinda dP. Bandalaria, President of the LBSCFI and the Chancellor of the University of the Philippines Open University (UPOU). The Opening Ceremonies will highlight the Opening of the Wonderama Exhibit which will feature various programs and technologies of LBSC's member-agencies.

This year's virtual Technology Forum on the second day aims to highlight how S&T can be geared towards economic prosperity and will be featuring speakers and experts on the said subject namely, Ms. Emelita P. Bagsit, Regional Director of DOST-CALABARZON and Ms. Diane Gail L. Maharja, OIC-Director and Innovation Staff from the National Economic Development Authority.

Furthermore, the limited face-to-face Awarding and Closing Ceremonies will be held at the SEARCA Auditorium in the University of the Philippines Los Banos in which the R&D Awards and the Youth Science Awards will also be conducted. The R&D Awards aims to recognize outstanding researches and researchers among the LBSC member agencies while the Youth Science Awards is awarded to outstanding research projects of senior high school students in the whole of CALABARZON.

# DASMARINAS, READY NA BA KAYO SA PAMASKONG HANDOG?

Ibinahagi ni City Councilor Kiko Barzaga ang mga larawan ng on-going preparation at packing ng mga pamaskong handog na ipamamahagi sa mga mamamayan ng lungsod ng Dasmarinas.

Ayon kay Barzaga, nasa 435,000kg Rice, 87,000 Spaghetti + Sauce, 261,000 Noodles, 261,000 Coffee. 522,000 Canned Goods, at 87,000 Chocolates ang nakalaan para sa nasabing pamaskong handog.

# 120 DAYS FEEDING PROGRAM SA TRECE MARTIRES CITY

Naglunsad ang lokal na pamahalaan ng Trece Martires katuwag ang kanilang Nutrition Office ng 120 days feeding program at pamamahagi ng mga feeding commodities na dinaluhan ng mga Barangay officials, BHW, BNS at staff mula sa iba't ibang mga barangay ng lungsod.

Kabilang sa mga ipinamahagi ay nutri rice porridge, fortified powdered milk, enhanced NutriBun, NutriCookies, Tubig Talino at calamansi juice drink.

Mensahe ni Mayor Gemma Lubigan, "Kaisa po ninyo kami at sina Vice Mayor Bobby Montehermoso at ang 11th Sangguniang Panlungsod sa pagsulong ng kalusugan at nutrisyon para sa bawat mamamayang Treceño."

Source/Photos: Mayor Gemma Buendia Lubigan

# SSS benefit payouts setting new records

The Social Security System is expected to post another record amount of benefit disbursements within a year, to surpass the P224 billion released in 2021, mainly due to additions in the range of benefits as well as expansion of membership.

Michael Regino, president and chief executive of SSS, said in a statement that the fund had recorded annual increases in the amount of benefits disbursed since it was founded in 1957 –except in 2020 at the height of the disruptions of the COVID-19 pandemic.

"Our P223.98 billion benefit disbursements for 2021 are an all-time high," Regino said. "This year, however, we are on track to exceed this amount as for the first eight months of 2022, we have already disbursed P165.04 billion benefits, which is 7.1 percent more than the P154.05 billion disbursed for the same period last year."

He said the nearly constant growth in disbursements could be attributed mainly to the gradual addition of benefits, increase in the number of its members and expansion of membership coverage. Some of these factors arise from scheduled reforms provided under the Social Security Act of 2018, including the increase in the contribution rate, and minimum and maximum monthly salary credit (MSC) every other year starting 2019 until 2025.

Regino said that with these changes, SSS members would gradually raise the minimum and maximum benefit each one may receive. In the coming years, SSS disbursement

# BAGONG TAMBAYAN SA MOLINO

If you're looking for a spot to unwind while having a good cuppa coffee, this is it! Tambay kayo ng tropa sa balcony with a view (WE RECOMMEND!) or enjoy your coffee indoors with Japanese-style interiors. They also have really cute tumblers as collectibles. Collect 10 stamps for coffee purchases and receive the perfect Christmas gift! Message their Facebook page to for inquiries Coffea Arabica Coffea Arabica 4102 Bacoor, Philippines Beside Phoenix Gas Station & Near Bacoor City Hall 0916 492 3207Open daily | Sun-Thu: 8AM to 10PM; Fri - Sun: 8AM to 12MNFB/IG: @CoffeaArabicaPHAvailable on GRAB food delivery

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# Masama ang magalit

## *Payo ni Doc Willie Ong*

Masama sa kalusugan ang magalit. Narito ang mga posibleng mangyari kapag nagalit:

1. Altapresyon – Kapag ika'y nagalit, puwedeng tumaas ang blood pressure. Puwedeng umabot sa 180/100.

2. Istrok – Kapag tumaas ang presyon, posibleng pumutok ang ugat sa utak. Ang tawag dito ay brain hemorrhage na madaling makamatay.

3. Atake at sakit sa puso – Narinig mo na siguro na may taong inatake sa puso pagkatapos magalit. Sobrang stress ang dahilan nito.

4. Pagdurugo ng mata – Maraming pasyente na ang nabulag ang mata dahil sa matinding galit. Pumutok ang ugat sa loob ng mata.

5. May koneksyon din sa pagkagalit ang kanser, diabetes, asthma, sakit sa likod, at iba pa.

Paano mababawasan ang galit?

1. Mag-ehersisyo – Nakababawas ang ehersisyo sa stress at tensiyon sa katawan.

2. Magpahinga nang sapat – Huwag magmadali at sobrahan ang iyong trabaho. Kapag hindi ka overworked, mas hindi iinit ang iyong ulo.

3. Habaan ang pasensiya – Huwag maging perfectionist. Tanggapin na talagang may nahuhuli sa mga schedule, meeting at oras ng biyahe.

4. Ayusin ang pag-iisip – Alamin ang mga bagay na mabilis magpainit sa iyong ulo. Bago pa ito mangyari, mag-isip na ng paraan para makaiwas dito.

5. Maghintay ng ilang oras – Kung may kaaway ka, huwag mo agad siyang harapin. Mag-deep breathing exercises muna. Huminga nang malalim at mabagal ng 10 beses.

6. Kausapin ang sarili o baguhin ang pananaw – Tanungin ang sarili: Itong kinakagalit ko ba ay may epekto sa akin pagkalipas ng 1 taon o 10 taon? Kadalasan ay wala naman.

7. Maging abala sa magandang gawain – Kapag ika'y walang ginagawa, magiging mas mainitin at mainggitin ka sa iba. Ngunit kung abala ka sa sariling proyekto, wala ka nang panahong magalit pa sa iba.

8. Libangin ang sarili – Kapag nararamdaman mong umiinit ang iyong ulo, ibaling ang iyong isipan sa iba. Magbasa ng magazine, o mag-isip ng magagandang bagay.

9. Huwag daanin sa alak ang iyong galit – Masama ang alak sa katawan.

10. Ilabas ang iyong galit sa tamang paraan – Pumunta ka sa lugar na walang tao at dito mo ilabas ang iyong inis. Puwede ring ikuwento mo ito sa isang kaibigan.

11. Magpatingin sa doktor – Baka naman may altapresyon o sakit ka sa thyroid. Ang mga sakit na ito ay puwedeng magpainit din ng ulo.

12. Ipasa-Diyos mo – Ipagdasal mo na lang ang iyong kaaway. Hayaan mo nang iba ang lumaban sa kanya at huwag nang ikaw. Magpakumbaba at umiwas na lang sa iyong katunggali. Lilipas din iyan.

FamilyMart

# EDITORIAL - Smugglers ng gulay, kailan puputulan ng sungay?

Patuloy ang smuggling ng gulay sa bansa at tila wala nang magawa ang Bureau of Customs (BOC) kung paano puputulan ng sungay ang mga smugglers. Masyado nang malalakas ang loob ng smugglers. Sa nangyayaring ito, walang ibang kawawa kundi ang mga lokal na magsasaka ng gulay. Inagawan sila ng ikinabubuhay at nanganganib na tuluyang mawala kung hindi mahihinto ang agri smuggling. Natatalo rin ang gobyerno dahil walang nakokolektang buwis sa mga smuggled agri products.

Noong Biyernes ng gabi, nakakumpiska ang mga awtoridad ng 1,000 sako ng puting sibuyas na nagkakahalaga ng P1.7 milyon sa isang bodega sa Sto. Cristo, Tondo, Manila. Walang maipakitang papeles ang may-ari ng bodega ukol sa saku-sakong sibuyas kaya matibay ang paniwala na smuggled ito mula sa China.

Patuloy din ang pagpasok ng smuggled carrots, bawang at iba pang gulay at pinaniniwalaang lulubha pa ngayong kapaskuhan. Hindi lamang gulay ang ipinapasok kundi maging karne ng baboy.

Pinanininindigan naman ng BOC na maigting ang kanilang kampanya laban sa mga smugglers ng agri pro-ducts. Noong nakaraang buwan, sinampahan na umano nila ng kaso ang 33 traders na sangkot sa smuggling. Ayon sa BOC, ang 33 ang responsible sa smuggling ng gulay noong nakaraang taon na nagkakahalaga ng P350 milyon. Kinasuhan umano ang 33 nang paglabag sa Anti-Agricultural Smuggling Act sa pamamagitan ng Deparment of Justice (DOJ). Ayon sa BOC, ang mga nakumpiskang kontrabando sa 33 traders ay may total dutiable value na P251.61 milyon. Malaki umano ang nawawala sa pamahalaan dahil sa mga smuggler ng gulay at iba pa.

Mariing sinabi ni BOC Commissioner Yogi Felimon Ruiz na patuloy ang kampanya nila laban sa smuggling sa pamamagitan ng profiling at pag-iinspeksiyon sa shipments at mga bodega. Sinabi ng commissioner na hindi sila titigil hangga't hindi napaparusahan ang 33 traders na sangkot sa smuggling ng gulay.

Kung talagang seryoso ang BOC sa pagsupil sa smugglers ng gulay, pangalanan ang 33 -traders. -Ihayag sa publiko ang pangalan ng smugglers ng agri products.

Putulan ng sungay at pangil ang mga smugglers ng gulay. Dahil sa kanila kaya maraming magsasaka ng gulay sa bansa ang naghihikahos sa kasalukuyan. Hahayaan bang mamatay sa guom ang mga lokal na magsasaka habang namamayagpag ang mga smugglers sa walang tigil na pagpupuslit ng gulay.

**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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**ERNA BALAGTAS ANCHETA**
Publisher
**DIOSDADO ARIEL F. ALTO, JR.**
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# SMC Infra rolls out seamless southern tollways project, cuts toll stops at SLEX, STAR, Skyway

SMC Infrastructure implements its "Seamless Southern Tollways" program which will eliminate the need for northbound and southbound motorists to do multiple toll stops within the expressways.

For years, it's been the expected travel pattern of Southern Luzon-bound motorists: stop for toll and encounter traffic buildups at the South Luzon Expressway's (SLEX) Calamba toll plaza, the SLEX-Greenfield toll plaza, and then again at the Sto. Tomas exit, Southern Tagalog Arterial Road (STAR).

Department of Transportation (DoTR) Secretary Jaime "Jimmy" Bautista welcomed the announcement, saying it is a timely development heading into the high-traffic Christmas season, and would have significant long-term benefits for local economies.

"This is a welcome development for so many of our countrymen who will be heading home to the provinces this December. Usually, our expressways experience the heaviest traffic particularly in the weeks leading up to Christmas. Fortunately, it seems we will all have some relief starting this December, as our private partner toll operator, SMC Infrastructure, has successfully completed the work needed to make travel through SLEX, Skyway, and STAR, more seamless," Bautista said.

"Beyond the holidays, this initiative will make the transportation of people and goods to and from Southern Luzon provinces much faster and more efficient, with no impact or change in toll rates. I commend SMC for continuously looking for ways to minimize traffic and improve people's travel experience along its expressways, and for investing in sensible and more sustainable solutions to traffic such as this," he added.

San Miguel Corporation (SMC) president Ramon S. Ang said that the program, which its infrastructure arm has been working on since early this year, will essentially make travel along STAR, SLEX, and the entire Skyway system (Stages 1,2,3) much faster.

It is part of the company's continuing efforts to implement operational improvements to minimize traffic and enhance motorists' user experience along its tollways.

"Our goal when we started was to cut down toll stops from five to just two--entry and exit--whether for electronic RFID or cash payments, for both southbound and northbound vehicles across all our southern tollways. With this, we can make trips for motorists faster, more seamless, and less stressful, as they will no longer need to endure long queues at multiple toll plazas within the expressways," Ang said.

In the current scheme, southbound motorists coming from the north and heading to as far as Batangas in the south, usually have to make five stops: Entry via the Del Monte Skyway 3 toll plaza, then another three stops at the Calamba, SLEX Greenfield, and Sto. Tomas toll plazas, and a final stop at their exit point.

Under the new scheme, this, according to Ang, will be cut down to just two--at the entry and exit points.

The same will be implemented for northbound traffic, which currently have to make toll stops at the Sto. Tomas main plaza, SLEX Greenfield, the Skyway main plaza in Alabang, and then the Skyway 3 exit.

In the new set-up, all toll plazas in the middle will be pass-through, with payment stops made only at the Skyway main plaza, and the exit point, Ang said.

Implementation of the new Seamless Southern Tollways program for southbound traffic is set for December 1, while northbound traffic will benefit from the same set-up by December 15. Integration of the NAIA Expressway is set for the first quarter of 2023.

*Ramon Ang (center) with President Rodrigo Duterte (left) and Labor Secretary Silvestre Bello III in 2016*

Motorists' wider adoption of the Autosweep RFID electronic toll collection system.

Since the pandemic, ETC penetration has grown from 45% to 80%, allowing for safer, more efficient toll collection, and the implementation of technology-based solutions to previous traffic constraints.

When the pandemic hit, SMC successfully implemented its program to waive toll fees for some 10,500 medical front-liners for about one year and three months, through its Autosweep RFID system, which amounted to over P246.5 million. In recent weeks, it also successfully effected an electronic refund for motorists affected by a momentary disruption in the toll collection system, caused by a vehicular accident. Ang also appealed for patience and understanding from motorists whose travel patterns and experience will necessarily change, once the program is implemented.

For one, while there is no change in toll rates whatsoever, fees that used to be collected at the eliminated toll stops will be added to the total fees to be collected at the exit point.

"Some motorists may find this confusing at first, and they might wonder why the toll fee is 'higher'. This may even lead to traffic buildup at some exit points as some motorists will inevitably take longer to make inquiries," Ang pointed out.

We want to make sure, as much as we can, that all motorists understand that there are no toll fee increases, and that we still also have to pay for use of the various expressways. It's just that all the remaining payments will be collected in one go at the exit," Ang clarified.

Ang also asked for the cooperation of motorists to help minimize traffic buildup, by ensuring their Autosweep accounts have sufficient balance, and to use the cash lanes if they have insufficient balance.

He added that the Seamless Southern Tollways program is also part of SMC Infra's preparation for full interoperability with other expressways, which it has been pushing for, and working on with government and other tollway operators.

"This improvement in the southern tollways will enhance the upcoming interoperability project, as it will contribute to the overall seamlessness of travel across all expressways," he said

"At the end of the day, what we want to achieve is to minimize traffic and the time our countrymen spend on the road. That is why we constantly invest to improve our infrastructure and the systems that help run them--so we can make sure trips are efficient, seamless, and as safe as possible for the public," Ang added.

## GUHIT NG KAPALARAN

SAGITTARIUS: (Nov. 23-Dec. 21) Kung may problema, makilala ang tunay na mga kaibigan. Sa oras ng kagipitan at pangangailangan, masusubok sila. Ingatan ang mga mamahalagang gamit dahil may magkakainteres. Lucky numbers at color for the day ang 1, 19, 25, 37 at sky blue.

CAPRICORN: (Dec. 22-Jan. 19) Umaksiyon, huwag pahintulutang manatili problema dahil ang solusyon ay abot-kamay lang. Ipaglaban ang kapakanan. Lucky numbers at color for the day ang 20, 17, 35, 42 at orange.

AQUARIUS: (Jan. 20-Feb. 18) Pagbigyan ang kahilingan ng nakakarami. Ito ang tanging paraan para maiwasan na magkaroon ng samaan nang loob. Lucky numbers at color for the day ang 18, 24, 34, 40 at jade green.

PISCES: (Feb. 19-Mar. 20) Mag-ingat sa pagsasalita ng hindi mapahiya sa kapwa. Huwag damdamin ang pangyayari dahil makababawi ka. Lucky numbers at color for the day ang 9, 18, 26, 39 at fuchsia.

ARIES: (Mar. 21-Apr. 19) Iwasan ang pagkaagresibo, dahil sa halip na mapapalapit ang kalooban sa minamahal ay mawawalan ng tiwala. Lucky numbers at color for the day ang 9, 15, 29, 36 at blue.

TAURUS: (Apr. 20-May. 20) Palipasin sa kabilang tainga ang maririnig. Huwag patulan ang naghahanap ng gulo. Mapapatunayan na ang maunawain ay hahangaan. Lucky numbers at color for the day ang 4, 15, 28, 33 at white.

GEMINI: (May. 21-Jun. 21) Sa bawat araw na nagdaraan, makakaramdam ng pagkainip at pagkakainis sa sarili. Kalma lang! Lucky numbers at color for the day ang 12, 20, 33, 41 at pink.

CANCER: (Jun. 22-Jul. 22) Isipin na kaya masaya ang minamahal ay dahil sa naging mapagparaya ka at hindi naging makasarili. Lucky numbers at color for the day ang 7, 14, 21, 38 at lght blue.

LEO: (Jul. 23-Aug. 22) Huwag mainis kung magiging makulit ang mga taong nakapaligid dahil sadyang malapit ka ngayon sa mga ito. Lucky numbers at color for the day ang 10, 21, 29, 37 at brown.

VIRGO: (Aug. 23-Sep. 23) Suliranin sa pag-ibig ang magdadala ng katamlayan. Huwag mag-alala dahil sadyang hindi siya bagay sa iyo. Lucky numbers at color for the day ang 5, 18, 21, 37 at gray.

LIBRA: (Sep. 24-Oct. 23) Magiging masaya ang susunod na mga araw pero sad ka ngayon at matamlay ka. Maging maunawain. Lucky numbers at color for the day ang 13, 26, 32, 41 at yellow.

SCORPIO: (Oct. 24-Nov. 22) Isiping mabuti ang mga dapat na gawing hakbang bago kumilos. Dahil katakda ang iyong tagumpay, magpakatatag ka lang. Lucky numbers at color for the day ang 5, 10, 26, 37 at lilac.

# PINAKAMATANDANG BABAENG NAKAAKYAT SA MT APO, MULA GMA

Ipinagmamalaki ng Lokal na Pamahalaan ng General Maria Alvarez ang naging tagumpay ng 82-anyos na si Atty. Iluminada Vaflor Fabroa sa kanyang naging pag-akyat sa pinakamataas na bundok sa Pilipinas.

Sa isang Facebook post, ibinahagi ng LGU na bagaman nahirapan ay napagtagumpayan ni Fabroa ang pag-akyat sa pamosong Mt. Apo.

Dagdag pa rito isa umanong inspirasyon ang attorney sa kapwa nya Pilipino na subukang gawin ang anumang hilig at ipagpatuloy ang mga pangarap anuman ang edad.

Source: LGU General Mariano Alvarez, Cavite

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# Diokno eyes sovereign wealth fund institution by mid-'23

**MANILA** – Finance Secretary Benjamin Diokno is looking at the approval of the proposed sovereign wealth fund (SWF) by mid-2023, and cited long term gains that will benefit the economy.

In an interview by journalists after the economic managers' meeting on Monday, Diokno discounted the approval of the proposed legislation by the end of 2022.

"Not (by the) end of the year kasi tight na ang schedule. Maybe (by the) middle of next year, before the budget is submitted. (It) will take a while kasi o-organize pa yan (Not by the end of the year because the schedule is already tight. Maybe by the middle of next year, before the budget is submitted. It will take a while because it needs to be organized)," he said.

Last week, the House Committee on Banks and Financial Intermediaries approved and adopted the amendments of the technical working group for the proposed Maharlika Investment Fund, authored by House Speaker Martin Romualdez.

Under the proposed measure, the SWF will be financed through pooled funds from state-owned financial institutions and state pension funds.

Specifically, the Government Service Insurance System will contribute the highest share at PHP125 billion, followed by the Social Security System and the Land Bank of the Philippines at PHP50 billion each, and the Development Bank of the Philippines and the Bureau of the Treasury at PHP25 billion each.

Safety of the SWF's capital is set to be ensured through a three-tiered auditing to be done by an internal auditor, an external auditor and the Commission on Audit.

A four-layer good corporate governance also will be in place through the Board of Directors, the advisory body, the risk management units and the congressional oversight committee.

Diokno said a SWF has long been needed in the Philippines given the large number of proposed infrastructure projects and the availability of funds such as the government's share in the Malampaya Fund.

He said royalties to be gained by the government from mining projects can also be used for the SWF.

He said the share of each proponent is subject to change, depending on the decision of their respective Boards, but cited that the national government can increase its share to PH50 billion or even PHP100 billion as state revenues continue to improve.

He said they may also eventually allow foreign investors to contribute to the SWF.

He also discounted the need to provide sovereign guarantee to funds placed in the SWF, noting that the money placed in the welfare fund are investments which will have gains in the long term.

The proposed welfare fund has received criticisms, with some questioning why it has to be chaired by the President of the Republic.

Diokno, however, said there will be no politics involved in running the welfare fund and that best practices will be implemented. ***(PNA)***