

DTI prepares MSMEs to adopt e-commerce

The Department of Trade and Industry (DTI) targets micro, small and medium enterprises (MSMEs) to adopt digital commerce for their businesses to thrive amid a challenging environment due to the coronavirus disease 2019 (Covid-19) pandemic.

In a webinar Tuesday, DTI Assistant Secretary Jean Pacheco said the department is crafting an e-commerce roadmap which aims to improve market access for MSMEs, prepare them for digital transformation, and make logistics efficient and at a lower cost through integration.

Pacheco encouraged businesses to tap the potential of digitalization, as one can start his online businesses through social media and can further expand to other online platforms. She added e-commerce is also borderless where one can buy and sell anywhere and can create sales 24 hours. Maintaining cost for an online store is also 10 times lower than a physical store, the DTI said.

"Covid-19 has accelerated the adoption of online transactions in the country," Pacheco said.

She said business registrations in online retail surged when the Covid-19 hit the

country and the government implemented community quarantine measures. As of Aug.10, business registration related to online retail grew to over 68,000 from around 1,700 registrations in January to March 2020. More than 33,000 of the total business registrations of online retailers were listed in the month of June alone, Pacheco said.

"For market access, the opportunity for Philippine businesses is huge, and we're mindful of these following statistics: the Philippines, our total retail sales is valued at USD63 billion, while e-commerce accounts for less than 4 percent valued at USD2.4 billion," Pacheco said. She added global e-commerce sales reached USD3.34 trillion with 4.57 billion active internet users. The Philippines has the most number of mobile subscriptions at over 120 million.

However, time spent by Filipinos for online buying and selling is just 10 percent, she said. Moreover, the e-commerce roadmap aims to reduce the logistics cost and make the system more efficient. "In our roadmap, we introduced a simple strategic framework with three major elements — security, speed, and structure resulting in sales," Pacheco said.

She underscored that with the directive of President Rodrigo Duterte in his fifth state-of-the-nation address to strengthen consumer protection including online transactions, the government is scaling up its e-commerce interventions. The Chief Executive ordered concerned agencies to address risks related to security, data privacy, and misrepresentation in online transactions. (PNA)



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DepEd: Wearing school uniform is not necessary in distance learning

Learners need not wear school uniforms in any distance learning approach they would participate in for School Year 2020-2021, the Department of Education (DepEd) said recently.

The department made the statement after a television report said it encourages public school students to wear school uniforms or

proper clothing to prevent cases of bullying.

"Even before the pandemic, it is not a strict requirement for public schools to wear uniform (under) DepEd Order No. 065 series 2010 to avoid incurring additional cost to the families of our learners," the statement read.

It added that with face-to-face classes

prohibited, "learners are welcome to wear their most comfortable and appropriate clothes while learning at the safe confines of their homes."

Classes will formally open on August 24 with the implementation of distance learning through modules – printed and digital, online classes, radio, and television. (PNA)

NO less than Dept. of Interior and Local Govt. (DILG) Undersecretary for Barangay Affairs, Martin Dino, who visited the Filipino Inventors Society Producers Cooperative (FISPC) Showroom and Business Center for various Covid-19 Essential Products such as BioMat Foot Disinfecting Mat, Food Sanitation Alcohol Dispenser, HBC Hygiene Kits, SnoI Body Ionizer. It also offers coffee, complete Personal Protective Equipment (PPE) and Probaton, among others. Probaton is used specially to equip frontliners such as Barangay Tanod manning the checkpoints. All the above products are available



at the FISPC Showroom at 821-Cortez Building, EDSA, South Triangle, Quezon City (beside Cinderella Building). The store opens from 9am to 5pm, Mondays to Saturdays. For those who want to avail of FREE THERAPY using SnoI Body Ionizer, they can visit the shop for free trial for 45 minutes. VISIT US NOW!

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THE GOAL OF GOD IS THE GOSPEL OF AGAPE LOVE



By: Bro. Romy Salcedo

AGAPE LOVE IS "TRUE BORN AGAIN" EXPERIENCED

YOU MUST BE BORN AGAIN

"There was a man of the Pharisees, named Nicodemus, a ruler of the Jews." "The same came to Jesus by night, and said unto Him, Rabbi, we know that thou art a teacher come from God, for no man can do these miracles that thou doest, except God be with him."

Jesus answered and said unto him, verily, verily, I say unto thee, except a man be born again, he cannot see the Kingdom of God." Nicodemus saith unto him, how can a man be born again when he is old? Can he enter the second time into his mother's womb and be born?

"Jesus answered, verily, verily I say unto thee, except a man be born of water and of the spirit, he cannot enter into the Kingdom of God." "That which is born of the flesh is flesh; and that which is born of the spirit is spirit." "Marvel not that I said unto thee, Ye must be born again." (John 3: 1-7)

MAN IS BOTH FLESH AND SPIRIT

"And God said, let us make man in our image, after our likeness, and let them have dominion over the flesh of the sea, and over the fowl and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth." (Genesis 1:26)

"And the Lord God formed a man of the dust of the ground, and breathed into his nostrils the breath of life, and man become a living soul." (Genesis 2:7)

"So God created man in His own image, in the image of God created He him, male and female created He them." (Genesis 1:27 ; 2:15-25)

ADAM WAS MADE FLESH WITH A SPIRIT

(I Corinthians 15:45-49)

"And so it is written, the first man Adam was made a living soul, the last Adam was made a quickening Spirit." The first man is of the earth, the second man is of the Lord from heaven." "As is the Earthy, such are they also that are Earthy, and as is the Heavenly, such are they also that are Heavenly." "And as we have borne the image of the Earthy, we shall also bear the image of the Heavenly."

EDITORIAL

Legacy of Alfredo S. Lim

Representative Martin Romualdez of Leyte and now House Majority Leader said that former Manila Mayor Alfredo S. Lim 'left a legacy' of law and order that earned the former Mayor the nickname "Dirty Harry" which is Clint Eastwood's famous character who was 'ruthless' against criminals. He was a decorated public officer who was tough on crime, a powerful force in maintaining law and order, and a dedicated public servant who served the country for almost six decades in various capacities. His malasakit (compassion) on maintaining peace and order was intended to ensure a safer environment for the Filipino people and give his poor constituents a 'better life' especially the suffering masses. Lim began his career in public service at the Integrated National Police assigned at then Manila Police until he became superintendent of the Philippine National Police Academy and director of the Western Police District (WPD) now called Manila Police District. Romualdez also said that Lim's brilliant leadership and friendship will be missed, but he will never be forgotten. He lived a full life as a public servant. His 'legacy' will continue.

He also served as director of the National Bureau of Investigation (NBI) during the administration of the former President Corazon C. Aquino and was also appointed by former President Joseph E. Estrada as secretary of Department of Interior and Local Government (DILG) and was also elected as senator. Meanwhile, Manila Mayor Francisco "Isko Moreno" Domagosa has vowed to 'immortalized' the legendary Mayor Lim, citing his honest and corruption-free feat as something that should serve as the 'template' of public service which the young generation should emulate. On the other hand, Presidential Spokesperson Harry Roque said that former Manila Mayor Alfredo S. Lim would be remembered for his 'tough stance' against criminality and drugs. Malacañang extendend its condolences to the family, loved ones, friends, and supporters of Lim. The Philippine National Police headed by General Archie Francisco F. Gamboa joined also the nation in mourning the death of Lim, whom they called as 'one of their own'.

ANG LANGIT AY PARA SA DIYOS AT MGA TAONG ISPIRITUAL, AT ANG MUNDO AY PARA SA MGA TAONG BUHAY NA MAY LAMAN

Sa lahat ng mga planeta sa Uniberso na nilikha ng Diyos, ay ang Planet Earth ang pinili ng Diyos upang maging tahanan ng tao na kaniyang nilalang ayon sa kaniyang larawan, wangis at anyo.

Nilikha niya ang tao mula sa alabok ng lupa at kaniya itong hiningahan ng kaniyang espiritu kaya ang tao ay naging kaluluwang buhay.

Ang ibig sabihin, ang katawan ng tao ay alabok at siya ay mayroong kamatayan. Lahat ng tao ay mamamatay ay babalik sa lupa na kaniyang pinanggalingan. Subalit habang siya ay nabubuhay ay nararapat niyang pagyamanin ang kaniyang buhay rito sa daigdig. Siya ang maghahari at mamamahala sa lahat ng mga bagay na nilikha ng Diyos. Siya ay kukuha ng pagkain mula sa dagat na sagana sa lahat ng uri ng isda. Siya ay pipitas ng iba't ibang uri ng bunga ng mga punungkahoy sa kagubatan na mabuti sa kaniyang katawan para humaba pa ang kaniyang hiram na buhay mula sa Diyos. Dapat siyang pawisan para magtanim ng iba't ibang uri ng mga halamang gulay na pampalusog sa katawan at lalaban sa lahat ng uri ng mga sakit at mga karamdaman. Sa madaling salita ay dapat niyang gawin ang mundo na kaniyang ginagalawan para ito ay maging isang ganap na "Paraiso sa Ibabaw ng Lupa" na tulad sa naging tahanan ng unang mga tao na sina Adan at Eba sa Hardin ng Eden.

Nais ng Diyos na ang tao ay maging masaya at maging maligaya sa buong panahon na ilalagi ng kaniyang buhay dito sa lupa. Kapag siya ay namatay ay magiging katulad na rin siya ng Diyos na Ispirital na walang laman at dugo na tulad ng kaniyang naging buhay dito sa lupa. Magkakaroon pa rin sila ng katawan subalit isang uri ng katawang walang kasiraan at maluwalhati. Ito ay magiging isang "Glorious Body" na walang kamatayan magpasawalang hanggan at ang kaniyang kabataan ay hindi na magbabago at kailanman ay hindi na siya tatanda.

Kaya ang nais ng Diyos ay samantalain natin ang paninirahan sa daigdig na may katapusan pagkatapos ng ating kamatayan. Dapat tayong magmahalan at pairalin ang "AGAPE LOVE" ng Panginoon sa ating mga puso na walang galit, selos, inggit at mga damdaming makasarili at hindi makatao. Kailangang ibigin at mahalalin natin ang ating kapwa tao ng taos sa puso at walang halong pagkukunwari. Iyan ang layunin ng Diyos para sa ating lahat.

(For questions, comments, and free marriage, just text Dr. Bishop Romulo L. Salcedo, D.D. 0919-6081588; 0915-5769415; 0933-5012202 or PLDT: 400-5594)

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MEMBER

ERNA M. BALAGTAS
Publisher

DIOSAN MARUAL
KCEE NACION
Marketing & Circulation Manager

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Healthy Eating for a Healthy Weight

Meal preparation

An eating plan that helps manage your weight includes a variety of healthy foods. Add an array of colors to your plate and think of it as eating the rainbow. Dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Adding frozen peppers, broccoli, or onions to stews and omelets gives them a quick and convenient boost of color and nutrients.

According to the Dietary Guidelines for Americans 2015–2020^{external icon}, a healthy eating plan:

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products

Includes lean meats, poultry, fish, beans, eggs, and nuts

Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

Stays within your daily calorie needs

Fruit

Fresh, frozen, or canned fruits are great choices. Try fruits beyond apples and bananas such as mango, pineapple or kiwi fruit. When fresh fruit is not in season, try a frozen, canned, or dried variety. Be aware that dried and canned fruit may contain added sugars or syrups. Choose canned varieties of fruit packed in water or in its own juice.

Meal prep containers with broccoli, carrots, rice or soba noodles

Vegetables

Add variety to grilled or steamed vegetables with an herb such as rosemary. You can also sauté (panfry) vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish—just microwave and serve. Look for canned vegetables without added salt, butter, or cream sauces. For variety, try a new vegetable each week.

Calcium-rich foods

In addition to fat-free and low-fat milk, consider low-fat and fat-free yogurts without added sugars. These come in a variety of flavors and can be a great dessert substitute.

Meats

If your favorite recipe calls for frying fish or breaded chicken, try healthier variations by baking or grilling. Maybe even try dry beans in place of meats. Ask friends and search the internet and magazines for recipes with fewer calories? you



might be surprised to find you have a new favorite dish!

Comfort Foods

photo of 2 variations of macaroni and cheese, one with 540 calories and one with 315 calories

Healthy eating is all about balance. You can enjoy your favorite foods, even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balancing them with healthier foods and more physical activity.

Some general tips for comfort foods:

Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month.

Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.

Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe includes whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, low-fat cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.

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Want to learn more?

Healthy Eating Tips

Start eating healthier with these simple tips.

Good Nutrition Starts Early

Introduce kids to healthy foods with these ideas.

Improving Your Eating Habits

Learn more about how to start changing your eating habits.

Planning Meals

Stock up on healthier foods that contain fewer calories to help prepare you for weight-loss success!

Cutting Calories

Find out how to cut calories for your meals, snacks, and even beverages.

Healthy Recipes

Links to healthy recipes with calorie counts and nutritional information.

Eat More Weigh Less

Manage your weight without being hungry.

Get Enough Sleep

Regulate your appetite with adequate sleep.



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BRIC-A-BRAC FOR LIFE CORNER

By: Arturo E. Piao



A Bric-a-Brac excerpt series for knowledge enhancement to Better, Inner-being, Social-interaction and Healthful Living

- OPPORTUNITY INTERPRETATION VIEWED -

In one case of failure to see an opportunity that is obviously worthwhile is because, we are not looking at all. We are either too content with what to bother to look, or, too busy with our day-to-day survival problems.

Or we are looking for an opportunity but our search is directed in the wrong direction.

Further still is looking this time in the right direction, but one cannot identify the opportunity because the person is looking at it in the wrong way or is lost into something else.

Ultimately therefore, broaden the direction of search, instead of being eager to pursue one direction in depth.

Make an effort to look at it in different ways before hurrying to something else.

Spend some time on a deliberate search for benefits in a situation instead of always expecting benefits to be self-evident.

(For any questions, comments, and suggestions, just text to 09076254070 or 09057415008)

DOST-CALABARZON provides more than 11k MIRDC face shields to high-risk municipalities and supports other COVID-19 related projects

By: Myrrh Caithlin L. Gutierrez and Rochelle L. Cruz

With the rising numbers of COVID-19 positive patients, there is also a rising need for more personal protective equipment (PPEs) such as face shields for our frontliners. In response to this need, DOST-CALABARZON continuously provides municipalities, cities, and quarantine sites with face shields, face masks, and overall safety gown suits.

As of August 3, 2020, DOST-CALABARZON has distributed a total of 11,345 face shields to the whole of CALABARZON. The five Provincial S&T Centers (PSTCs) have been on the frontline in coordinating and administering the distribution of the face shields to 3,650 recipients in Cavite, 3,695 recipients in Laguna, 1,950 recipients in Batangas, 1,150 recipients in Rizal, and 900 recipients in Quezon. The beneficiaries were all grateful for the support DOST has given. The Rural Health Unit of Tingloy, Batangas expressed their overwhelming gratitude as they have very limited resources prior to the distribution. They were also not expecting the face shields since there is very limited transportation to the island.



distributing to quarantine sites, hospitals, municipalities, and cities specifically to the PNP and rural health units, and those places with a high number of COVID-19 cases.

In addition, DOST-CALABARZON has recently provided 66pcs K95 face masks and 120pcs face shields made by DOST-LSPU Ideation, Design, and Development laboratory to

tal in Los Baños, Laguna received 50 sets of overall safety gown suits and 50pcs face shields.

Aside from the face shield distribution, other

efforts done by the agency during this pandemic are implementation and participation on DOST projects to combat COVID-19, conduct of online seminars to continuously support the DOST-assisted MSMEs, and provision of PPEs developed by the DOST-LSPU IDD laboratory.

D O S T - CALABARZON also leads in the deployment of the RxBox units for telemetry monitoring with the UP-PGH and Regions NCR and VIII (Central Visayas) as the first and second batch of recipients. These two regions were prioritized due to the huge number of confirmed COVID-19 cases in these areas. The healthcare facilities from other regions will soon be deployed with RxBox units also. DOST-CALABARZON is also one of the agency partners on the on-going VCO clinical study for suspected and probable COVID-19 cases in Sta. Rosa, Laguna in-charge of the coordination with the partner riders on the delivery of the food to the study participants who are home quarantined and weekly monitoring of the discharged patients.

All these and more



The distributed face shields were produced by DOST-Metals Industry Research and Development Center (MIRDC) for CALABARZON frontline workers. DOST-MIRDC utilized their 3D printers this pandemic by mass producing face shields and gave 20,000 face shields to DOST-CALABARZON for distribution. DOST-CALABARZON prioritizes

Sta. Rosa City Health Office as part of its continuous assistance to the on-going VCO clinical study in Sta. Rosa City. Another 50pcs of DOST-LSPU IDD laboratory face shields and 50pcs of overall safety gown suits were donated to the Task Force Anti COVID-19 Command Center of LGU-Cabuyao while the St. Jude Family Hospi-



More than 50 barangay officials face suspension over SAP mess

Around 50 barangay (village) chairpersons may face suspension over alleged anomalies in the distribution of the social amelioration program (SAP).

In a televised meeting with President Rodrigo Duterte late Monday, Interior Secretary Eduardo Año said the Office of the Ombudsman will issue preventive suspension orders against barangay chairmen for alleged malversation, corruption, estafa, and graft. He said the Criminal Investigation and Detection Group (CIDG) has filed 155 criminal complaints about SAP anomalies.

“I am now coordinating with Ombudsman Martires to submit the cases and within the week we expect a preventive suspension order to be released against 50 barangay captain while the Ombudsman will conduct a probe on the administrative aspect of their cases,” Año told President Duterte.

Based on their initial investigation, Año said those who may be suspended include 26 barangay chairpersons in

Act 3019 of the Anti-Graft and Corrupt Practices Act, RA 6713 Code of Conduct and Ethical Standards, and the Bayanihan to Heal as One Act, among others while cases of robbery extortions and grave threats have been filed against some of the officials.

D u t e r t e , meanwhile, thanked Año for filing criminal complaints against local government officials accused of misusing cash aid from the government’s social amelioration program.

“I’d like to thank Secretary Año, for his work in going after corrupt officials,” he said. I am happy with Secretary Año’s work.” (PNA)

NCR and Region 1 (Ilocos Region); 11 in Region 4-A (Calabarzon); 10 in Region 2 (Cagayan Valley); and three in Region 3 (Central Luzon).

“This is just an initial list and there are others to follow in the course of the investigation of the Ombudsman,” he stressed. The cases filed are in violation of the Republic