PAHAYAGAN NG Kabitenyo

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Libreng Laboratory Tests, handog ng Tagaytay LGU sa mga manggagawa nito

Sa pagdiriwang ng ika-122 Anibersaryo ng Philippine Civil Service, ang lokal na pamahalaan ng Tagaytay sa pangunguna ni Mayor Abraham "Bambol" Tolentino at Vice Mayor Agnes Tolentino at sa pakikipagtulungan ng City Health Office (CHO) ay nagsasagawa ng libreng blood chemistry at chest X-ray para sa lahat ng manggagawa ng kanilang LGU sa Tagaytay City International Convention Center sa Barangay Kaybagal mula Setyembre 26 hanggang 30.

Sa pagdiriwang ng ika-122 Anibersaryo ng Philippine Civil Service, ang lokal na pamahalaan ng Tagaytay sa pangunguna ni Mayor Abraham "Bambol" Tolentino at Vice Mayor Agnes Tolentino at sa pakikipagtulungan ng City Health Office (CHO) ay nagsasagawa ng libreng blood chemistry at chest X-ray para sa lahat ng manggagawa ng kanilang LGU sa Tagaytay City International Convention Center sa Barangay Kaybagal mula Setyembre 26 hanggang 30.

Nag-aalok din ang CHO ng breast at cervical cancer screening bilang bahagi ng civil service program anniversary celebration theme na "Transforming Public Service in the Next Decade: Honing Agile and Future-Ready Servant Heroes."

Hinikayat naman ng City Human Resource Management Office at City Health Officer na si Dr. Liza Fe Capupus ang mga empleyado ng pamahalaang lungsod na mag-avail ng libreng laboratory tests.

EMBRACING TOURISM QUALITY INITIATIVES THROUGH ACCREDITATION ON WHEELS

The Provincial Government of Cavite through the Provincial Tourism and Cultural Affairs Office continues to intensify the national campaigns and certification towards safe and competitive tourism with the recently conducted DOT Accreditation on Wheels on September 22, 2022 held at the Provincial Capitol in Trece Martires City. A total of 28 tourism enterprises from the Cities of Bacoor,

SEE PAGE 6

Three new technology adaptors from Cavite attends Technology Transfer Training on the Production of Enhanced Nutribun Sweet Potato Variant (ENSPV)

DOST PSTO - Cavite-assisted MSME's- Miguel Rafael Gabriel (MRG) Food Products, Sir Ezer Bakery and Maestra Panaderia underwent a Virtual Technology Transfer Training on the Production of Enhanced Nutribun Sweet Potato Variant (ENSPV) last 16,21-22 September 2022.

With the aim to improve the nutritional status of the Filipino population, in particular those nutritionally-at-risk, the DOST-FNRI promotes the commercial production and distribution of their Enhanced Nutribun technology in a series of technology transfer training. Miguel Rafael Gabriel (MRG) Food Products, Sir Ezer Bakery and Maestra Panaderia belong to the Batch 8 of trainees. On Day 1, Ms. Filipiniana Bragas, SRS I, DOST- FNRI, spearheaded the General Orientation among Technology adaptors. Topics discussed were 5'S, Food Safety, and Good Manufacturing Practices (GMP). On second and third day, participants were primed on the preparation of sweet potato, determination and analysis of moisture content. It was facilitated by Mr. Jonahver O. Tarlit, SRA of DOST-FNRI. All technology adaptors successfully produced ENSPV at the end of the training.

Enhanced Nutribun Orange and Purple Sweet Potato are the additional variant recently launched by DOST-Food and Nutrition Research Institute (DOST-FNRI). Prior to the technology training, they signed a Technology Licensing Agreement to adopt the Enhanced Nutribun Sweet Potato Variant (ENSPV) of the DOST-Food and Nutrition Research Institute (DOST-FNRI).

They expressed their appreciation to the DOST-FNRI and DOST PSTO-Cavite for the support and opportunity given to them as one of the licensees of ENSPV.

They are also technology licensee of Enhanced Nutribun Squash Variant (ENSV) in the Province of Cavite. Meanwhile, Maestra Panaderia and MRG Food Products are both beneficiaries of Small Enterprises Technology Upgrading Program (SETUP) in 2021.

At DOST, we continuously provide S&T interventions to uplift the community. We will ensure the adoption of technologies and application of S&T intervention towards maximum economic and social benefits for the people.

Like and follow the DOST Cavite Facebook page for future updates. Send us an email thru pstccavitedost@gmail.com, for more information!

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Indigestion o Hindi Matunawan

Payo ni Doc Willie Ong

Ang indigestion ang pangkalahatang tawag sa hindi komportableng pakiramdam sa sikmura. Ang indigestion ay hindi isang sakit ngunit ito ay pagpapakita ng sintomas tulad ng hindi matunawan, hirap sa pag-dighay, pagkahilo, at pagka-impatso pagkatapos kumain.

Maraming dahilan ang indigestion. Ang iba ay dahil sa kanilang lifestyle sa sobrang pagkain at iniinom na alak. Ang labis na pag-aalala, paninigarilyo, emotional trauma, mabilis na pagkain, at kondisyon gaya ng ulcer o gallstones (bato sa apdo) ay maaari ring dahilan ng indigestion.

Kung minsan ang taong may indigestion ay nakararanas din ng heartburn o pangangasim ng sikmura.

Para maiwasan ang indigestion, subukan ito:

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 sikmura at maaaring maging dahilan ng stomach acid para umakyat sa lalamunan.

4. Mag-ehersisyo ng 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.

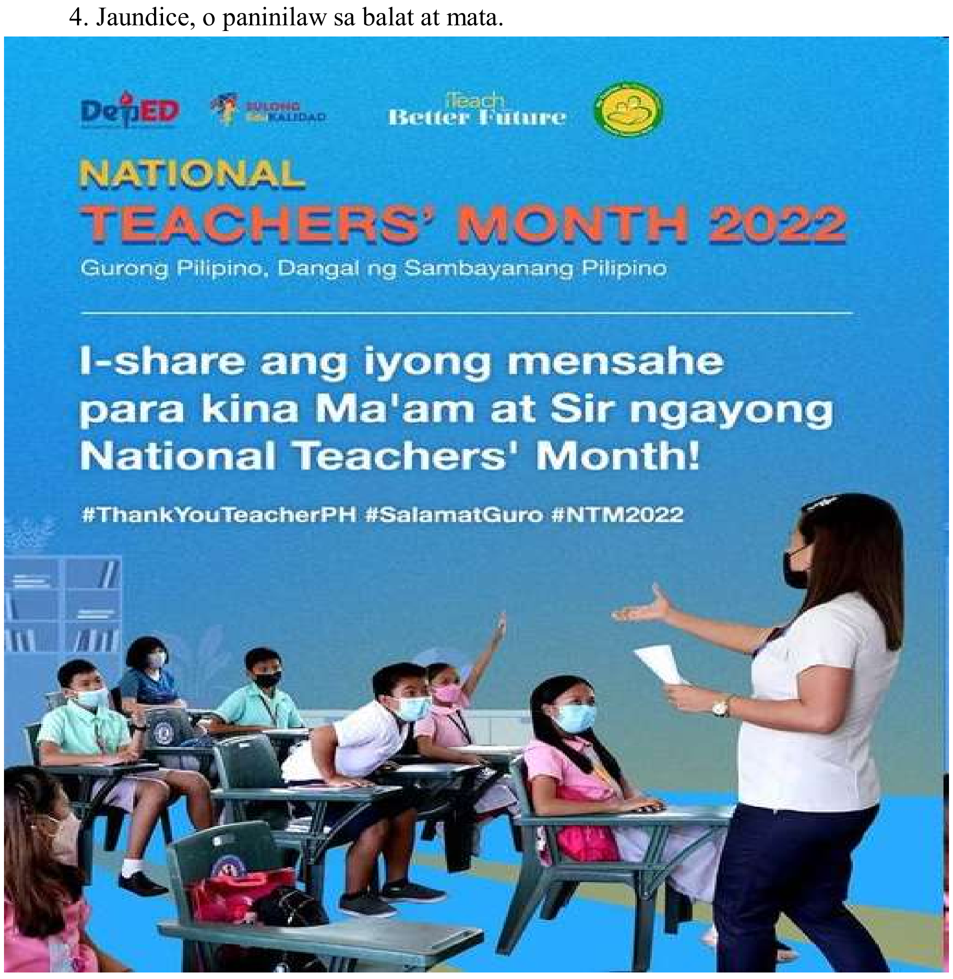
6. Suriin ang iyong mga gamot - Sumunod sa payo ng doktor kung kinakailangang inumin ang gamot. Ngunit ang gamot tulad ng aspirin at pain relievers (gamot sa kirot) ay pwedeng maka-irita at makasira sa lining ng sikmura. Kung kailangan talaga inumin ang gamot, kumain muna bago uminom ng gamot para mabawasan ang hapdi.

7. Uminom ng herbal tea na may peppermint - Mayroong mga taong nagiginhawahan sa pag-inom ng peppermint, ngunit hindi pa ito tiyak. Pwede naman subukan.

Kung hindi lamang natunawan, hindi dapat mag-alala.

Kumonsulta sa doktor kung ang indigestion ay mahigit 2 linggo, at may kasamang senyales tulad ng:

1. Pagbaba ng timbang at walang gana kumain
2. Pagsusuka
3. Maitim ang dumi
4. Jaundice, o paninilaw sa balat at mata.



EDITORIAL

Hindi matapus-tapos na mga paghuhukay

WRONG timing ang mga paghuhukay at pagbubungkal ng kalsada na ginagawa ng Department of Public Works and Highways (DPWH). Kung kailan tag-ulan o kung kailan panahon ng bagyo, saka sila naghuhukay sa mga kalsada. Hindi ba puwedeng gawin nila ang mga ito kung panahon ng tag-init? Hindi pa puwedeng gawin ang mga ito kung walang pasok ang mga estudyante? Hindi pa maaaring gawin ang pagsasaayos o pagsesemento kung weekend para hindi makasagabal sa daloy ng trapiko. Ang mga paghuhukay at pagsasaayos ng kalsada ang isa sa mga pangunahing dahilan ng trapik ngayon sa mga pangunahing kalsada, parti-kular sa EDSA.

Maraming paghuhukay na isinasagawa ang DPWH at mababanggit dito ang Tandang Sora cor-ner Commonwealth Avenue, na ilang buwan nang ginagawa subalit hanggang ngayon ay hindi pa natatapos. Nakasaad sa tar-paulin na nakadispley sa cons-truction site na dapat ay noong nakaraang buwan pa natapos ang pagsesemento sa kahabaan ng Tandang Sora subalit hanggang ngayon ay hindi pa natatapos. Sa umaga, usad pagong ang mga sasakyan sa nasabing kalsada sapagkat butas-butas ang kalsada at mayroong mga drainage na hindi tinakpan o nilagyan man lang ng babala na may malalim na hukay. Sa gabi, wala ring makitang maliwanag na signs para makapag-ingat ang motorista.

Sa Dapitan St., sa Maynila, taon na ang binibilang ng ginagawang paghuhukay at walang palatandaan na matatapos. Inabutan na ng face-to-face classes nang malaking unibersidad ang paghuhukay at tila walang balak na madaliin. Maraming bagyo at pagbaha na ang dumaan at walang pagbabago sa ginagawang mga paghuhukay.

May mga paghuhukay ding ginagawa sa Blumen-tritt at Maceda Sts. sa Maynila na lalong nagpapabigat ng trapik sa lugar. Naghuhukay din sa bahagi ng San Lazaro St. Sta. Cruz.

Marami pang paghuhukay at pagbubungkal ang ginagawa ngayon ng DPWH. Noon pa laging wrong timing ang pagsasagawa ng mga proyekto sa kal-sada. Dagdag sa bigat ng trapik at pasangkrus sa mga motorista ang mga iniiwang hukay na nakatiwangwang.

DUGONG ALAY, DUGTONG BUHAY

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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DA 4A intensifies organic agri programs

CALAMBA CITY, Laguna (PIA) — The Department of Agriculture (DA) IV-A during its September 27 DA CALABARZON Kapihan in Calamba City, Laguna, educates members of the media about organic agriculture.

Attended by over 15 media organizations' representatives in the province, DA IV-A's Kapihan is a part of the department's information drive to make organic agriculture mainstream and more accessible, and to promote the good practices being accomplished by one of its banner programs, the Organic Agriculture Program (OAP).

Senior Staff Margie Grimaldo of the DA-OAP IV-A laid out the initiatives that the OAP implements, particularly the Participatory Guarantee System (PGS).

Thru PGS, the OAP reviews the organic production of small-scale farmers and fisherfolk in order to certify them as high-quality and genuine organic products based on standards laid out by the Philippine National Standards on Organic Agriculture.

Those who are certified will get a chance to learn more techniques on how to make their produced organic products more high-quality and healthy, DA-4A explained.

Some of the benefits of adopting organic agriculture include less cost for the farmers for pesticides and fertilizers, safer and healthier food for the family, sustained benefits for the soil being used for crop production, higher quality of products due to healthier soil, and an improved ecosystem for the farmlands.

497,669 hectares of land in the CALABARZON region are classified as agricultural areas; 24,883.45 hectares of which are eyed by DA 4A-OAP for conversion.

There are currently 14 farms certified by the agency as organic certified farms as well as 11,884 identified organic agriculture farmers.

The OAP, dubbed by Grimaldo as the 'most promising banner program' by the DA to date, advocates not just for the health of the people, but also for a cleaner environment.

"We're trying to rejuvenate ang ating mga lupa na nasusunog na because of using synthetic fertilizer and nagcacause ng polusyon sa atin. Ikalawa, yung health natin. Kasi yung kinakain natin sa ngayon, di'ba binobomba po yan ng synthetic fertilizer. Pero kita ninyo, magca-cause po talaga ng sakit iyan sa atin," she said.

Grimaldo adds, "Kailangan talaga natin na ipromote yung organic agriculture kasi kailangan nating maibalik yung sigla at yung kalusugan ng ating lupa. Kasi pano tayo magkakaroon ng magandang production kung saan yung lupa e talagang sira, yun po talaga ang purpose ng organic agriculture."

For 2023, the DA 4A-OAP aims to strengthen its programs by intensifying its promotion and education campaigns on organic agriculture thru partnerships, improving certification assistance to the farmers, and intensifying research and development for organic products and technologies. (CH/ PIA-4A)

The Department of Agriculture (DA) IV-A during its September 27 DA CALABARZON Kapihan in Calamba City, Laguna, educates over 15 media organizations representatives about organic agriculture. (MBIL, PIA4A)

PAF AETDC Mentors, nagsagawa ng Coastal Clean-up sa Brgy. Halang, Lipa, Batangas

Pagpapanatili ng kalinisan at pangangalaga sa kalikasan at karagatan.

Ito ang naging mensahe ng isinagawang Coastal Clean-up Drive nitong Setyembre 27, 2022 ng Air Education, Training and Doctrine Command o AETDC ng Philippine Air Force sa Sitio Tagbakin, Barangay Halang, Lipa City, Batangas.

Ayon sa mga organizers ng aktibidad, ito ay bahagi ng pagdiriwang ng ika-70 anibersaryo ng AETDC ngayong taon.

Bukod dito anila, ito ay bahagi rin ng regular na programa ng kasundaluhan bilang suporta sa pangangalaga rin ng kalikasan at mabawasan ang epekto ng climate change.

Katuwang rin sa naturang aktibidad ang Barangay Kapitan at ilang residente ng naturang komunidad.

Nagpasalamat naman ang ilang mga opisyal ng barangay sa inisyatibo ng AETDC PAF Mentors na magkaroon ng regular na programang pangkalikasan hindi lang para mapanatili ang kalinisan kundi pagpapaalala rin sa mga komunidad sa halaga ng kalinisan at pangangalaga sa kapaligiran partikular sa mga coastal areas. (AW Cherie Flores PAF)

GUHIT NG KAPALARAN

LIBRA: (Set. 24-Okt. 23) Mas masaya at malungkot ang mangyayari. Malamang may magandang balita na matatanggap na ikakasaya. May matutuklasan din na magiging dahilan ng kalungkutan. Ang mahalaga ay maging praktikal sa anumang mangyayari. Lucky numbers at color for the day ang 4, 18, 24, 35 at maroon.

SCORPIO: (Okt. 24-Nob. 22) Kung haharapin ang dapat harapin, lalo kang makikilala dahil sa iyong talino at husay. Mangyayari ang inaasam. Lucky numbers at color for the day ang 9, 16, 24, 39 at peach.

SAGITTARIUS: (Nob. 23-Dis. 21) Magiging mapusok ka ngayon at kung walang disiplina sa sarili, dadal-hin ka sa kapahama-kan. Maging maingat.Lucky numbers at color for the day ang 4, 16, 27, 31 at brown.

CAPRICORN: (Dis. 22-Ene. 19) Magiging abala ka sa maraming bagay, pang personal o sa trabaho. May magtatampong kaibigan o kasamahan. Lucky numbers at color for the day ang 11, 23, 39, 44 at pink.

AQUARIUS: (Ene. 20-Peb. 18) Kung may suliranin ang iyong kaibigan, kasamahan o kasambahay, ikaw ang makakaresulba sa pamamagitan ng payo. Lucky numbers at color for the day ang 17, 24, 39, 41 at sky blue.

PISCES: (Peb. 19-Mar. 20) Praktikal na hakbang ang dapat gamitin sa tahanan at maging sa trabaho. Walang maaa-sahang tulong mula sa iba. Lucky numbers at color for the day ang 4, 13, 30, 41 at tangerine.

ARIES: (Mar. 21-Abr. 19) Pag-isipan ng mabuti ang suhestiyon. Kung maganda ang idudulot, tanggapin; kung hindi, tanggihan. Lucky numbers at color for the day ang 10, 26, 33, 40 at violet.

TAURUS: (Abr. 20-May. 20) Maging alerto at makiramdam ng mabuti. Ang inggit ng mga kasamahan sa trabaho ay hindi maiiwasan. Lucky numbers at color for the day ang 2, 16, 30, 42 at white.

GEMINI: (May.21-Hun. 21) Lingunin ang pinanggalingan.Huwag maghangad ng sobra-sobra. Pagtuunan ang reyalidad sa lahat ng aasamin. Lucky numbers at color for the day ang 9, 16, 25, 40 at gray.

CANCER: (Hun. 22-Hul. 22) Sasama ang iyong mood o pakiramdam sa situwasyon ngayon. Kailangan ang payo ng higit na nakakaalam. Lucky numbers at color for the day ang 6, 18, 26, 37 at green.

LEO: (Hul. 23-Ago. 22) Ang pagpaparaya ay pagpapakita ng pagkamaunawain at pagmamahal. Huwag mabahala. Lucky numbers at color for the day ang 3, 15, 19, 38 at red.

VIRGO: (Ago. 23-Set.23) Ang nararamdamang sakit ay mapapawi. Pagbigyan ang sarili na makapaglakbay sa ibang lugar. Lucky numbers at color for the day ang 4, 7, 24, 36 at orange.

Australia trains PH gov't media on emergency broadcasting

MANILA – To help expand their knowledge of emergency broadcasting, selected members of the government media are undergoing training by the Australian Government via the Australian Broadcasting Corporation (ABC).

The Emergency Broadcasting Training (EBT) is given to government communication agencies that include the Office of the Press Secretary (OPS), Presidential Broadcast Staff - Radio Television Malacañang (PBS-RTVM), Philippine Information Agency (PIA), News and Information Bureau-Philippine News Agency (NIB-PNA), People's Television Network (PTV 4), Bureau of Communications Services (BCS), Intercontinental Broadcasting Corporation (IBC 13), National Disaster Risk Reduction and Management Council (NDRRMC), Philippine Broadcasting Service (PBS), and the Freedom of Information-Program Management Office (FOI-PMO).

ABC International Development Program Trainer Andrew Fisher said the emergency broadcasting training program will help Philippine government media in disaster coverage. (PNA photo by Alfred Frias)

ABC International Development Program trainer Andrew Fisher said the program aims to equip government media and communicators with the proper knowledge as he emphasized the difference between emergency broadcasting and regular news coverage.

"This program is going to be all about how the information flows from disaster agencies and information agencies to the media. So hopefully, it will really clarify making sure that information is coming through in a timely way, that it's being updated regularly, that the right people are there for the media to speak to and it's also about the media taking responsibility for ensuring that they put the message out all the time because emergency broadcasting is different to a news coverage", Fisher said in an interview with the PNA.

Fisher said the training program is also to help government media prepare for emergency coverage and broadcasting to help people get relevant information so the public can prepare before a disaster.

With ABCs expertise in emergency broadcasting, the Australian government also helps other countries like Papua New Guinea and the Solomon Islands through different programs.

Meanwhile, PIA Director General Ramon Lee Cualoping III said the training program serves as the integration of facilities between the Philippines and the Australian governments.

He said the country has been handling government communication well with different programs that help effectively relay relevant government information and services to the people.

"We had the Laging Handa Crisis calls center but now moving forward maybe we learn from the best practices from Australia and see how we can further integrate the way we do things because our resources are not infinite, it is finite. So, we have to maximize what we have and see the strengths of… for example, the PNA, PTV, PIA, RTV, and Radyo

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PBBM, private sector tackle plans for tourism industry

MANILA – President Ferdinand "Bongbong" Marcos Jr. on Thursday met with the Private Sector Advisory Council (PSAC) to discuss ways to boost Philippine tourism.

The tourism sector work plan was the agenda of Marcos' meeting with PSAC, based on a short video clip uploaded on the official Facebook page of state-run Radio Television Malacañang (RTVM).

"President Ferdinand R. Marcos Jr. convenes the Private Sector Advisory Council (PSAC) Tourism Sector Group in a meeting at the Aguinaldo State Dining Room in Malacañan Palace on September 29, 2022," RTVM said in a Facebook post.

Malacañang, however, has yet to provide specifics about the plans to enhance the competitiveness of the country's tourism industry.

The meeting was attended by PSAC Tourism Sector Group, including Frederick Go (Robinsons Land Corporation), Roberto Claudio Sr. (Philippine Retailers Association), Rene Limcaoco (Hertz Philippines), Mary Geraldine Polanco-Onganon (Aboitiz Equity Ventures, Inc.), Ginggay Hontiveros-Malvar (Aboitiz Equity Ventures, Inc.), and Leslie Vanessa Lim (Robinsons Land Corporation), RTVM said.

RTVM added that PSAC lead convenor Sabin Aboitiz (Aboitiz Group) and member Joji Gotianum Yap (Filinvest Development Corporation) also joined the meeting through virtual participation.

Presidential Management Staff Secretary Ma. Zenaida Angping and several officials from the Department of Tourism (DOT) and Department of Foreign Affairs (DFA) also participated in the meeting.

In his first State of the Nation Address delivered on July 25, Marcos said his administration will push for the construction of more international airports and road improvements to attract more visitors and fast-track tourism's recovery amid the prevailing coronavirus disease 2019 (Covid-19) pandemic.

Marcos made the vow, as he acknowledged the importance of tourism sector as an economic development tool and a job-generating industry that benefits the grassroots level.

The tourism industry employed at least 4.9 million individuals in 2021, higher than the 4.7 million registered in 2020, according to the Philippine Statistics Authority data released on June 28.

With borders virtually closed for the entire 2021, the country in 2021 only recorded a total of 163,879 foreign visitors. This is 89 percent down from the 2020 arrivals of 1,482,535. (PNA)

SIMPLENG SELEBRASYON PARA SA MGA PDLs

Binigyan ng simple ngunit masayang birthday celebration ng BJMP Trece Martires City ang nasa 51 Persons Deprived of Liberty (PDLs) na mayroong mga kaarawan sa buwan ng Setyembre.

"Celebrating birthdays bring people closer for all of them forget their sorrows and celebrate it with happiness. Every gathering's ultimate goal is to develop ties and strengthen social relations.," saad sa post ng BJMP Trece Martires City.

"Team BJMP Trece Martires City believes that by remembering their special day is important because it shows we value them. To the families of the Persons Deprived of Liberty confined in this facility, have no doubt that we are one with you in helping them change their lives," dagdag nito.

Bukod sa mga handa ay nagkaroon rin ng kaunting programa at palaro para sa mga celebrant upang mapasaya sila sa kanilang kaarawan.

Source/Photos: Bjmp Trece Martires CJ