

# GenTri opens COVID-19 Molecular Laboratory

**GENERAL TRIAS CITY, Cavite (PIA)**--The city government here recently inaugurated the city's first COVID-19 Molecular Laboratory located in Barangay Manggahan.

Mayor Antonio 'Ony' Ferrer along with Deputy Chief Implementer and 'Testing Czar' Secretary Vince Dizon led the inauguration and opening of the facility. GenTri Medical Center and Hospital President & CEO Dr. Jerrimo Genuino, MD., Vice-Mayor Morit Sison, and members of the Sangguniang Panglungsod were present to witness the significant event.

Managed by the General Trias Medical Center and Hospital (GTMCH), the city's COVID-19 Molecular Laboratory is part of the LGU's counter measures against COVID-19 to mitigate the threat on the health and safety of Gentriseños and contain further spread of the disease.

The facility is equipped with the best technology in terms of equipment, the BD Max Machine and BIO-RAD CFX 96 RT-PCR, which are expected to contribute much to the continuous facilitation of the Aggressive Community Testing in the city for a faster and efficient release of test results.

Since the ground breaking of the facility on September 14, 2020, the preparation of documents for the accreditation by the Department of Health (DOH) was fast tracked.



*(L-R) Gen. Trias City Mayor Antonio Ferrer (7th) and Deputy Chief Implementer and 'Testing Czar' Secretary Vince Dizon (5th) led the formal opening of the GenTri COVID-19 Molecular Laboratory in Barangay Manggahan Dec. 12, 2020. (Photo & caption: GenTri PIO)*

With the GTMCH medical team confident that the Molecular Laboratory was 100% ready and compliant with the standards set by the DOH and the RITM, the first visit and inspection was done November 6.

Further improvements had to be made for its final approval and accreditation paving the way to the formal launching and inauguration on December 12, 2020.

Meanwhile, according to the latest COVID-19 update reported by the City Epidemiology and Surveillance Unit (CESU), there were 6 recovered patients and 1 new confirmed case recorded as of December 17, 2020.

Total Confirmed cases were 2,198 out of which 22

are Active cases while the total number of Recoveries from the additional recovered patients are now at 2,137 and 39 fatalities from

the disease brought by the COVID-19.

While these figures manifest a significant decline in the rate of infection and a high percentage of recoveries from the disease, the officers of the city government thru the city health office continuously remind the public to remain safe thru the observance of the minimum health standards set by the Inter-Agency Task Force. (Ruel Francisco/General Trias PIO/State)



**Congratulations!**  
**HON. LANI MERCADO-REVILLA**

Gawad Parangal for Outstanding City Mayor

Association Of Local Social Welfare And Development Officers Of The Philippines Inc

## MAYOR LANI REVILLA, BINIGYANG PARANGAL NG ALSWDOPI BILANG OUTSTANDING CITY MAYOR

Nagbigay ng pagbati ang Pamahalaang Lungsod ng Bacoor nitong Sabado sa parangal na natanggap ni Mayor Lani Mercado-Revilla mula sa isang organisasyon na nagbibigay pagkilala sa mga kawani ng lokal na pamahalaan.



## BOTIKA-ON-WHEELS SA TRECE MARTIRES, NAKAPAGBIGAY TULONG SA 1,800 SENIOR CITIZENS

Sa tatlong araw na pagtulunsad ng Botika-On-Wheels sa lungsod ng Trece Martires, nasa 1,800 mga senior citizen na ang nabigyan ng gamot, ayon kay Mayor Gemma Lubigan.

"Ang patuloy na serbisyong medikal ng Pamahalaang Panlalawigan katuwang ang Pamahalaang Lungsod ng Trece para sa mga Senior Citizens na magkaron ng libreng supply ng Gamot," saad ni Lubigan.

Nagpasalamat rin ang alkalde sa tulong ni Cavite Governor Jonvic Remulla para maisakatuparan ang programa.

"Nasa 1,800 na seniors po ang nabigyan ng libreng gamot ng ating Gov. Jonvic Remulla," pahayag ni Lubigan.

"Maraming Salamat po sa lahat ng tumulong hindi ito magiging posible kung hindi dahil sa inyo," pagpapatuloy pa niya.



**MINDFUL**

By Jay Ledesma

**Be the source**

IT'S just a few days before Christmas! Filipinos are known in the whole world to have the longest celebration of the Christmas season which usually starts in September, the first of the "ber" months. This is the merriest and most anticipated season in the Philippines.

While the Christmas spirit is in the air, for most Filipinos, Christmas this 2020 will not be the same as usual. The pandemic will definitely paint a different and unusual Christmas celebration for us.

For some, there will still be the Christmas parties or family reunions, Christmas shopping, and gift-giving, though on a smaller scale. While for others, it will just be a very simple Christmas meal with the family...no shopping, no gift-giving.

Still for some, having a meal and a place to call their home for Christmas is still a basic concern. How about the Christmas of those who are in the hospitals either as Covid-19 patients or medical workers, who won't be able to celebrate with their families because of their current situation? And how about the families who are still mourning the passing on of their loved ones?

Just look around you and it's very easy to forget about Christmas. But is that how we want it to be? Do we allow ourselves and others to be drowned by these negativities around us? Or we can make ourselves the source of "everything that is good and positive"!

Be the source of **KINDNESS**. Everywhere we look, there will always be someone who is in need of help. The street children, the homeless, those who lost their jobs, the orphans, and many others. We don't need to help everyone, but help anyone. We don't need to be rich to be able to help. My friend Larry Cleto shared that for P10, you can already give bottled water and a pack of biscuits. Your P10 might have bought that person his meal for the day.

Donate to charities. I recently launched a toys and books Christmas drive for two local Orphanages, and I was overwhelmed by the number of donors that came forward. Truly, when given an opportunity, people will always want to help. We can always find a way to be that instrument of kindness from others. There is kindness in each one of us.

Be the source of **INSPIRATION**. We don't always need money to help or influence others. Our works, actions, and words can provide inspiration and encouragement for others who may be feeling low and frustrated during this challenging time. Send those random inspirational quotes through your social media for others to read. It may not hit everyone but someone will be touched by it. Share your inspiring stories and those of others you know. Post the good

deeds you're doing not to brag but to inspire others to do something similar. Sometimes, one just needs a little fire on his belly to act. Be that fire!

Be the source of **HAPPINESS**. With all the bad news we hear and read, we all need a little smile from a friend... and from a stranger. A smile will not cost us anything but it may mean a million to someone who is unhappy. Surely, with the face masks and face shields on, we cannot see those smiles. But I tell you, those eyes will give you away. So keep smiling. And those simple good morning/afternoon, please, thank you and welcome can always lighten a mood.

I recently joined this secret sister Santa which is meant to spread the feeling of joy and happiness by giving to and receiving simple gifts from strangers. Am sure a number of ladies were smiling. It surely put a smile on my face each time I receive and open those gifts. My sister Natie and I love to remind each other this, "it's not the gift but the thought that counts". Think about how you can put that smile on someone's face.

Be the source of **STRENGTH**. Nowadays, it is so easy to give up and lose hope. To have that willpower and determination amidst challenges and uncertainties are what our brothers and sisters need. If you are a leader, parent, or business owner, be that pillar of strength and support to your people and family. Be at the forefront. Let them know that you are there for them and that you understand their concerns. If they see that you're giving it a fight, they will fight with you.

If you are a follower, employee, or family member, show your willingness to support, cooperate, and do the extra mile.

We need to be strong for each other. One can easily break a single bamboo broomstick. But put those broomsticks together and you will need an ax to break them. In unity, there's strength!

Be the source of **LOVE**. When and where there is love, anything is possible.

When we do things out of love and concern, they become special. We salute all our front-liners who risked and even lost their own lives performing their duties because of their love and concern for the people they serve. We don't necessarily need to be a front-liner to show our love for others. In our own unique ways, we can express our concern, care, and love, especially for the needy.

We are kinder, inspiring, happier, and stronger when we love, and when we are loved. Love is the greatest gift we can give to each other. Be that gift of Love!

We don't need everything to be perfect in order that we can be a source of something good. Let's just make the most of what we have and do the best we could to make a difference.

As we celebrate Christmas, let us be mindful that this Season is all about the birth of JESUS, who is the ultimate source of **KINDNESS, INSPIRATION, HAPPINESS, STRENGTH, and LOVE** for all of us!

**A Blessed Christmas to all!!!!!!!!!!!!!!!!!!!!!!**

**Lagi ka bang nakakaramdam ng pagod? Alamin ang dahilan**

DOC WILLIE - Dr. Willie T. Ong

Madalas ka bang makaranas ng para bang pagod palagi o sobrang pagkapagod? Maaring makaramdam ng pag-aalala sa ganitong kondisyon. Ang pagod ay puwede ring sintomas ng ibang mga sakit na kailangang gamutin.

Karaniwang dahilan ng pagod:

1. Ang mga gamot tulad ng gamot sa kirot (pain relievers), gamot sa ubo, sipon, pang-allergy ay maaaring dahilan.
2. Dehydration o kakulangan sa tubig.
3. Hindi maayos na pagkain o wala sa oras ang kain.
4. Kulang sa tulog.
5. Mainit na panahon.

Ngunit ang pagod ay maaaring sintomas din ng ibang sakit tulad ng:

1. Diabetes.
2. Cancer.
3. Anemia o mababang bilang ng red blood cell.
4. Low thyroid activity o mahina ang thyroid.
5. Malalang impeksiyon.
6. Alcoholic.
7. Sakit sa puso.
8. Rheumatoid arthritis.
9. Problema sa pagtulog tulad ng paghilik at sleep apnea.
10. Electrolyte imbalance o pagiging mataas o mababa ang potassium at sodium sa dugo.

Kung palaging pagod, subukan ang mga tip na ito:

1. Mag-ehersisyo sa umaga. Ang ehersisyo ay nagbi-bigay ng lakas.
2. Kung sobrang sa timbang, magdiyeta pero gawin nang dahan-dahan. Iwasan ang sobrang pagbawas sa pagkain dahil baka ka manghina.
3. Magkaroon ng sapat

na tulog, Kung maaari ay 7 hanggang 8 oras na tulog na tuluy-tuloy.

4. SUNDIN and schedule ng pagtulog. Regular na matulog at gumising sa parehong oras araw-araw.

5. Bigyan ang sarili ng oras para mag-relax. Humingi ng tulong sa iba kung masyado nang marami ang trabaho.

6. Iorganisa ang pang-araw-araw na schedule. Unahin ang mas importante. Okay lang na hindi tapusin lahat.

7. Alamin ang mga bagay na nagdudulot ng stress. Bawasan o iwasan ito.

8. Paramihin ang sariwang hangin sa iyong bahay at trabaho. Ang sariwang hangin ay nagbibigay ng lakas.

9. Balansehin ang kakainin. Isama rito ang pagkain nang maraming prutas, gulay at whole grain. Kumain ng masustansyang almusal. Huwag magpalipas ng gutom.


10. Itigil ang paninigarilyo. Ang paninigarilyo ay nakapagpapataas ng lebel ng pagod.

11. Uminom ng 8-10 basong tubig. Kung ang iyong ihi ay malinaw ang kulay, ibig sabihin ay sapat ang iniinom na tubig, ngunit kung sobrang dilaw kailangan mong uminom nang maraming tubig.

12. Tingnan ang mga gamot na iniinom. May mga gamot ang may side effect na nagdudulot ng fatigue.

**PAHAYAGAN NG**  
**Kabitenyo**

ISSN-1656-0558



An English-Filipino newsweekly published every Monday by Pahayagan ng Kabitenyo with Editorial and Business Office at 147 Panapaan IV, Bacoor, Cavite.  
Email: pahayagangkabitenyo@yahoo.com.  
Entered as Second Class Mail at Postal Region IV San Pablo City under Permit NO 200305 on May 27, 2003

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SUBSCRIPTION RATE :	P1,000.00/year
Advertising Rate :	P200.00/col. cm.
Legal Rate :	P160.00/col. cm.

**GUHIT NG KAPALARAN**

**CAPRICORN:** (Dis. 22-Ene. 19) Increasing ang biyaya ngayon ng iyong food delivery business. Dahil maraming customer at hindi mo mabilang ang iyong kita. Maging masinop at magkaroon lagi ng prayoridad para hindi mauwi sa wala ang iyong pera. Lucky numbers at color for the day ang 11, 42, 36, 53, 25 at bamboo green.

**AQUARIUS:** (Ene. 20-Peb. 18) Ang iyong best friend ay life partner mo. Masaya ang evolution ng inyong relationship. Be thankful. Lucky numbers at color for the day ang 27, 41, 11, 31, 55 at marigold yellow.

**PISCES:** (Peb. 19-Mar. 20) Matutuloy ang iyong project sa foundation. Huwag kalimutang magpasalamat sa mga tumutulong sa iyo. Lucky numbers at color for the day ang 45, 23, 52, 35, 15 at cherry red.

**ARIES:** (Mar. 21-Abr. 19) Maging aware sa iyong reality. Mahalagang tuparin ang bawat pangako para hindi masira ang tiwala sa'yo. Lucky numbers at color for the day ang 45, 44, 32, 11, 22 at electric blue.

**TAURUS:** (Abr. 20-May. 20) Magiging maayos ang business, increasing ang customers, kayaangat din ang iyong kita. Happy ka. Lucky numbers at color for the day ang 43, 32, 23, 12, 51 at scarlet red.

**GEMINI:** (May. 21-Hun. 21) Makukumpleto mo na ang documents sa project. Simulan na ito agad para makita ang kalalabasan. Lucky numbers at color for the day ang 11, 35, 53, 25, 42 at strawberry red.

**CANCER:** (Hun. 22-Hul. 22) Lalapit sa iyo ang isang opportunity na magbibigay ng limpak-limpak na salapi. Masigla ang kilos mo bawat araw. Lucky numbers at color for the day ang 42, 32, 25, 15, 22 at tangerine.

**LEO:** (Hul. 23-Ago. 22) Inspired ka dahil binati ka ng iyong crush. Kahit ano pa ang regalong matanggap, i-appreciate ito. Lucky numbers at color for the day ang 53, 35, 22, 11, 41 at navy blue.

**VIRGO:** (Ago. 23-Set.23) Gawin ang lahat para maisakatuparan ang pangarap. Ang inaasam ay nakabase sa desisyon mo ngayon. Lucky numbers at color for the day ang 42, 35, 25, 11, 53 at carnation pink.

**LIBRA:** (Set. 24-Okt. 23) Amuse ka dahil natupad na ang iyong meditation at mula sa isip, lumitaw na ang iyong reality. Satisfied ka. Lucky numbers at color for the day ang cornell red.

**SCORPIO:** (Okt. 24-Nob. 22) Maging honest sa sarili. Dagdagan ang focus sa lahat ng ginagawa para hindi masayang ang effort. Lucky numbers at color for the day ang 12, 27, 33, 42, 53 at pearl white.

**SAGITTARIUS:** (Nob. 23-Dis. 21) Madalas ka ngayon kinakabahan dahil marami kang iniisip, mag-meditate para mabawasan ang pag-aalala. Lucky numbers at color for the day ay 35, 41, 13, 55, 22 at shocking pink.

**Hotel sales, marketing group resilient amid pandemic**

MANILA – For the Philippines' hotel sector, 2020 has been the most challenging year it faced, with the coronavirus pandemic grounding everything to a halt.

But despite the hit, the industry chose to "go with the flow" and find ways to remain resilient in the face of this global health crisis.

For the Hotel Sales and Marketing Association (HSMA), the crisis has even brought the "best" in them and compelled the sector to double its efforts to remain "productive" and "proactive".

"This is a banner year for HSMA. In spite of the troubles that we went through, we were together for example looking for business for each other," HSMA president Christine Ann Ibarreta told reporters on Friday.

"In terms of bookings, nagpapasahan kami (we share when there's excess)," she added.

Most hotels this year relied on an entirely different market-- the repatriated overseas Filipino workers (OFWs) and returning Filipinos who must undergo quarantine in a designated facility such as hotels.

HSMA spokesperson Pearl Maclang said strong collaboration among the HSMA, the Tourism Promotions Board, the Department of Tourism and other stakeholders helped alleviate the crisis' negative impact and allowed the sector to "stimulate the market" and prepare for what will come in 2021.

"All the initiative that the HSMA did for this year are mainly to jumpstart the recovery plans for 2021 because this year, there's nothing much we can do, it's beyond our control," she said.

Amid the hurdles that 2020 brought, the HSMA continued with its Virtus Awards, the Philippines' most prestigious annual awards event for hotel sales and marketing professionals, highlighted by a new resiliency category.

The Champions of Resilience Awards were won by Ma. Elena Cecille Daugdaug, sales manager of Quest Hotel and Conference Center Cebu (individual); Luxent Hotel under the leadership of general manager Melanie Pagkalinawan (team); and Chroma Hospitality led by Carmela Bocanegra, vice president for sales and marketing (marketing communications).

Margarita Munsayac, HSMA chair, said Daugdug was chosen out of seven other nominees because of her remarkable dedication, perseverance, business agility, and incredible resilience during the pandemic.

"Not only did our winner protect the business, but our winner also grew the business that contributed to the retention of a sizable percentage of hotel staff," she said.

As for Luxent Hotel, their win was the result of everyone's holistic approach toward mitigating the effects of the pandemic.

"By ensuring the safety and well-being of its employees and their families, which included mental health awareness and providing alternative platforms to earn money as partner-providers of the hotel, the employees were fully engaged in proactively increasing revenue streams of the hotel while reducing its expenses during this time of adversity," Munsayac said.

As for Chroma Hospitality, its marketing campaign titled "Safely Apart, Closer at Heart," was chosen for being the most comprehensive and well-planned campaign.

Virtus Awards chair Rose Libongco said it was "highly important" for the HSMA to continue.

"Anyone can imagine that it was easy to give in to despair and frustration when travel had stopped, governments imposed quarantines, new standards of hygiene and customer care were imposed, and no cure was in sight," she said.

"But thankfully, sales and marketing people are endowed with an indomitable spirit. When down and out, Sales & Marketing get up and roll in, when pushed against a wall, they break the wall; when down in the dumps, they dig for the gold. Sales and Marketing continue to be the lifeblood for the company -always working, thinking, creating, never giving up," she added.

The other Virtus Awardees are:

- Erika Denice Patajo, events executive of Okada Manila (As in previous Virtus Awards, honors were given to the Outstanding Sales and Marketing Associate)
- Pio Sanchez, senior sales manager of El Nido Resorts (Outstanding Sales and Marketing Manager)
- Eun Joo Bae, director of sales - FIT at Conrad Manila (Outstanding Sales and Marketing Leaders)
- Sofitel Philippine Plaza Manila, represented by Dave Pimentel, director of marketing and communications (Outstanding Marketing Campaign). (PNA)

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**KAAGAPAY MO SA NEGOSYO**



**ISANG KABATAAN MULA SA CARMONA, NAKAKUHA NG KARANGALAN SA LARANGAN NG CHESS**

Lubos na ipinagmamalaki ni Mayor Roy Loyola ang isang kabataan mula sa bayan ng Carmona na nag-uwi ng karangalan mula sa kaniyang sinalihang kumpetisyon. "Siya ay Top 16 sa ginanap na Asian Continental Selection FIDE Rapid Championship na nilahukan ng 29 na iba pang contestants," pahayag ni Loyola. Matatandaang una na ring nasungkit ni Paul ang pagiging kampeyon sa National Youth and Master Challenge Online Chess Champions noong Oktubre. Ipinamalas niya ang kakaibang galing at talento ng mga Caviteño sa larangan ng chess. Source: Atty Roy M. Loyola



**A NEW BRIDGE LEADING TO TAGAYTAY CITY DESTINATIONS, OPENS TO THE PUBLIC**

The Department of Public Works and Highways (DPWH) has completed the new Kaykulot Bridge in Tagaytay City that is leading to the famous spots in the city. Last Thursday, December 17, DPWH Secretary Mark Villar has led the ceremonial opening of Kaykulot Bridge connecting Tagaytay-Calamba Road to Sta. Rosa-Ulat-Tagaytay Road, Cavite. The said 90 lineal meter bridge with total length of 2.367 kilometers is a key component of the Kaykulot Road that is expected to provide an alternate route and easy access to tourism areas of Tagaytay, according to Villar. Villar also added that this P65.7 Million Bridge will benefit more or less 2,000 motorists per day. Source: Department of Public Works and Highways



**DOH CALABARZON conducts health risk assessment for COVID-19 to Dumagat Tribe**

By DOH CALABARZON

Dr. Voltaire Guadalupe (left), Medical Officer V and Dr. Dan Oliver Pasion (right), Medical Officer III of DOH-CALABARZON conduct medical consultations to Dumagat Tribe IPs in Sitio Mangahan, Barangay Laiban in Tanay, Rizal during the health risk assessment activity for COVID-19 held Nov. 14, 2020. (Photo & caption: DOH CALABARZON)



CALAMBA CITY, Laguna, Nov 26 (PIA) --The Department of Health (DOH) – CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) on Nov 24, conducted a community health risk assessment for COVID-19 and medical consultations to Dumagat Tribe, one of the Indigeous Peoples (IPs) communities in the region located in the mountainous areas of Rizal.

A community health risk assessment provides in-

formation on the community's current health status, needs, and issues that will help in developing a community health improvement plan by validating how and where resources should be allocated to best meet the community's needs. Ms. Christine Elaine Peralta (left) leads the distribution of medicines, face mask, face shield and medicines to members of Dumagat Tribe during the risk assessment for COVID-19 activity held November 24, 2020. (Photo & caption: DOH CALABARZON)

The Dumagat Tribe is one of the IPs communities that have yet to be infected with COVID-19. They are a tribal community located in Sitio Mangahan, Barangay Laiban, Tanay, Rizal just a few kilometers from the boundary ofNakar, Quezon. "Kailangang nating bigyan ng proteksiyon and kalusugan ng lahat ng komunidad sa ating rehiyon, kasama na rito ang mga tribo na nakatira sa mga bundok upang sila ay maging ligtas hindi lamang sa Covid-19 kundi pati na sa ibang sakit na maaari dumapo sa kanilang lugar," stated by Christine Elaine P. Alvarez,

**LALAAAN 2 RURAL WATERWORKS AND SANITATION PUMP II, PORMAL NG BINUKSAN SA SILANG**

Inanunsiyo ni Mayor Corie Poblete ang pagbubukas ng Lalaan 2 Rural Waterworks and Sanitation Pump II ng kanilang bayan nitong nakaraang araw.



Base sa kaniyang post, nasa Villa Norisa Subdivision, Brgy Lalaan II ang naturang mga istasyon na proyekto ng Silang Water District at Prime Water-Silang.

Inaasahan na Malaki ang maiitutulong ng mga proyekto sa mga pangangailangan ng mga mamamayan sa bayan ng Silang.