

PCO, DOE link up to boost awareness on energy conservation

MANILA – The Presidential Communications Office (PCO) and the Department of Energy (DOE), in collaboration with the United States Agency for International Development (USAID), have joined hands for the “You Have the Power” campaign in a bid to raise awareness on energy conservation amid the low power supply in the country’s major grids.

The campaign was officially launched on Wednesday and Thursday at the Philippines Science High School (PSHS) main campus in Quezon City.

DOE’s Energy Utilization and Management Bureau Director Patrick Aquino said the “You Have the Power” campaign seeks to educate and provide the public, particularly the youth, with information on promoting sustainability, conserving energy, and preserving the environment



for the next generations.

“The campaign aims to educate and provide information in promoting sustainability and energy efficiency and conservation practices, no matter how big or small. This campaign aims to educate the public that energy and conservation is an essential part in preserving the environment for the future generations,” he said during the campaign launch.

Meanwhile, PCO Assistant Secretary Patricia Kayle Martin underscored the roles of communication in fostering sustainability in the Philippines.

The launch con-

cluded with DOE Undersecretary Felix William Fuentabella commending the enthusiasm and commitment of the youth in becoming part of a brighter, more sustainable Philippines for future generations.

Earlier, President Ferdinand R. Marcos Jr. called for a whole-of-government approach in addressing power supply.

He also appealed to government offices to lead the efforts in conserving power as the Luzon and Visayas grids have been placed on yellow and red alerts due to thin power supply. (PNA)

PAGASA: Over 52°C heat index possible in some areas



MANILA – The weather bureau on Thursday said some areas in the country could experience extreme danger heat index, or what the temperature feels like to the human body when relative humidity is combined with the air temperature.

Although no specific areas were cited, the Philippine Atmospheric, Geophysical and Astronomical Services Administration’s (PAGASA) Climate Monitoring and Prediction Section chief Ana Liza said 52°Celsius (°C) and above or extreme danger heat index are likely in some areas be-

cause of El Niño. Historically, PAGASA has been recording high heat indices in April and May, according to Solis.

Next month, high heat indices are forecast in Cagayan Valley, especially in Isabela, Cagayan, as well as Ilocos Region and Central Luzon. Metro Manila, Cavite, and Batangas could also experience scorching heat. Solis said they noticed areas that have logged high heat indices this April are places that are near coastal areas.

Meanwhile, Solis said PAGASA urges the public to drink plenty of water and to limit the time spent outdoors.

“Let’s try to avoid outdoor activities, especially between 10 a.m. to 4 p.m.,” she said.

Avoid tea, soda, and alcohol as these increase the risk of dehydration, Solis added. (PNA)

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Local Government Leads Successful Medical and Dental Mission in Bacoor City

The provincial government of Cavite, under the leadership of Governor Jonvic Remulla, conducted a remarkable medical and dental mission in Talaba II, Bacoor City on April 16, 2024, bringing hope and healing to the constituents. The initiative helped 417 residents of Bacoor, who received essential healthcare services. A total of 365 individuals availed of medical services while 52 benefitted from dental care. Additionally, 15 people underwent X-ray examinations, and 10 received ECG tests,



ensuring comprehensive healthcare coverage. The success of the program was a testament to the collaborative efforts of various institutions, including the local government, PGC health professionals, and the Scouts Royale Brotherhood, led by Cavite Provincial Council President Alan Correl, alongside the Sangguniang Kabataan, BHWs and BNS. In addition to the provision of medicine and anti-mosquito repellent lotion, the program included free eye checks, further enhancing its impact and significance to the community.

OCD warns: Do not transact with brokers, fixers

MANILA, Philippines — The Office of Civil Defense (OCD) cautioned the public against some groups and individuals who are using the name of the agency and its officers for government transactions.

In an advisory, the OCD warned the public brokers and fixers are using the name of the agency, its officers or Administrator Undersecretary Ariel Nepomuceno, in transactions involving the National Disaster Risk Reduction and Management Fund applications and agency

procurements.

The said schemers make the transactions appear legitimate by “using forged, falsified and fictitious documents,” according to the agency.

“We would like to caution everyone against the unscrupulous activities of these individuals. We urge the public to be vigilant and not to fall prey to their schemes,” Nepomuceno said.

“The OCD reminds the public that all transactions and/or issuance of any documents from the agency are being processed through its



official channels and authorized personnel only,” he added.

It also encouraged the public to report any suspicious transactions to authorities.

The agency also said that it asked the National Bureau of Investigation to probe and arrest the alleged schemers.

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LIBRENG SALAMIN PARA SA MGA KABATAANG BACOREÑO: ISANG PROGRAMA NI CONGW. LANI MERCADO REVILLA

Naganap ang isang makabuluhang aktibidad na naglalayong magbigay ng libreng salamin para sa mga Kabataang Bacoreño. Ang programa na ito ay inorganisa ng Office of Congresswoman Lani Mercado Revilla at ng Department of Social Welfare and Development (DSWD).



Ito ay proyekto ng ating mahal na Kongresista na si Congw. Lani Mercado-Revilla present din sa okasyon ang kinatawan ni Vice Mayor Rowena Bautista-Mendiola.

Kasama sa aktibidad na ito ang 120 mga benepisyaryo mula sa mga estudyante ng mga pampublikong paaralan sa Bacoor, mula elementarya hanggang junior high school.

Layunin ng programa na ito na magbigay ng libreng salamin na nagkakahalaga ng 2,000 pesos, upang mabigyan ng solusyon ang mga problema sa paningin ng ating mga Kabataang Bacoreño.

Ang aktibidad na ito ay bahagi rin ng mga programa na "Alagang Ate Lani" na isinagawa ni Cong. Lani M. Revilla bilang bahagi ng pagdiriwang ng kanyang kaarawan. Ito

ay patunay ng kanyang pagmamahal at serbisyo sa kanyang mga nasasakupan.

Naganap ang pagbibigay ng mga salamin ngayong ika-18 ng Abril, 2024, sa Revilla Hall. Ipinapakita ng aktibidad na ito ang dedikasyon ng Office of Congresswoman Lani Mercado Revilla at DSWD na magbigay ng tulong at suporta sa mga mamamayan ng Bacoor. Sama-sama Tulong-tulong

DSWD pays tribute to solo parents



MANILA – The Department of Social Welfare and Development (DSWD) is set to hold a two-day trade bazaar for entrepreneur solo parents on April 18 and 19 to pay tribute to all of their sacrifices and determination in providing the best for their children and other dependents.

In a news release Wednesday, DSWD spokesperson Irene Dumlao said the trade bazaar will be held at the DSWD Central Office in Quezon City along with a general assembly for solo parent employees on Thursday to celebrate the Solo Parents

Week. Dumlao, assistant secretary for Disaster Response Management Group, said the department is one with the nation in recognizing the dedication, hard work, and sacrifices of solo parents. “Solo parents, despite being part of the vulnerable sector, are considered icons of love, bravery, and strength in our society. They have shown courage in fulfilling the very challenging responsibility of raising their children alone. Hence, it is crucial that we continue to support them

Week. Dumlao, assistant secretary for Disaster Response Management Group, said the department is one with the nation in recognizing the dedication, hard work, and sacrifices of solo parents.

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Lawmaker bats for Kadiwa market style for discounted fuel

MANILA – A lawmaker on Wednesday suggested the use of the Kadiwa market system in implementing the targeted fuel subsidies for poor and low-income households to cushion the impact of rising oil prices.



In a statement, Manila Rep. Joel Chua recommended that the Department of Energy (DOE) and Department of Transportation (DOTr) enter into agreements with select and strategically located gasoline stations on the sale of discounted fuel to motorcycle riders, motorcycle taxis, tricycles, and public utility jeepneys (PUJs).

Chua said the Kadiwa market style, which enables the public to buy goods at cheaper rates, could be applied to the government’s fuel subsidy program.

“It would be up to the DOE and DOTr to choose which fuel companies and fuel stations shall

sell the discounted fuel at the designated pumps. In consultation with the Department of Finance and Department of Budget and Management, it would also be up to the DOE and DOTr to determine the amount of the discount and the budget,” he said.

He said the discounted price at select fuel stations for motorcycle riders, motorcycle taxis, tricycles, and PUJs would expand the current coverage of targeted fuel subsidies for land transport, which are limited only to legit PUJs and tricycles.

He added that the selling of the discounted fuel could also be done on a

schedule or a weekly basis because daily sales would be too costly.

“I am suggesting the expansion because the current coverage is too limited and does not include other Filipinos who are in the poor and low-income segments of our population,” he said.

He said the proposal to expand fuel subsidies could be pilot-tested in Manila and a few other cities and towns before its rollout in other areas.

The government’s fuel subsidy program, also known as the DOTr’s Pantawid Pasada Program, aims to reduce the impact

TURN OVER NG AMBULANSIYA MALASAKIT AT SUPORTA



Turn over ng ambulansiya mula kay senador bong revilla at cong. bryan revilla ng agimat partylist: pasasalamat sa pamilya revilla sa kanilang malasakit at suporta.

Matapos ang Flag Raising, kahapon, April 15, 2024, naganap ang turnover ng Ambulansiya mula kina Senator Ramon "Bong" Revilla Jr. at Cong. Bryan Revilla ng Agimat Partylist. Ang pangyayaring ito ay pinangunahan ng mga sumusunod na person-

Buncio.

Ang Ambulansiya na ito ay magiging malaking tulong sa pagresponde sa mga emergency at paghatid ng agarang medikal na tulong sa mga nangangailangan. Ito ay patunay ng patuloy na pagkakaisa at pagtutulungan ng mga lider ng ating lungsod upang mapabuti ang kalagayan at kapakanan ng ating mga mamamayan. Sa patuloy na pagtutulungan at pagkakaisa, asahan natin ang mas magandang kinabukasan para sa ating minamahal na Lungsod. Mabuhay tayong lahat! Mabuhay ang Bacoor!

alidad: Mayor Strike Revilla, Cong. Bryan Revilla ng Agimat Partylist, Vice Mayor Rowena Bautista Mendiola, BM Ram Revilla Bautista, ABC Pres. BM Rafael Paterno Jr., ABC Vice Pres. Coun. Randy Francisco, mga miyembro ng Sangguniang Panglungsod, at SK President Palm



Iwas Sakit: Uminom ng 8 Basong Tubig

Payo ni Doc Willie Ong



Alam mo ba na ang katawan natin ay puno ng tubig? Ang utak natin ay may 74% tubig. Ang masel natin ay 75% tubig. Kahit ang matigas nating buto ay may 22% na tubig.

Kaya nga hindi ko maintindihan kung bakit napakaraming Pinoy ang ayaw uminom ng tubig? Mayroon diyang, 3 baso lang kung uminom sa isang araw. Kulang po ito. Heto ang mga sakit na matutulungan ng pag-inom ng tubig:

1. Para sa sakit sa bato – Ang sanhi ng bato sa bato (kidney stones) ay ang kakulangan sa tubig. Dahil dito, nagiging madilaw ang ihi at namumuo tuloy ang bato. Mag-ingat at baka tumuloy sa kidney failure at dialysis.
 2. Para sa impeksyon sa ihi – Kapag kulang ka sa tubig, mas kakapitan ka ng impeksyon sa ihi o balisawsaw.
 3. Para sa lagnat – Nakapagpapababa ng lagnat ang pag-inom ng tubig. Ito’y dahil maiihi mo ang “init” sa iyong katawan. Painumin ng tubig at juice ang mga may lagnat.
 4. Para sa ubo, sipon at trangkaso – Ang sapat na tubig ay nagpapalabnaw ng sipon at plema. Mas bibilis din ang paggaling sa trangkaso.
 5. Para sa pangangasim ng tiyan – Malaki ang tulong ng tubig para mahugasan ang acido sa ating sikhura. Sa pag-inom ng tubig, mababawasan ang ulcer, impatso at sakit ng tiyan. Mas gusto ng tiyan ang maligamgam na tubig.
 6. Para lumakas – Kapag kulang ka sa tubig, magiging matamlay ka at manghina. Lalo na kapag mainit ang panahon, uminom ng maraming tubig.
 7. Para sa sakit ng ulo – Nakatutulong ang tubig sa pagtanggap ng migraine o sakit ng ulo.
 8. Para pumayat – Bago kumain, uminom ka muna ng 1-2 basong tubig. Mabubusog ka nito at hindi ka mapapakain ng marami. Hindi po nakatataba ang tubig.
 9. Para gumanda – Ito ang mahalaga sa lahat. Ang beauty secret ng mga dermatologists ay tubig lang. Kapag kulang ka sa tubig, lulubog ang iyong mata at kukulubot ang balat (wrinkles). Uminom ng tubig para kuminis at kumintab ang iyong kutis. Umiwas ka rin sa araw para hindi kumulubot.
- Anong klase ng tubig ang dapat inumin? Alam kong may kamahalan, pero uminom na lang ng bottled water, purified water o pinakuluang tubig. Hindi tayo nakasisiguro na ligtas ang tubig sa gripo. Tandaan: Para makaiwas sa sakit, uminom ng tubig.

Lawmaker bats... from page 1

of rising fuel costs on drivers and operators of various modes of public transportation and delivery services.

The Department of Agriculture (DA) also has fuel

subsidies to farmers and fishers affected by soaring oil prices worth PHP3,000 per beneficiary. Among the eligible beneficiaries of DA's fuel assistance are

farmers with machinery registered under the Registry System for Basic Sectors in Agriculture, as well as fishers whose boat tonnage does not exceed 3 metric tons.



DSWD pays... from page 1

with necessary interventions to help them cope with the difficulties of parenthood,” Dumlao said.

The Solo Parents Week is celebrated every April 15 to 21 of the year.

This year's celebration banners the theme “Solo Parent na Rehistrado, sa Gobyerno Tiyak na Protektado!”, which aims to encourage solo parents to register in their respective local government units (LGUs) for them to avail of the benefits and incentives

for solo parents.

Republic Act 11861 or the Expanded Solo Parents Welfare Act declares the 3rd week as well as the 3rd Saturday of April as “Solo Parents Week” and “National Solo Parents Day”, respectively, to highlight the role and significance of every solo parent in the Philippines.

Under the law, the benefits provided to solo parents include monthly subsidy and PhilHealth coverage for minimum

wage earners; discounts on baby's milk, diapers, medicines, vaccines for their children under 6 years old and 7 days of paid parental leave regardless of work status.

“The DSWD is also pilot-testing the Strengthening Opportunities for Lone Parents or Program SOLO. This introduces innovations on psychosocial interventions to ensure emotional support, alternative care arrangements for solo parents and their children/dependents,” Dumalo said.

DSWD is the lead agency of the solo parents' Inter-Agency Coordinating and Monitoring Committee (IACMC).

The DSWD, Dumlao said, is committed to overseeing the effective implementation of the law in line with the directive of President Ferdinand R. Marcos Jr. to secure the welfare of solo parents and to ensure that they and other vulnerable sectors are not left behind in development. (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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Digital transformation to make social welfare services more accessible



MANILA – Department of Social Welfare and Development (DSWD) Secretary Rex Gatchalian on Thursday underscored the critical role of digital skills in modernizing social welfare services as the department holds a five-day business intelligence training workshop.

“Digital transformation is no longer a luxury but a necessity. This training represents a crucial step in ensuring our teams are equipped with tools and the right skills to use them effectively. Our goal is to make social welfare services more accessible, transparent, and responsive to the needs of the Filipino

people,” he said in a news release.

The workshop until April 19 focuses on enhancing the data skills of DSWD employees through the use of Tableau, a cutting-edge business intelligence tool. It is a key component of the broader Information, Communication and Technology (ICT) Empowerment agenda of the agency.

Gatchalian said the agenda is aimed at equipping the DSWD with the necessary digital tools and skills to better serve the Filipino people.

Tableau, a renowned business intelligence tool, is set to drive how DSWD operates. With its robust data visualization capabilities, this tool would enable users to swiftly transform raw data into intuitive graphs and dashboards.

This skill set is not just a tool but a crucial asset for DSWD, as it enhances

the agency's decision-making processes, enabling a more agile response to social welfare needs.

DSWD's chief information officer, Assistant Secretary Julius Gorospe, detailed the workshop's impact.

“By learning how to use business intelligence tools, our offices can leverage real-time data to drive better decisions, streamline operations, and ultimately provide superior service to our beneficiaries. This is a key milestone in our journey towards a fully digital future,” Gorospe said.

Information and Communications Technology Management (ICTMS) Director Christian Joseph Regunay said the training is not just about learning a tool.

“It's about embracing a culture of data-driven decision-making that aligns with our commitment to transparency and accountability to those

we serve,” he added.

The training is led by a panel of esteemed resource speakers, each recognized as industry experts in their respective fields.

They are William Chong, Regional Sales Director of Quantantics of Malaysia; Charles Ty, account executive of Tableau; and Michael Anthony Labrador, information technology officer. Their expertise and insights will undoubtedly enrich the learning experience of all participants.

The ICT agenda supports Gatchalian's vision of a digitally empowered department that can adapt to the evolving demands of public service in the Philippines.

This initiative highlights the department's commitment to using technology to improve its services and sets a standard for digital excellence in government operations. It aims to improve every facet of social welfare delivery.

P39 per kilo rice available at 'Kadiwa ng Pangulo' in Metro Manila

MANILA – Metro Manila residents may buy cheaper rice sold at PHP39 per kilo at Kadiwa ng Pangulo (KNP) stores in select cities of Metro Manila this month, Malacañang announced on Tuesday.

“The Kadiwa ng Pangulo is selling rice at PHP39 per kilo in Metro Manila, along with other commodities like fresh and quality fruits and vegetables,” Presidential Communications Office (PCO) Secretary Cheloy Garafil said in a statement.

“The Department of Agriculture (DA) has invited Metro Manila residents to grab the opportunity and avail of the products sold at the KNP that runs this month in the National Capital Region (NCR),” she added.

Garafil said KNP stalls will be open at the

Employees Park in Taguig City Hall; People's Park along McArthur Highway in Malinta, Valenzuela City; and Manila City Hall inner court until April 17.

She said there will also be KNP stores at Romvi Subdivision covered court in Moonwalk Village, Parañaque City on April 19.

Various products will likewise be available at Camella Homeowners Association in Merville Village, Parañaque on April 20, Garafil said.

The cheaper rice was also sold at KNP stalls at Verdant covered court in Pamplona, Las Piñas City on Tuesday.

Garafil advised Metro Manila residents to visit DA's official Facebook page and social media pages of other government agencies for the full sched-

ule and venue for the KNP stores.

Citing the sales summary report as of April 15, Garafil said, Kadiwa organizers posted total sales of PHPP2.9 million from various locations in Metro Manila.

“Rice was the most sought-after commodity. In Barangay Central in Quezon City, total rice sales amounted to PHP519,675, while in Barangay Addition Hills in Mandaluyong City, total rice sales reached PHP1.5 million,” Garafil said.

“In Barangay Sta. Rosa, Pasig City, rice sales reached PHP248,625; Barangay Dulong Bayan, San Jose del Monte City, Bulacan, PHP201,825; Navotas City Hall, Central Park,

PHPP74,100; and Grace Park East, Caloocan City Hall, PHP97,500,” she added.

The KNP program, a project of President Ferdinand R. Marcos Jr., aims to provide a lifeline by granting rent-free selling areas to farmers and micro, small and medium enterprise to ensure equitable access to fresh produce.

The KNP is organized by the DA, Department of Trade and Industry, Department of Social Welfare and Development, Department of Labor and Employment, and the Department of the Interior and Local Government.

The Presidential Management Service and the PCO serve as the guiding arm of the KNP. (PNA)

GUHIT NG KAPALARAN

ARIES: (Mar. 21-Apr. 19) – Merong bagong idea na magbibigay ng masaganang buhay. Tukasin ito, pag-aralan at palaguin para makamit ang mga pangarap. Kaya iwasan ang mga ipinagbabawal sa'yong kainin. Lucky numbers at color for the day ang 23, 36, 48, 16, 51 at sapphire blue.

TAURUS: (Abr. 20-May. 20) – Madaragan ang income dahil isang oportunidad. Sikap at tiyaga ang pairalin. Lucky numbers at color for the day ang 53, 26, 49, 13, 31 at lavender.

GEMINI: (May. 21-Hun. 21) – Merong oportunidad para sa mga plano mo. Ilang cooperative component ang darating. Lucky numbers at color for the day ay 54, 47, 39, 12, 21 at electric blue.

CANCER: (Hun. 22-Hul. 22) – Matutuloy ang launching ng bagong produkto. Increasing ang iyong income. Lucky numbers at color for the day ang 23, 46, 59, 13, 41 at tulip pink.

LEO: (Hul. 23-Ago. 22) – Maa-achieve ang clarity sa family issue, maso-solve rin ang iba pang hamon. Relax! Lucky numbers at color for the day ang 33, 56, 49, 12, 22 at royal purple.

VIRGO: (Ago. 23-Set.23) – Ang solusyon sa problema ay darating. Basta gawin ang mabuti at tama. Lucky numbers at color for the day ang 43, 56, 29, 13, 31 at cinnamon brown.

LIBRA: (Set. 24-Okt. 23) – Made-develop ang kakayahan. Masosolusyunan ang problema. Lucky numbers at color for the day ang 43, 35, 29, 55, 11 at scarlet red.

SCORPIO: (Okt. 24-Nob. 22) – Magiging masaya ka dahil mangyayari ang mga hinahangad. Lucky numbers at color for the day ang 33, 26, 49, 52, 12 at satin white.

SAGITTARIUS: (Nob. 23-Dis. 21) – Makumpleto na ang lahat na requirement para sa iyong pagta-travel. Lucky numbers at color for the day ang 53, 46, 39, 12, 33 at cobalt blue.

CAPRICORN: (Dis. 22-Ene. 19) – Piliin ang feel good na solution sa gawain para maakit ang happy events. Lucky numbers at color for the day ang 23, 36, 49, 51, 15 at ube purple.

AQUARIUS: (Ene. 20-Peb. 18) – I-appreciate ang darating na events. Isang tawag ang matatanggap. Lucky numbers at color for the day ay 53, 46, 39, 12, 22 at cyan blue.

PISCES: (Peb. 19-Mar. 20) – Imagine ang saya sa work na gusto mo ito ay darating kapag manatili ang iyong feel good. Lucky numbers at color for the day ay 43, 26, 39, 15, 51 at ruby red.



Apple Cider Vinegar: Health Benefits, Proper Dosage and More This timeless ingredient is probably already in your kitchen, but can it boost your wellness? Here's what to know



Vinegar has a long history, dating back to at least 5,000 B.C. Its many uses include preservation, flavoring, pickling and medicine. It also has a rich history in ancient Egypt, China and Greece as a health aid.

Apple cider vinegar in particular has antimicrobial and antioxidant properties, and there is research to back up at least some of the claims circulating about its wellness benefits.

We Taste-Tasted Apple Cider Vinegar Drinks So You Don't Have to

Read on to learn about some of the potential health benefits of apple cider vinegar and the best doses and methods for taking it. For more kitchen-to-wellness content, here's whether your nonstick cookware is safe to use and 11 foods that should not be staples of your diet.

What is apple cider vinegar?

When you combine apples, sugar and yeast and allow it to ferment, it creates apple cider vinegar. Over several weeks, the yeast will digest the sugar to make alcohol. Once this happens, natural bacteria will turn the alcohol into acetic acid, which is where the pungent odor and taste of apple cider vinegar comes from.

You have two options when you buy

apple cider vinegar: filtered and pasteurized, or raw and unfiltered. The cloudy sediment that collects in the bottom of the bottle is "the mother," which is a combination of bacteria and yeast. Some speculate the mother is what provides the health benefits, as it contains trace amounts of healthy bacteria and probiotics.

Apple cider vinegar can be used in the kitchen, around the home and for your health as a:

- Deodorizer, Preservative, Dressing or vinaigrette, Cleaner
- Facial toner, Marinade, Fruit and vegetable wash, Denture cleaner, Hair rinse, Dandruff treatment, Weed killer, Mouthwash

4 benefits of apple cider vinegar

Although more research is needed, several small and medium-sized studies show the benefits of apple cider vinegar for some health issues and as a potential weight loss aid.

May help control blood sugar and diabetes

Up to 95% of diabetics have type 2 diabetes, according to the Centers for Disease Control and Prevention. Type 2 diabetes occurs from insulin resistance, or the body's inability to produce insulin.

Even if you don't have diabetes, it's best to keep blood

sugar levels in the normal range. Studies have shown that apple cider vinegar can improve insulin response and lower blood sugar levels after meals.

Consuming apple cider vinegar before going to sleep has also been shown to reduce fasting blood sugar after waking. Make sure to talk with your doctor before consuming ACV if you have diabetes, especially if you're on medication.

Kills harmful bacteria

Those looking to preserve food naturally may want to consider using apple cider vinegar. It is a known pathogen killer, which includes microbes like staph and candida.

Vinegar is a popular preservative in Korea since it can prevent E. coli and norovirus from growing in food. E. coli can cause food poisoning when consumed, but the bactericidal effects of the acetic acid in apple cider vinegar can prevent it from occurring.

Could lead to weight loss

Another benefit of apple cider vinegar that

may be useful is its ability to help with weight loss. When taken before or during a meal, ACV has been shown to help with satiety (the feeling of fullness).

In one study, participants ate approximately 200 to 275 fewer calories when apple cider vinegar was combined with a meal. Over three months, participants taking one to two tablespoons of ACV per day saw up to 3.7 pounds in weight loss and a reduction in body fat.

Might improve cholesterol levels

High cholesterol and triglyceride levels can increase your risk of heart disease. Incorporating up to an ounce of apple cider vinegar into your day, along with a lower-calorie diet, may reduce total cholesterol and triglycerides while also increasing HDL "good" cholesterol.

Those with type 2 diabetes may also see positive results on their total cholesterol and triglyceride levels when adding a half ounce of ACV to their diet.

Potential side effects

Although there are benefits of apple cider vinegar usage, there are also potential side effects to consider. The high acidity can strip tooth enamel, which won't come back once it's gone. It may cause damage to your esophagus or throat if you drink it undiluted.

Here are some other potential side effects of apple cider vinegar:

Can cause hypokalemia (low potassium levels)

Can interact with diuretics, insulin and other medications, Can cause nausea or vomiting

Watering it down with water or juice not only makes ACV more palatable, but it can also reduce the risk of damaging your throat and teeth. Combining one or two tablespoons with either may also cure an upset stomach.

Apple cider vinegar dosage

Apple cider vinegar dosage depends on the reason you're using it. Two teaspoons to two tablespoons is the general dosage recommendation.

If you want to drink it, dilute it with water or your favorite juice or tea. You can also eat it by incorporating it in your favorite foods, especially dressings, vinaigrettes and even when making your own mayonnaise.

You can also add a cup or two to a bath for skin issues. Mixing a tablespoon of ACV with a cup of water, then soaking gauze or cotton in the solution can make a wet wrap.

To use apple cider vinegar as a hair rinse, combine up to two tablespoons with a cup of water, then pour over hair after shampooing. Wait 5 minutes, then rinse. It can be drying, so use it sparingly. ACV can also irritate the scalp, so a weaker dilution may be better.

Hand holding a small cup of apple cider vinegar

Bottom line

While some studies have found the benefits of apple cider vinegar, we need more research to definitively prove how beneficial ACV is. It may help with weight loss, controlling type 2 diabetes, blood sugar and cholesterol and it can also prevent harmful bacteria growth on foods. Drinking undiluted apple cider vinegar can cause tooth enamel erosion or throat damage. Mixing ACV with water or juice before consuming it can prevent damage to the teeth and throat. As with any natural remedy, speak with your doctor before trying apple cider vinegar and do a skin test before using it on your skin.

Goodbye, El Niño. Hello, La Niña? The Big Transition to La Niña is Already Underway

The lingering effects of El Niño are still being felt in the U.S. The deluge of rains that fell across the mid-south, southeast and eastern U.S. are a reminder of that. However, one agricultural meteorologist says as El Niño fades, La Niña is already knocking at the door, and it could bring dryness to the southern U.S. The biggest question is now timing.

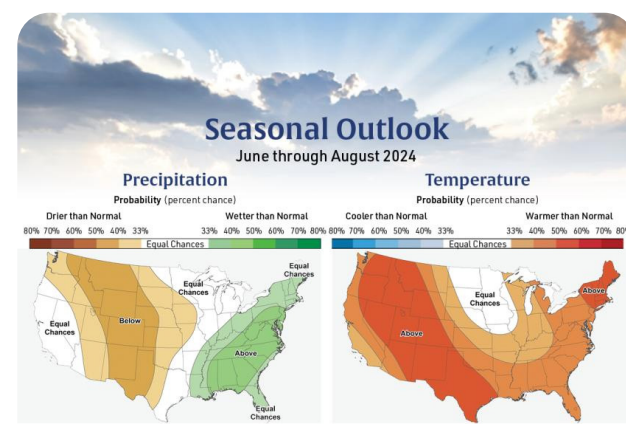
Just last fall, 40% of the lower 48 states were experiencing some form of drought. Today, that number is cut in half thanks to the impacts of El Niño.

"I feel like the transition to La Niña is already underway," says Brad Rippey, USDA Meteorologist. "The thing about that is that the impacts often are not felt for many months."

Rippey says just like the impacts of El Niño are still being felt four months after its peak, the claws of La Niña may not come until fall.

"Even if we make that transition into La Niña by, say, summertime, we're likely not to feel the impacts of La Niña until we get into the autumn of 2024," Rippey says. "So that's good news for the growing season."

According to the National Oceanic Atmospheric Association (NOAA), there's now a 60% chance that La Niña will develop between June and August. NOAA still thinks by November 2024 to January 2025, there's an 85% chance a La Niña will be in effect. The tropical Pacific



Ocean continues to trend toward a La Niña phase, coming out of one of the strongest El Niño events on record since 1950.

Spring Forecast Barrier Makes it Hard to Predict

What could the transition mean for growing conditions in the U.S.? Eric Snodgrass, science fellow and principal atmospheric scientist for Nutrien Ag Solutions, says the transition to La Niña is so hard to predict because of something atmospheric scientists call the spring forecast barrier.

"What we found is that our ability to predict well how El Niño is going to transition before you get through the month of May is pretty bad," Snodgrass says. "Once we get into May and start to pay attention to those ocean temperature changes. We'll be much better at predicting it, and a lot rides on it."

Snodgrass looked back at history, and he says every time El Niño peaked at Christmas then faded until it was eventually replaced by La Niña in summer, it created a drought scenario in the Cotton Belt.

"Some of those years it was over Texas, some of those years it was

in the Delta and some of those years it was in the Southeast," Snodgrass says. "But if you keep drought down South, we tend to get ridge riding storms over the top of it in the Corn Belt, so the Cotton Belt gets the stress and the Corn Belt tends to do better."

While it's hard for Snodgrass to know what the summer will bring, he says there is one thing he's confident in. That's the temperature outlook.

"I do think one thing about this summer, and that is I'm expecting warmer than average temperatures," Snodgrass says. "Most of that coming in warmer overnight lows though, based on what I know now. And a lot of that is predicated on the collapse of El Niño to neutral conditions and eventually into La Niña."

Whether it turns into a hot and dry summer or a much wetter forecast than some are anticipating, Snodgrass says he was burned by weather prediction models last growing season, so he's skeptical to rely on those again. However, he does think La Niña could open the door for a very active hurricane season this year.

CSC secures ADB support for digitalization program

MANILA – The Civil Service Commission (CSC) has secured a commitment from the Asian Development Bank (ADB) to provide technical assistance to its digital transformation (DX) strategy.

"ADB's support marks the beginning of a new chapter in our digital journey in the CSC," Chairperson Karlo Nograles said in a news release on Wednesday.

"This technical assistance is crafted to enhance our institution's comprehension and capabilities in navigating the digital landscape to ensure that our services remain responsive and user-centric," he added.

He underscored the importance of this partnership in advancing the Commission's digital agenda.

The technical support for Information Technology Research and Advisory Services to advance CSC's digital maturity is set to be delivered by Ernst & Young (EY) LLP (India).

EY's assistance will focus on several key areas, including digital capacity and information and communications technology (ICT) resource assessment, development of an enterprise-level digital strategy, creation of a governance framework for the DX process, and tailored capacity enhancement programs for CSC personnel.

To be implemented within two and a half years, the project will also involve designing a change management program and assessing the impact of ICT systems on people and processes through the conduct of user-readiness assessments and change adoption workshops.

Nograles expressed the agency's gratitude to ADB and EY for their technical assistance. "Given the ambitious nature of our digitalization goals, we recognize the need to seek guidance from seasoned experts. We express our anticipation for a fruitful collaboration with EY India as our resource persons and consultants. Their expertise and insights will contribute undoubtedly to our DX transformation journey," he said.

According to the CSC, the commitment was sealed during Kick-Off Meeting for the ADB Technical Assistance (Support-



ing the Digital Transformation of the Civil Service) last April 8 at the agency's Central Office in Quezon City.

Nograles, Commissioner Aileen Lourdes Lizada, ADB Country Director for the Philippines Pavit Ramachandran and ADB Principal Management Specialist for eGovernance Seok Yong Yoon led the meeting.

Also present were EY LLP Project Management Specialist Debarchana Bhattacharya, EY Philippines Technology Consulting Leader Lee Carlo Abadia, and EY Global Leader for People Consulting Shalinder Bakshi, EY Philippines Enterprise Architecture Expert Norbin Astero, Change Management Expert Pauline Laurenz Go, and EY India Capacity Building Expert Bhaskar Goel, and other CSC officials. (PNA)

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DILG, DOTr, MMDA partner for stiffer 'anti-colorum' drive

MANILA – The Department of the Interior and Local Government (DILG), Department of Transportation (DOTr), and Metropolitan Manila Development Authority (MMDA) on Wednesday fortified their partnership in going after colorum or unregistered public utility vehicles (PUVs) in Metro Manila.

Interior Secretary Benjamin Abalos Jr., Transportation Secretary Jaime Bautista, and MMDA acting chair Romando Artes signed a memorandum of agreement (MOA) for the measure in simple rites at Camp Crame, Quezon City.

Under the MOA, the DILG, through the Special Project Group (SPG) of the Philippine National Police (PNP), the DOTr, and the MMDA, shall create a Joint Task Force (JTF) to conduct traffic, clearing, and anti-colorum operations within Metro Manila, subject to existing laws, rules and regulations.

Each party shall designate sufficient personnel from their offices to form part of the JTF.

The members of JTF, through the functions of their offices and of the offices or agencies attached to them, will coordinate and collaborate in traffic, clearing, and all kinds of anti-colorum operations within Metro Manila.

The members of the JTF will have the authority to determine transportation violations within Metro Manila.

“To effectuate this Memorandum of Agreement, the members of the JTF will have the authority to use and is-



sue Violation or Citation Tickets under existing laws, rules and regulations. For this purpose, they shall be deputized by the DILG, the DOTr, and the MMDA, when necessary. The DILG-SPG, the DOTr, and the MMDA task force members may engage in other acts and operations relevant to and related to their primary functions,” the MOA read.

Abalos said the PNP would be essential in providing manpower during these operations against colorum PUVs nationwide.

“When the MMDA approached me, I tapped the PNP to help them in their operations. This resulted in the apprehension of 100 colorum vehicles and arrest of four persons from March 12 to April 15. The coordination between the MMDA, DOTr and the DILG is very effective,” Abalos said in a press conference.

Artes, meanwhile, said this partnership would augment their manpower on the streets.

“This is a big help to our traffic en-

forcers, especially if they would be assisted by the team from the PNP. Since then, we were able to boost our operations and this is a big step to wipe out colorum vehicles that affect the livelihood of our legitimate transport operators and drivers and

prey on our commuters,” Artes said.

Bautista also welcomed the move as a solution to the complaints of transport groups and commuters.

“This agreement is one of the important solutions in helping our drivers and operators under the public utility vehicle modernization program. They have been complaining that they lose up to 35 percent of their revenues due to colorum vehicles. At the same time, our commuters are protected because we do not know if these colorum vehicles are well maintained,” he said.

He added that this would also help ease traffic congestion in Metro Manila.

Bautista said illegal or colorum PUVs take about 35 percent of revenue meant for registered PUVs.

“If we can decrease 90 percent of colorum operations, this is of big help to the legitimate transport operators and a huge relief to the usual traffic flow,” he said.

After the April 30 consolidation deadline, he said the JTF would also apprehend those who did not comply with the consolidation requirement of the government’s Public Transport Modernization Program (PTMP).

“Those who will fail to consolidate after the April 30 deadline that they will be considered colorum and will be among that will be apprehended,” he said.

Artes said the task force is a “huge step” in the campaign against colorum vehicles due to the additional manpower and resources by the three agencies involved -- DOTr, MMDA and the DILG.

“Sa pagsasanib-pwersa ng tatlong ahensiya, kasama ang PNP, mas mapapalawak pa ang operasyon kontra colorum. Asahan ninyo ang mas pinaigting na panghuhuli sa loob ng mas maikling panahon (Through the combined forces of the three agencies, with the Philippine National Police, we will be able to expand the fight against colorum. Rest assured that we will intensify apprehensions as soon as possible),” Artes said.

Under the JTF, the MMDA, DOTr, and the DILG will coordinate and collaborate in the conduct of traffic, clearing and all kinds of anti-colorum operations within the National Capital Region.

Members of the JTF will have the authority to determine violations related to transportation and to issue citation tickets.

These enforcers will also be deputized by the DILG, the DOTr, and the MMDA when necessary.

Fines for colorum violations range from PHP6,000 to PHP1 million, depending on the type of vehicle. (PNA)

DOJ partners with private firms for program to up-skill female PDLs



MANILA – The Department of Justice (DOJ) on Thursday inked an agreement with private institutions to launch Project Arts, Crafts and E-Commerce (ARTE) to improve the technical skills of female persons deprived of liberty (PDLs) at the Correctional Institution for Women (CIW).

The partners under the memorandum of understanding (MOU) with DOJ and CIW include Zarah Juan, Mark Bumgarner, Strokes, Halohalo, Zalora, Pinay Girl Boss, Huawei, Smart and Lazada.

In a statement, Justice Undersecretary Margarita Gutierrez said Project ARTE aims to provide PDLs a better quality of life by “upskilling and empowering women PDLs to become more entrepreneurial and capable of navigating e-commerce.”

“We are not only

empowering them to build better futures for themselves, but also contributing to the overall economic growth and development of our society,” Gutierrez said.

She thanked the team behind the transformative livelihood program “for their commitment and dedication to a vital cause.”

“Together, we can make a difference and build a brighter future for all.” Under the MOU, the Bureau of Corrections (BuCor) shall provide facilities for the initial launch of Project ARTE, as well as the selection of qualified PDLs who will become beneficiaries of the project.

The roles and contributions of the program partners or the private corporations include training PDLs to attain long-term means of livelihood, such as bag-making, make-up, designing, arts and entrepreneurship. (PNA)



PLDT, OFBank to provide OFWs with secure banking abroad

MANILA – PLDT Global Corporation (PLDT Global) and the Overseas Filipino Bank (OFBank) have teamed up to help bring secure banking to overseas Filipino workers (OFW) and tourists even when they are abroad.

In a statement on Tuesday, PLDT Global president and chief executive officer Albert Villa-Real said Filipinos can avail of these features and more under the one-stop online marketplace “Tindahan ni Bossing (TINBO).”

“This exciting collaboration further strengthens our shared commitment to fostering a sustainable future for overseas Filipinos and their families. It also adds to our portfolio of services that address the financial needs and uplift the lives of Filipinos abroad,” Villa-Real said. TINBO users with registered Smart virtual numbers (SVN) can use banking services



through the OFBank mobile app and receive one-time PINs (OTP) through their SVN for secure mobile banking even outside the country. “We are elated that our existing and prospective clients will be able to own SVNs and use the same for OTPs, without the intervention of consolidators and even perhaps, regulatory controls in their host countries,” he said.

Aside from mobile banking, overseas Filipinos can use TINBO to buy load, pay bills, food vouchers, e-gifts, healthcare PINs from mWell, and

gaming PINs for their families back in the Philippines.

“With proper knowledge and tools, overseas Filipino workers can ensure that their hard-earned money will not be put to waste and will bring lasting benefits for themselves and their families,” he said.

The OFBank is a subsidiary of the Landbank of the Philippines and is the official digital bank of the Philippine government.

It is the first branchless and digital-only banking institution in the country. (PNA)

600K plastic cards enough to fill driver's license backlog – DOTr

MANILA – The recent delivery of 600,000 plastic cards to the Land Transportation Office (LTO) is enough to fill the backlog for driver’s licenses from the previous year, Department of Transportation (DOTr) Secretary Jaime Bautista said.

“Meron pa tayo nung additional na 1 million na nai-deliver sa LTO noong nakaraan (This is on top of the additional 1 million cards delivered to the LTO previously),” he said

in a turnover ceremony at the LTO headquarters in Quezon City on Tuesday.

By May, Bautista said at least 2.2 million more cards will be delivered to the LTO for distribution to its various district and satellite offices.

“Now that the writ is lifted, we can now proceed with the issuance of license cards for new DL (driver's license) applicants and those who will renew,” he said.

Earlier, LTO chief Assistant Secretary Vigor Mendoza II said the recent delivery would ensure the continuity of the schedule of renewal of driver's licenses issued in March.

On March 25, the first 1 million plastic cards were delivered to the LTO after the Court of Appeals lifted the injunction order on the delivery of remaining undelivered plastic cards from Banner Plasticard procured last year. (PNA)

8 Foods High in Collagen

While collagen supplements are very popular and a great way to increase your collagen intake, many protein-rich foods are great sources of collagen naturally. Here is a list of the top 8 foods high in collagen that you can add to your diet today.

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WHAT ARE COLLAGEN-RICH FOODS? Collagen is naturally found in animals and is primarily found in flesh with connective tissues. Collagen is not found in plants, however, certain plant foods contain amino acids, vitamins, and minerals that promote collagen production.

Collagen is the most abundant type of protein in the body and is a major component of bone, skin, muscles, tendons, and cartilage. When digested in the stomach, collagen is broken down into amino acids, which are distributed wherever the body most needs protein.

While collagen supplements are very popular and a great way to increase your collagen intake, many protein-rich foods are great sources of collagen naturally. Here is a list of the top 8 foods high in collagen that you can add to your diet today.

As we age, collagen production naturally declines and, although the body naturally produces collagen, consuming collagen-rich foods and foods that support collagen production might help your body make more collagen to promote skin health and protect muscles and ligaments (1, 2). Infographic with foods high in collagen; bone broth, organ meats, beef, chicken, pork, fish, egg membrane, gelatin, and supplements.

BEST FOOD SOURCES OF COLLAGEN The best collagen-rich foods are:

1. BONE BROTH Bone broth is one of the best food sources of collagen. It is made by simmering bones and connective tissues in water with a bit of vinegar for up to 24 hours. This process of boiling bones starts to disintegrate the bones and release nutrients and proteins, including collagen, into the water. The best collagen-rich bone broths are made

from beef, pork, or chicken bones and can easily and inexpensively be made at home.

Prepared bone broth can also be found in major grocery stores, however, it’s important to read the label and buy high-quality versions made primarily of bones and tissues with little or no additives. Unfortunately, some research has found that commercially prepared bone broths don’t contain enough collagen to make a notable health difference (3).

2. ORGAN MEATS Type I collagen is naturally concentrated in organ meats and organ meats have much higher levels of collagen than muscle meats (4). Organ meats, such as heart, kidneys, intestines, and tripe from beef, pork, or chicken are also great sources of essential amino acids, vitamins, minerals, and healthy fats.

While organ meats have fallen out of favor in America and many Western countries, they were staples in ancestral diets and are still commonly consumed in certain parts of the world. A popular way to enjoy organ meats is by eating liver pate, which is made by blending liver with onion, garlic, and herbs into a paste, and is used as a spread for crackers or bread.

3. BEEF Beef is a great source of Type I and Type III collagen, known as bovine collagen, but not all cuts of beef are high in collagen (5). While steak is one of the most popular cuts of beef, the best beef sources of collagen are tough cuts full of connective tissue like pot roast, brisket, shanks, and chuck steak (6). Although tough cuts of beef take longer to cook, they are filled with collagen-rich cartilage and tendons and make wonderful beef stews, soups, and curries.

4. CHICKEN Chicken, specifically chicken cartilage and chicken skin, is also a good food source of collagen. Bone-in, skin-on cuts of chicken such as wings, legs, and feet are rich in Type II collagen (7). Chicken skin is also a great source of glycine, an amino acid that is a precursor for collagen (8). So instead of always making skinless chicken breasts for dinner, grab some chicken wings, chicken thighs, or chicken legs, eat it off the bone, and enjoy a boost of collagen in every bite.

5. PORK Pork skin is a very collagen-rich food. While most people aren’t cooking pork skin at home, pork skin is used to make pork rinds, a crispy, airy pork snack that is a great alternative to chips. Pork rinds are high in protein, high in

fat, and low in carbohydrates. Pork rinds, also known as pork scratchings or pork crackling, can be found at major grocery stores and come in a variety of flavors.

6. FISH Fish, particularly fish bones, skin, and scales, is a great source of collagen. Fish skin contains Type I collagen with a high degree of purity and fish collagen, also known as marine collagen, is highly bioavailable (9).

Sardines are a great source of collagen since they’re usually eaten whole, as is salmon when consumed with the skin on. Fish bones can also be used to make collagen-rich broths and stocks. While less popular in Western diets, jellyfish is a also great source of high-quality collagen which is often turned into hydrolyzed collagen supplements.

7. EGGS While egg whites and egg yolks don’t contain collagen, egg membranes do. Eggs have 3 primary parts; albumen/white, yolk, and the shell membrane. The shell membrane is the thin layer between the egg white and the eggshell and it contains Type I, Type V, and Type X collagen (10, 11, 12). More specifically, eggs contain transparent protein membranes that provide defense against bacterial invasion, both of which are good sources of protein.

While it can be difficult to access this membrane when cooking or baking with eggs, as it’s often left inside the shell once it’s cracked, you can remove manually remove it from the shells. Alternatively, when peeling hard-boiled eggs, do not discard the bits of membrane that stick to the egg.

Some studies have found that egg yolks may also contain collagen, however, much more research is needed.

8. GELATIN Gelatin is made by boiling animal bones, cartilage, and skin before allowing the liquid to cool and set into a translucent jelly-like substance. The breakdown of these tissues produces animal gelatin, which is a form of collagen and can be more easily absorbed by your body. Beef gelatin can be used as a natural thickener for soups, stew, and broth, or to make homemade jello, marshmallows, electrolyte gummies, and treats.

Gelatin is also used to make gummy candy, however, not all gummy candies are made from animal gelatin. Vegan gelatin is made from agar-agar or other plant-based sources, which do not contain collagen.