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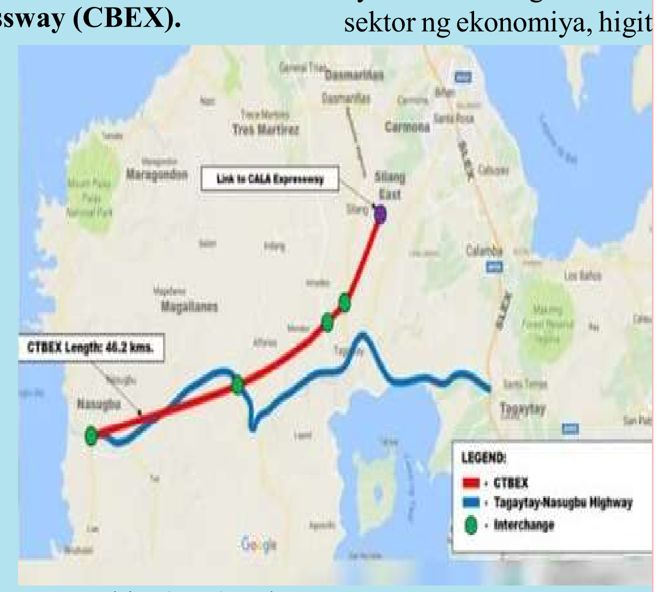
CAVITE-BATANGAS EXPRESSWAY, NAIS ISULONG NG SAN MIGUEL HOLDINGS CORP

Para sa mabilis na biyahe, inaprubahan na ng Pamahalaang Panlalawigan ng Cavite ang unsolicited proposal ng San Miguel Holdings Corp. na maisulong ang pagpapatayo at pagsasaayos ng Cavite-Batangas Expressway (CBEX).

Ito ay batay sa inilabas na media release ng naturang lokal na pamahalaan, kung saan layong mapabilis ang byahe sa pagitan ng dalawang probinsiya.

Madaraanan sa itatayong 27.06-kilometrong toll road ang mga bayan ng Silang, Amadeo, Tagaytay, Indang, Mendez, at Alfonso sa Cavite at Nasugbu naman sa Batangas.



Kaugnay nito, iniulat ng Pamahalaang Panlalawigan ng Cavite na ang Private-Public Partnership (PPP) selection committee ay nagpapatuloy para sa mandatory competitive selection process ng proyekto.

Inaasahan na bukod sa mas maikling travel time ay makakatulong rin ito sa sektor ng ekonomiya, higit lalo pagdating sa larangan ng komersiyo at turismo ng dalawang probinsiya batay kay Infrawatch PH convenor Terry Ridon.

AGREEMENT PARA SA SANGLEY POINT INTERNATIONAL AIRPORT PROJECT, PIRMADO NA

Nitong nakarangseptember 15, 2022 ay pormal nang pinirmahan ng Pamahalaang Panlalawigan ng Cavite sa pangunguna ni Cavite Governor Jonvic Remulla ang Consortium & Collaboration Agreement nito para sa Sangley Point International Airport Project.

Batay sa pabatid ni Cavite City Mayor Denver Chua, ang makasaysayang proyekto sa lalawigan ay pangungunahan ng construction firm na Samsung C&T Corp., na kilala sa kanilang paggawa ng Burj Khalifa sa Dubai.

BIGAS, IPAPALIT SA ISANG PLATONG LAMOK SA TANZA

Handang magbigay ng isang kilong bigas ang Barangay Sanja Mayor sa Tanza, Cavite kapalit ng isang platong lamok na mahuhuli ng residente sa kanilang lugar.

Ang naturang alok ay programa ng barangay upang masolusyunan ang lumalaking bilang ng mga nagkakasakit ng ng dengue sa kanilang munisipalidad.

Matatandaan na kasalukuyan ay nasa ilalim ng state of calamity ang bayan dahil sa outbreak ng sakit.

"Siguro po ay natatandaan n'yo pa rin 'yung kabataan ninyo na ang ang ating mga magulang ay may ganyang style: isang plato na lalagyan ng oil, iwawasiwas sa may maraming lamok at talaga naman pong nakakahuli," pahayag ni Peter Aricayos, kapitan ng Barangay Sanja Mayor,

Batay kay Aricayos, wala namang kinakailangan na dami o bilang ng lamok para sa pagpapalit sa bigas.

"Kailangan po naman na kahit papaano ay makitang marami [ang dumikit na lamok], pero napakahirap po namang punuin iyon," aniya.

Ang mga nais na makatatanggap ng isang kilong bigas ay maaaring magdala sa barangay hanggang Setyembre 30. Naglaan sila ng nasa 10 kabang bigas para sa naturang proyekto.

Dagdag pa rito siniguro rin nila ang pakikiisa sa malawakang paglilinis sa bayan para puksain ang mga posibleng pinamumugaran ng lamok.

MS. MARILENE CABUENA-ACOSTA; ITINALAGA NI PBBM BILANG BAGONG CEO NG PAG-IBIG FUND...

Itinalaga ng Pangulong Ferdinand 'Bongbong' Marcos Jr,. si MS. MARILENE CABUENA-ACOSTA bilang Acting Chief Executive Officer and Member, Board of Trustees ng (PAG-IBIG FUND) Home Development Mutual Fund, kapalit ni Acmad Rizaldy P. Moti.

Kapaloob ito sa isang appoitment letter na naka-address kay Secretary Jose Rizalino L. Acuzar ng Department of Human Settlements and Urban Development na nilagdaan ni Executive Secretary Victor D. Rodriguez na may petsang September 15, 2022.

Ang paghirang kay Acosta ay kinumpirma mismo ni Secretary Acuzar DHSUD sa isang panayam. l via Rod Izon (DWIZ Ronda Patrol)

ACCEPTING ADS - 0928-4682788/0922-3648349 * E-mail add: pahayaganngkabitenyo@Yahoo.com / pahayagancavite@gmail.com

Tamang diet para makaiwas sa diabetes

Dr. Willie T. Ong

ALAM n'yo ba na ang diabetes ay napakasama at naka-ma-matay? Kaya kung kayo ay may diabe-tes, piliting ma-kon-trol ito. Magagawa natin ito sa pamamagitan ng wastong pagkain.

Narito ang mga tips na dapat tandaan:

1. Walang "mild" sa diabetes.

Kung ikaw ay may diabetes, ibig sabihin ay 50% ng mga selula sa pancreas (beta cells na gumagawa ng insulin) ay posibleng nasira na. Dahil dito, tumataas ang iyong asukal sa dugo ng lampas sa normal na 105 mg/dl.

2. Umiwas sa matatamis at matataba.

Ayon kay Dr. Augusto Litonjua, tinaguriang Ama ng Diabetes Medicine sa Pilipinas, hindi naman lahat ng pag-kain ay pinagbabawal sa diabetes. Bawasan lang ang mata-tamis at makolesterol na pagkain.

3. Tumanggi sa ice tea, softdrinks at capuccino. Magtubig na lang.

Alam n'yo ba na ang pag-inom ng isang basong ice tea bawat araw ay nakapagdaragdag sa inyong timbang ng 1 libra bawat linggo? Ang 1 basong soft drinks naman ay may 7 kutsaritang asukal. Grabe ang tamis! Kaibigan, tubig lang talaga ang tunay na zero calories.

4. Mansanas at peras ang pangdiyeta na prutas.

Akala nang marami, "all you can eat" ang mga prutas-. Mali! Matamis at nakatataba ang mga prutas tulad ng mangga, pineapple, ubas, abokado at lychees. Hinay-hinay lang. Kung gusto mo ng mangga, isang pisngi lang ay sapat na sa isang kainan. Pagdating sa ubas, anim na piraso lang ang limit mo.

Ang mga prutas na puwedeng kainin ay ang man-sanas, peras at saging. Ngunit, huwag ubusin ang isang piling na saging!

5. Puwede ang 1 rice at 1 ulam.

May mga pasyenteng hindi na kumakain ng kanin. Hindi po ito maganda. Sa katagalan ay hihina kayo at mawawalan ng sigla. Kailan din ng katawan natin ang carbohydrates para sa balanseng diyeta. Ang solusyon ay ang paglimita sa dami ng pagkain. Isang platitong ulam o gulay, na may 1 cup rice ay okey na, di ba? Good luck po sa pag-kontrol ng inyong diabetes.

EDITORIAL

Pang-aabuso sa OFWs sa Saudi Arabia

Ipagpapatuloy na ng pamahalaan ang pagpapa-dala ng Pinoy workers sa Saudi Arabia sa darating- na Nobyembre. Ito ang inihayag ni Department of Migrant Workers (DMW) secretary Susan Ople noong Martes. Ayon kay Ople, lumagda sa kasunduan ang Saudi Arabia na sinisiguro ang kapakanan at proteksiyon ng mga Pilipinong household work-ers at iba pang skilled work-ers. Sinabi ni Ople na sisimulan sa Nobyembre 7 ang pagpapadala ng workers sa Saudi Arabia. Ipinatigil ang pagpapadala ng OFWs sa Saudi noong Nobyembre 2021 sa utos ni dating Labor Secretary Silvestre dahil sa mga pagmamalabis- at pang-aabuso ng Saudi employers.

Ilang beses nang nagkaroon ng ganitong kasun-duan ang Pilipinas at Saudi Arabia sa mga nakaraang taon subalit hindi sumusunod sa batas ang mga Saudi employers. Patuloy ang pang-aabuso lalo sa mga domestic helpers. Bukod sa hindi pina-su-su-weldo, minamaltrato at kung anu-anong hindi maka-taong pagpapahirap ang ginagawa sa DH gaya ng pagplantsa sa palad, pagpaso ng sigarilyo at hindi pagpapakain. Ang matindi, ginagahasa pa ng manyakis na among lalaki ang Pinay maid.

Nag-ugat ang pagsuspende sa pagpapadala ng OFWs sa Saudi nang isang abusadong Saudi mili-tary general ang inireklamo kay Bello ng 16 na OFWs na pinagmamalupitan sila at hindi pinasusuweldo sa loob ng dalawang taon (2019-2021). Nakilala ang abusadong Saudi General na si Ayedh Thawah Al-Jealid. Maimpluwensiya umano ang general kaya patuloy sa ginagawang pagmamaltrato sa kanila. Nakipag-ugnayan sa mga awtoridad sa Saudi Arabia si Bello pero nagmamatigas pa rin ang general at ayaw bayaran ang mga minaltratong OFWs. Ipinasya ni Bello na suspendehin ang pagpapadala ng OFWs sa Saudi Arabia.

Ngayon ay tuloy na uli ang deployment. Hindi naman nilinaw ni Secretary Ople kung nabayaran na ang mga OFWs na minaltrato ng Saudi general. Nararapat klaruhin ito bago ang pagpapadala ng OFWs. At gaano kasigurado na tutupad ang mga Saudi employers sa kasunduan na puproteksi-yunan ang kapakanan ng OFWs. Nararapat i-blacklist ang mga Saudi employers na nang-aabuso ng OFWs.

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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New app to boost LGUs' disaster rehab, recovery efforts

MANILA – The newly launched PlanSmart Ready to Rebuild web application of the Office of Civil Defense (OCD) will allow local government units (LGUs) hit by calamities to immediately generate rehabilitation and recovery plans (RRPs).

"This app, which will systematically generate RRPs using science-based information and pro-forma templates, will significantly help LGUs plan for quick and resilient recovery," OCD Administrator, Undersecretary Raymundo Ferrer, said in a statement Wednesday night.

The PlanSmart Ready to Rebuild web app is an automated planning tool envisioned to revolutionize the disaster risk reduction and management (DRRM) planning processes in the country by helping the government, especially LGUs, to plan for disasters more efficiently and to build back better faster.

"We welcome the development of the PlanSmart Ready to Rebuild app and its support capacity building program as tools for our LGUs that are at the forefront of mitigating and managing disaster risks," said Ferrer, who is also National Disaster Risk Reduction and Management Council (NDRRMC) executive director.

The Department of Science and Technology (DOST), Philippine Institute of Volcanology and Seismology (Phivolcs), Department of the Interior and Local Government (DILG), NDRRMC, and OCD in partnership with the World Bank launched the app on Wednesday.

"Through PlanSmart, it is my vision that we will have a geospatially-enabled Philippines where we evaluate data, time and location together for better analysis and decision-making," said DOST Secretary Renato Solidum Jr.

The app speeds up the development of RRPs and supports evidence-based decision-making and planning for pre- and post-disaster events.

It is an offshoot of the GeoRiskPH Integrated Platform developed by DOST and the Ready to Rebuild (R2R) Program led by OCD, enables LGUs to autogenerate an RRP through the use of a pro-forma document template.

"The World Bank as well as the Global Facility for Disaster Rehabilitation and Recovery (GFDRR) staunchly support this effort led by our national government partners. We are also pleased to know that the PlanSmart Ready to Rebuild app is just the first of a series of planning tools that are being developed under the PlanSmart platform. This is as an opportunity to continue highlighting the importance of access to risk information to support comprehensive hazard and risk assessments and data sharing among national government agencies, LGUs, and the public for science-based planning and investments programming," said Ndiamé Diop, World Bank Country Director for the Philippines, Malaysia, Thailand, and Brunei.

The PlanSmart Ready to Rebuild launch also heralds the rollout of capacity-building activities to enable LGUs, particularly data managers, DRRM officers, planning officers, and other staff involved in disaster rehabilitation and recovery programs, to use the app for the creation of their local RRPs.

"I am encouraging our LGUs to maximize the use of this PlanSmart Ready to Rebuild app in every aspect of their respective disaster risk management – recovery and rehabilitation, preparedness, response, and prevention processes, mechanisms, and strategies. For us to be able to effectively and efficiently utilize the PlanSmart Ready to Rebuild application, I am also encouraging our LGUs to populate the baseline data in the GeoRiskPH Integrated Platform to enrich the database of the platform," DILG Secretary Benjamin Abalos Jr. added.

For its pilot run, the training program intends to equip more than 400 participants from 137 LGUs in the National Capital Region, Calabarzon, Bicol, Central Visayas, and Caraga.

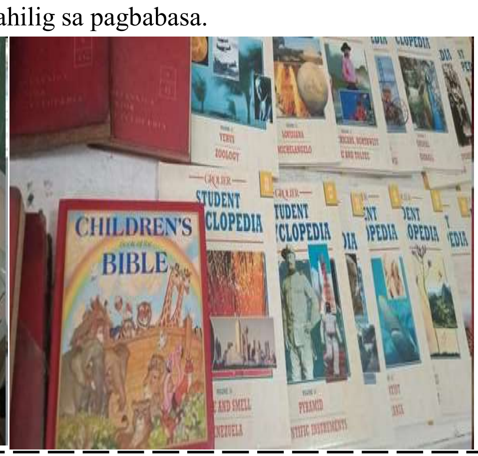
LGU participants in the pilot run will include R2R Program graduates, those with existing GeoRiskPH Memorandum of Agreements with DOST-Phivolcs, and those located in areas that were identified by the Cabinet Cluster on Climate Change Adaptation, Mitigation, and Disaster Risk Reduction as vulnerable to impacts of climate change and disasters. (PNA)

KARAGDAGANG LIBRO PARA SA MGA MAG-AARAL NG TINABUNAN

Malaking tulong para sa mga mag-aaral ng Tinabunan Elementary School sa lungsod ng Imus ang mga donasyong libro kamakailan.

Sa kanilang Facebook post, pinasalamatan ng pamunuan ng Tinabunan ES sina G. at Gng. Eric Navarro para sa kanilang donasyon na dalawang set ng encyclopedia at mga storybook para sa kanilang school library.

Anila, makakaasa ang mga donor na magiging malaking tulong sa kanilang mga mag-aaral ang mga aklat sa kanilang pagkahilig sa pagbabasa.



DUGONG ALAY, DUGTONG BUHAY

MINI STOP

GUHIT NG KAPALARAN

VIRGO: (Ago. 23-Set.23) Kung hirap noon, sagana ngayon. Kung panay hinanakit sa nakalipas, kaligayahan naman ang daranasin ngayon. Nasa itaas ka sa gulong ng buhay, dapat paghandaan ang panahon kung nasa ilalim. Lucky numbers at color for the day ang 3, 5, 24, 30 at light blue.

LIBRA: (Set. 24-Okt. 23) Mapalad sa larangan ng pag-ibig. Angkin ang talas ng ESP na makakatulong sa kaibigan na may suliran. Lucky numbers at color for the day ang 6, 24, 28, 34 at green.

SCORPIO: (Okt. 24-Nob. 22) Huwag baguhin ang mga balak. Taliwas o kabaligtaran sa inaakala ang mangyayari. Maaayos ang lahat, magtatagum-pay ka. Lucky numbers at color for the day ang 3, 5, 33, 40 at yellow.

SAGITTARIUS: (Nob. 23-Dis. 21) Masaya at maaliwalas ang mga Sagittarius. Mapapawi ang mga suliranin na pantahanan. Makakatagpo ng bagong kaibigan. Lucky numbers at color for the day ang 18, 26, 34, 39 at peach.

CAPRICORN: (Dis. 22-Ene. 19) Matalas ang isip. Naaayon ang paglagda ng mahahalagang papeles o kontrata. Ideyal din para kumuha ng pagsusulit. Lucky numbers at color for the day ang 4, 8, 28, 30 at blue.

AQUARIUS: (Ene. 20-Peb. 18) May sagabal sa binaba-lak mo. May matutuklasan na ikagagalit. Suliranin sa trabaho ang magpapatamlay sa'yo. Lucky numbers at color for the day ang 5, 10, 14, 22 at red.

PISCES: (Peb. 19-Mar. 20) Pag-isipan muna ang gagawin bago puma-laot. Kung hindi, mag-iingat baka mapasubo at magsisi sa huli. Lucky numbers at color for the day ang 7, 25, 40, 42 at indigo.

ARIES: (Mar. 21-Abr. 19) Isang Leo ang makapagpapainit ng ulo. Ang pagtitimpi ay dapat pairalin. Iwasan ang paanyaya ng mga kaibigan. Lucky numbers at color for the day ang 3, 5, 22, 39 at white.

TAURUS: (Abr. 20-May. 20) Sundin ang dikta ng isip at hindi ang puso. Iwasan ang maging mapusok sa pag-ibig dahil ipahamak ka nito. Lucky numbers at color for the day ang 6, 11, 13, 40 at gray.

GEMINI: (May.21-Hun. 21) Maging mapamaraan at pakikibagay ang dapat pairalin. Tiyakin na walang masasaktan sa mga salita o gawa. Lucky numbers at color for the day ang 2, 6, 20, 36 at green.

CANCER: (Hun. 22-Hul. 22) Malamang may hindi inaasahang panauhin. Walang sagabal sa lalakarin o gagawin. Matiwasay na matapos ang lahat. Lucky numbers at color for the day ang 8, 13, 26, 33 at beige.

LEO: (Hul. 23-Ago. 22) Walang sagabal kung makikipagkasundo sa nakasamaan ng loob. Naaayon ang maglakbay sa malayo o malapit. Lucky numbers at color for the day ang 8, 17, 20, 32 at orange.

DILG to LGUs: Issue permit to operate to tourism enterprises with DOT accreditation only

The Department of the Interior and Local Government (DILG) today said local government units (LGUs) should only issue permit to operate to primary tourism enterprises (PTEs), such as hotels and resorts, which have secured the required accreditation from the Department of Tourism (DOT) pursuant to relevant laws and regulations.

DILG Secretary Benjamin 'Benhur' C. Abalos, Jr. said Section 122 of the Implementing Rules and Regulations (IRR) of Republic Act 9593 or "The Tourism Act of 2009" states that prior accreditation by the DOT is required for the issuance of a license or permit to operate to PTEs by LGUs.

"Despite the evident booming of our tourism sector following the lull due to the pandemic, PTEs must still abide by tourism laws and regulations. Mahalaga po ang sektor ng turismo sa ating ekonomiya ngunit mahalaga rin na tayo ay sumusunod sa polisiya ng pamahalaan," he said.

PTEs refer to accommodation establishments such as hotels, resorts, and homestays; travel and tour services such as travel and tour agencies and tour operators; tourist transport operators (e.g., land, water, and air); meetings, incentives, conventions, and exhibitions; adventure/sports and ecotourism facilities; and, tourism frontliners or tour guides, among others.

Now that people are traveling again, Abalos said PTEs accredited by the DOT will guarantee that protocols enforced by the government for the protection of tourists and the PTEs themselves are implemented. He stressed that LGUs must be at the forefront of protecting the welfare and safety of tourists by ensuring that PTEs within their jurisdiction are adhering to government policies.

He said the DOT mandate to obtain accreditation ensures the quality of services offered by PTEs is at par with the standards set for the industry, protecting tourists from unreliable transactions from sketchy service providers. "With the DOT accreditation, tourists gain a much-needed peace of mind when they travel," he said.

He echoed President Ferdinand "Bongbong" Marcos, Jr.'s statement that tourism is a vital economic vehicle that creates lots of opportunities on the ground, which is why LGUs must see to it that PTEs are complying with existing rules and regulations for the best interest of the people.

"We must be strict in ensuring that our policies are being fully exercised and complied with. Maraming kababayan natin ang nagtatravel kaya kailangan nating pangalagaan ang kanilang kapakanan," he said.

In an advisory dated August 26, 2022, the Department reiterated DILG Memorandum Circular (MC) 2019-17 which states that LGUs have to ensure that all PTEs have complied with and have obtained DOT accreditation before operations.

In the same memorandum, LGUs are directed to issue necessary closure orders if the concerned PTEs pay no heed to DOT's notification of failure of compliance.

"Tourism enterprises who fail to act on their deficiencies within a reasonable period may face closure," he said.

COVID-safe travels

Likewise, DILG Secretary Abalos encouraged the public to continue observing the minimum public health standards (MPHS) set by the Inter-Agency Task Force (IATF) for the Management of Emerging Infectious Diseases as well as get their vaccine and booster doses to enjoy safe and healthful travels in the country.

"We should all do our part in sustaining the gains we made in improving the country's pandemic situation. Let us still follow the health and safety protocols from IATF, and get vaccinated and boosted. Let us unite as one so we can all experience a better normal," he said.

#WeAreYourDILG

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DENR CALABARZON GEARS UP FOR NATIONWIDE SIMULTANEOUS TREE PLANTING

The Department of Environment and Natural Resources CALABARZON gears up for the Nationwide Simultaneous Tree Planting Activity on Tuesday. The said activity is headed by the Department of the Interior and Local Government in collaboration with the Department of Agriculture and DENR.

The tree planting will serve as the Kick-Off Ceremony for DILG's Tree Planting Project with the theme: "Buhayin ang Pangangalaga ng Kalikasan" where more than 8,000 seedlings and bamboo planting stocks are expected to be planted in the CALABARZON Region by participating Government Agencies, Civil Society Organizations, and other volunteers.

Meanwhile, DENR Regional Executive Director Nilo B. Tamoria, visited proposed sites in the Region for an ocular inspection such as Brgy. Pintong Bukawe, San Mateo, Rizal, and Brgy. Taytay, Majayjay, Laguna in preparation for the activity. Other identified tree planting sites in CALABARZON include Trece Martirez City in Cavite, Kinalaglagan Mataas na Kahoy in Batangas, and Brgy. Sta. Lucia, Dolores, Quezon.

Proposed site for the national level is at Brgy. Pintong Bukawe, San Mateo, Rizal inside the Upper Marikina River Basin Protected Landscape. "Makabuluhan po ang ating gagawing tree planting dahil ang napiling site ay dating Sanitary Landfill. Malaki po ang maitutulong ng ating pagtatanim para sa patuloy na pagrehabilitate ng site", RED Tamoria stressed.

The Provincial and Community Environment and Natural Resources Offices (PENROs and CENROs) in Cavite, Laguna, Batangas, Rizal, and Quezon are continuously coordinating with Provincial DILG and DA counterparts for the site preparations.

For groups and organizations interested to volunteer for the activity, you may coordinate with the nearest DENR Office in your area.