

COVID-19 Impacts In The Philippines

In the Southeast Asian region, the Philippines is one of the countries that has been affected the most by the COVID-19 pandemic. The country is estimated to lose between three percent and four percent of its gross domestic product (GDP) this year.

In the first quarter of 2020, its GDP shrank by two-tenths of one percent for the first time in two decades according to Secretary Sonny Dominguez of the Department of Finance (DOF). However, given the rising number of positive COVID-19 cases in the country, it is most likely that the succeeding economic quarters will not be promising, as the Philippine economy tries to bounce back.

President Duterte in his address to the nation on 7 July said, "We have to be very circumspect in reopening the economy." The president has a conservative stand on the reopening of the economy as he wants to avoid any possible overwhelming surge in the number of cases that might engulf the health care system of the country. Still, President Duterte's utmost priority is to protect public health amid the pandemic while gradually opening the economy.

Socio-economic wise,



the Philippines, like any other country that has been hit by the pandemic has suffered enormously. Due to almost a standstill of economic activities and taxpayer relief efforts because of the lockdowns, the government's projected revenue collection is much lower compared to previous years. The DOF has projected that revenue collections will be 17 percent of GDP – lower than the collection in 2019. While disbursements for 2020 have been projected to be around 21.7 percent of GDP, 10 percent higher than the disbursements in 2019.

Such disbursements include COVID-19 initiatives that are continuously

being implemented and delivered by various government agencies. Thus, the deficit for 2020 is projected to be around 8.1 percent of GDP or PHP1.56 trillion (US\$31.5 billion). This is a very challenging economic forecast for the Philippines and something that Filipinos, in general, have to be mindful of.

Domestic consumption, which is the primary engine of the Philippine economy has been sternly affected by the pandemic. Sectors such as tourism, services, trade, retail, real estate, and manufacturing are experiencing difficulties. Around 7.3 million Filipinos

See page 2 ...

Veteran Marine unit returns for more training in Cavite

MANILA – The Philippine Marine Corps' 9th Marine Battalion returned to Cavite City on Thursday to undergo training that will allow them to be capable of performing mission-essential tasks to the "full range of military operations".



In a message to the Philippine News Agency, Lt. Commander Maria Christina Roxas, Philippine Navy public affairs office chief, said the training is essential as the 9th Marine Battalion is being envisioned "as the first Marine Amphibious Ready Unit to be attached to the Fleet-Marine Ready Force".

She added that the unit was placed under the non-operational status by PMC commandant, Major

Gen. Nathaniel Casem, for this purpose upon arrival at Sangley Point, Cavite City aboard BRP Bacolod City (LS-550) on Thursday.

The 9th Marine Battalion, which is commanded by Lt. Col. Mark Anthony Arabe, has seen action in Tawi-Tawi, Sulu, and Zamboanga since 2010.

These provinces are under the operational jurisdiction of the Western Mindanao Command.

Roxas said the unit

has been instrumental in a wide array of operations such as security, combat, support to law enforcement, humanitarian assistance, and disaster relief, and numerous undertakings in support of other government agencies in their area of deployment.

Among the notable accomplishments of the 9th Marine Battalion were the neutralization of several Abu Sayyaf Group members, interception of smuggled lumbers, illegal drugs, human trafficking victims and illegal immigrants, and rescue of more than a hundred passengers and crew of an ill-fated vessel in Tawi-Tawi.

PN flag-officer-in-

See page 2...

Monthly auto sales improve for 2 straight months

MANILA – The month-on-month sales of the Chamber of Automotive Manufacturers of the Philippines Inc. (CAMPI) continued to record improvements for two consecutive months after quarantine measures were eased since May.

A joint report of CAMPI and Truck Manufacturers Association showed that vehicle sales in June 2020 increased by 225.4 percent to 15,578 units from 4,788 units in May 2020.

The monthly sales of passenger car and commercial vehicle segments jumped by more than 200 percent from May to June.

There were 4,711 passenger cars and 10,867 commercial vehicles sold last month. "This positive growth shows early signs that consumer demand for new cars is starting to improve albeit slowly. The auto industry recovery may take time as vehicle sales still remain a challenge," CAMPI president Rommel Gutierrez said in a statement Monday.

However, the June 2020 vehicle sales still recorded a decrease of 51.2 percent from 31,950 units in June 2019.

Passenger car sales declined by 50.6 percent from 9,532 units, while commercial vehicle sales also dropped by 51.5 percent from 22,418 units last year.



Meanwhile, vehicle sales in the first half of the year decreased by 51.2 percent to 85,041 units from 174,135 units from January to June 2019.

Passenger car sales in the first half 2020 fell by 54.4 percent to 23,912 units from 52,418 units in the same period last year.

Commercial vehicle sales in the first six months of the year went down by 49.8 percent to 61,129 units from 121,717 units in the same period in 2019.

Of the total commercial vehicle sales, light commercial vehicles sold a total of 46,305 units, and Asian utility vehicles sold 11,831 units.

Sales of light trucks reached 1,599 units while trucks and buses category four

See page 2...

EMERGENCY ALERT
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DIAL 161

Arthritis at Tamang Pagkain

Payo ni Doc Willie Ong

Sa arthritis, nasisira ang cartilage sa araw-araw na paggamit. Ayon sa pag-aaral, ang free radicals ay maaaring atakihin ang selula, tumaas ang pamamaga, at mapabilis ang proseso ng pagtanda, kabilang ang pagkasira ng joints at cartilage. Kaya naman maganda na i-dagdag sa iyong lutuin ang maraming anti-oxidants na makukuha sa prutas, gulay at green tea.

Kainin Ito:

1. Ang madahong gulay at citrus fruits ay mayaman sa antioxidant na nilalaban ang mga free radicals at tumutulong para protektahan ang joints. Ang taong mayroong arthritis ay kinakailangan makakuha ng mas maraming antioxidants, lalo na ang vitamin C at beta-carotene mula sa pagkain. Ang vitamin C sa citrus na prutas katulad dalandan, suha, calamansi, lemon at orange. May antioxidant na matatagpuan sa madadahong gulay, na nagpapababa rin ng panganib sa arthritis.

2. Ang pinya ay may bromelain, isang protein-digesting enzyme at lumalaban sa pamamaga. Ayon sa pag-aaral, mabisa ito para mabawasan ang pananakit dulot ng osteoarthritis, katulad ng rin sa pag-inom ng gamot sa kirot. Wala pang side effect ang pinya.

3. Ang matatabang isda tulad ng sardinas, mackerel, salmon, tuna at tamban ay mayaman sa omega-3 fatty acids. Ito'y nagpapalakas ng produksyon sa anti-inflammatory fats na tinatawag na resolvins, na kumontra sa pamamaga.

4. Ang curry, turmeric, luya at ibang spices ay lumalaban sa pamamaga sa arthritis. Ang luya, turmeric at curry ay may sangkap na curcumin, na pumipigil sa enzymes at protina na isinusulong ang pamamaga.

5. Ang green tea, sibuyas, strawberry, kamatis at citrus fruits ay naglalaman ng quercetin. Ang pag-aaral sa laboratory, ang quercetin ay isang anti-oxidant at anti-inflammatory.

MGCQ possible for...

final decision on the matter.

"Hintayin natin si Pangulo ang mag-announce (Let's wait for the President to make the announcement)," he said.

He said members of the IATF-EID will be meeting on Monday (July 13) to discuss possible changes to the current quarantine classifications.

Last June 30, Finance Secretary Carlos Dominguez III said he wanted NCR and Calabarzon to shift to MGCQ to revive the economy since the two regions made up 67 percent of the country's economy.

"You know, you put

NCR, Calabarzon, that is where the economy is based.

About 60 percent or 67 percent of our economy is based on that area. That should move more to the MGCQ as quickly as possible because people have to start working," he said.

Dominguez also pushed for a localized lockdown where only barangays with a jump in the number of coronavirus disease (Covid-19) cases will be closed instead of an entire region or city.

"We should monitor it on a -- maybe on a barangay level and if you know, the cases go up, just close it down. But do it on a place to place," he said.

From page 1

He said a company-to-company lockdown basis could also be considered.

Currently, Metro Manila, Benguet, Cavite, Rizal, Lapu-Lapu City, Mandaue City, Ormoc, Leyte, Southern Leyte, and Cebu's Talisay City, Minglanilla, and Consolacion are under GCQ until July 15. The rest of the country is under MGCQ while only Cebu City remains under the most restrictive enhanced community quarantine (ECQ).

As of Saturday, the country has 54,222 confirmed Covid-19 cases with 14,037 recoveries and 1,372 deaths. (PNA)

Monthly auto sales...

From page 1

sold 1,057 units and 337 units for category five.

"The industry is also maximizing digital platforms as one of the avenues to strengthen campaigns for our sales promotional. This is one of the strategies to adapt

to the new normal environment," Gutierrez said.

Market leaders in the first half of 2020 are Toyota, Mitsubishi, Nissan, Suzuki, and Ford. (PNA)

Veteran Marine unit... From page 1

command Vice Admiral Giovanni Carlo Bacordo, who presided the arrival ceremony following the "new normal" scheme adhering to health and biosafety protocols, called the successful deployment of the 9th Marine Battalion a testament to the "capability and competence of our Marines to respond to emerging security challenges".

To sustain these accomplishments, he said the unit needs to level up as a proficient Marine Operating Force due to the "rapidly changing, complex, simultaneous and overlapping security challenges". (PNA)

COVID-19 Impacts...

From page 1

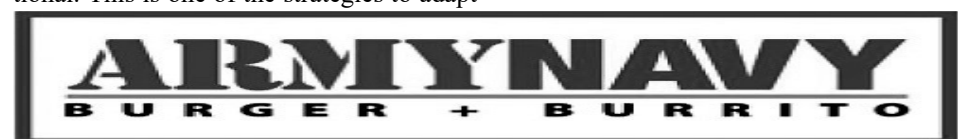
nos have temporarily or permanently lost their jobs due to business closures because of the pandemic.

The Department of Labor and Employment (DOLE) has estimated that around 10 million workers may lose their jobs this year because of the pandemic. There's also a huge loss on remittances given that thousands of Overseas Filipino Workers (OFWs) that have been temporarily or permanently retrenched in their host countries and are returning to the Philippines.

These are just some of the serious socio-economic impacts of the pandemic that are noticeable and if not mitigated and addressed could deepen further the inequities across socio-economic classes, affecting the most vulnerable sectors of society like women, children, the elderly, poor households, informal workers/labourers, ethnic minorities/indigenous groups and communities, and those in post-conflict regions like the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM).



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Philippines ranks last in cancer preparedness in Asia-Pacific — report

The Philippines ranks last in cancer preparedness in the region with an overall score of 42.6 out of 100, well below the regional average of 66.5, while Australia (92.4), South Korea (83.4), and Malaysia (80.3) lead the region. This is according to a report by the Economist Intelligence Unit (The EIU) that highlights the rising concern of excess cancer mortality for many Asian countries. Its Index of Cancer Preparedness, published this June, measured the readiness of healthcare systems in 10 countries, namely Australia, China, India, Indonesia, Japan, Malaysia, The Philippines, Thailand, South Korea, and Vietnam. The EIU the research and analysis division of The Economist Group, the sister company to The Economist newspaper.

TRANSLATION OF POLICY INTO DELIVERY

The cancer burden in Asia-Pacific is significant with an estimated 8.8 million new cases in 2018. “While there is clear progress at the planning level, the translation of policy into health service delivery and improved cancer outcomes requires more emphasis,” said Jesse Quigley Jones, editor of the report, during an online media briefing held yesterday, July 8.

The Philippines, for instance, has been recognized for its recent national cancer control act. The country was said to show “evolving commitment to cancer planning”—having had a previous action plan for 2015–2020—as it navigates the challenges of providing cancer care and universal health coverage. Further progress, however, was recommended as the country recorded below-average scores across Policy and Planning, Care Delivery, and Health System and Governance domains. This, in tandem with the country’s

high prevalence of smoking, was cause for concern.

CHALLENGES TO IMPROVE COVERAGE

The Index found a strong association between income level and overall cancer preparedness; high-income countries outperform upper- and lower-middle-income countries. It is still only high-income countries that meet the recommended spending by the World Health Organization (WHO) for universal health coverage.

A strong correlation was also seen between the overall score in the said index and cancer control outcomes, demonstrating that better preparedness to manage the cancer burden equates with achieving better cancer outcomes.

Said Mr. Jones: “The Philippines was recognized as the only lower-middle-income country for a comprehensive national cancer control plan with its recent National Integrated Cancer Control Programme. Universal Health Coverage (UHC) programs in Southeast Asia such as the Philip-

pines have shown remarkable progress towards increasing financial protection among the poor and previously uninsured population. However, the country still faces the challenge to improve coverage and the quality of their data. Like other lower-middle-income countries, the Philippines should focus its efforts in closing persistent access gaps and ensuring quality of services across the cancer continuum through better infrastructure and service supply while prioritizing effective policies on tobacco control and healthy lifestyle promotion.”

AN EMPHASIS ON PREVENTION

Cancer was the third-leading cause of death in the Philippines in 2017, with breast, lung, and colorectal cancers indicated as the types with the most incidence in the country according to 2018 data from the International Agency for Research on Cancer, an intergovernmental agency forming part of the WHO of the United Nations. Across Asia, as many as 70% of

cancer cases in low- and middle-income countries in Asia are diagnosed at a late stage, hence the need to move from opportunistic to population-based screening and the emphasis on preventive services.

“How do we enact behavior change? That’s localized in each country and their norms,” said Dr. Saunthari Somasundaram, President and Medical Director of the National Cancer Society Malaysia, at the Index of Cancer Preparedness in Asia-Pacific media briefing. “There is a huge amount of late-stage diagnosis in Southeast Asia, with gaps in screening and detection. These (preventive and detection services) have to be accessible to a wide population.” Apart from boosting prevention and early diagnosis, the priorities listed in the report for addressing cancer preparedness include laying the foundations for a cancer response; focusing on implementation and measuring results; closing gaps in cancer care; and system efficiency and prioritization.

GUHIT NG KAPALARAN

GEMINI : (May.21-Hun. 21) – Malaking pag-asa na makakamit ang minimit-hing sagot ng sinusuyo. Huwag abusuhin ang sarili dahil maniningil ang katawan mo. Lucky numbers at color for the day ang 18, 21, 40, 41 at cream.

CANCER: (Hun. 22-Hul. 22) – Magkakabuhol-buhol ang oras ng iyong mga gawain. Repasuhin. Lucky numbers at color for the day ang 5, 12, 19, 41 at garnet.

LEO : (Hul. 23-Ago. 22) – Matatanggap sa trabaho kung mag-apply o magpa-follow up. Lucky numbers at color for the day ang 10, 28, 31, 39 at jade green.

VIRGO: (Ago. 23-Set.23) –Wala kang maaasahan sa kahit kanino. Sari-ling sikap ka ngayon. Lucky numbers at color for the day ang 14, 36, 37, 40 at pearl.

LIBRA: (Set. 24-Okt. 23) – Mapag-uukulan nga-yon ang balak o gawain. Lucky numbers at color for the day ang 24, 33, 38, 42 at midnight blue.

SCORPIO: (Okt. 24-Nob. 22) – Malamang makadalo sa pagtitipon na hindi inaasahan. Lucky numbers at color for the day ang 15, 26, 36, 42 at tangerine.

SAGITTARIUS: (Nob. 23-Dis. 21) – Isang hindi inaasahang balita ang magpapaligaya sa’yo. Lucky numbers at color for the day ang 2, 19, 26, 37 at emerald green.

CAPRICORN: (Dis. 22-Ene. 19) – Mag-ingat sa pagpili ng kaibigan dahil may ilan ang mapagsamantala. Lucky numbers at color for the day ang 4, 8, 24, 40 at peach.

AQUARIUS: (Ene. 20-Peb. 18) – Makakagawa ng bagay na kapaki-pakinabang sa lahat. Lucky numbers at color for the day ang 17, 20, 31, 43 at yellow gold.

PISCES: (Peb. 19-Mar. 20) – Magiging mabunga ang panahon. Gamitin sa tama. Lucky numbers at color for the day ang 2, 9, 15, 28 at lavender.

ARIES: (Mar. 21-Abr. 19) – Ang tiwala ng kapwa ay dapat suklian ng tapat na paglilingkod. Lucky numbers at color for the day ang 16, 26, 33, 44 at blue.

TAURUS: (Abr. 20-May. 20) – Magandang kapalaran ang naghihintay sa personal na hangarin. Lucky numbers at color for the day ang 14, 25, 34, 42 at lemon green.

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H O T E L ホテル ソウゴ



MGCQ possible for Metro Manila with proactive local lockdowns

MANILA – Cabinet Secretary Karlo Nograles on Sunday said a shift of Metro Manila to the least restrictive modified general community quarantine (MGCQ) is possible on July 16 as long as localized lockdowns are imposed immediately.



He emphasized that a shift to MGCQ will be one of the two options that will be proposed by the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-EID) to President Rodrigo Duterte.

The second option, he said, is to retain the general community quarantine (GCQ) in the National Capital Region (NCR). "There are really two options dito, puwedeng MGCQ pero dapat mabilis ang mayor or sige i-GCQ muna natin para bigyan natin ng panahon na masanay ang mayor (There are really two options here, MGCQ but mayor should be proactive or retain GCQ to

give mayors more time to adjust)," he said in an interview over DZBB.

Should the President decide to place Metro Manila under MGCQ, Nograles said he will expect local chief executives to quickly implement localized lockdowns in a particular barangay (village) for at least 14 days.

According to the World Health Organization, the incubation period for Covid-19 is on average five to six days, however it can be up to 14 days.

Nograles said it will be up to Duterte to make the

See page 2...

Cavite town reimposes liquor ban to prevent coronavirus spread

CAVITE, Philippines (UPDATED) – Due to the increasing number of confirmed coronavirus infections in Carmona, Cavite, Mayor Roy Loyola has reimposed a liquor ban to discourage gatherings that often become the means for spreading the virus.

Executive Order 30 – which prohibits the drinking, buying, and selling of all kinds of alcoholic beverage within the municipality – took effect on Monday, July 13.

The EO aims to prevent social gatherings that encourage violation of the minimum public health standards of the general community quarantine.

The local government urges residents to report violators of the liquor ban to the



following:

Carmona Police at 046-430-0911 and 0998-598-5610
Barangay officials

Authorities will be aggressively arresting violators of the liquor ban, the mayor said.

As of Monday, July 13, Carmona had reported 52 confirmed COVID-19 cases, including 29 active cases, 22 recoveries, and 1 death. It has 46 other suspected cases.

Cavite Governor Jonvic Remulla imposed a province-wide liquor ban on March 17, and lifted it on June 1, with guidelines for buying and drinking –

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Housing for Bacoor informal settlers to rise in 2021



BACOOR CITY, Cavite - More than 1,000 informal settler families (ISFs) living along this city's coastal and waterways are the target beneficiaries in the new housing project of Social Housing Finance Corp (SHFC) dubbed Ciudad de Strike 1 located at Bayanan, Molino 1 here.

Cavite 2nd District Rep. Strike Revilla announced that the project is "exclusively for Bacoor City's ISFs."

During the groundbreaking rites on Saturday of the project site, Revilla was joined by SHFC officials led by its president, lawyer Arnolfo Ricardo Cabling and Mayor Lani

Mercado Revilla.

As part of the memorandum of understanding between the SHFC and the city government of Bacoor, Revilla said the Phase 2 component will accommodate some ISFs from Las Piñas and Parañaque cities.

"Sabi ko (to SHFC) hati tayo, ganun din dapat ang para sa Bacooreños na talaga namang pinaglabanang ating mayora at city council," (I said we divide it, we shall allocate the same to Bacooreños which our city mayor and council fought for)," Revilla said.

The groundbreaking ceremony was held after the SHFC acquired the three-hectare lot where Ciudad de

Strike 1 will rise, which is seen to provide decent, accessible and safe housing for families living in the city's waterways.

Just like in Ciudad de Strike 2, the Phase 1 project will involve the construction of 20 three-story buildings, accommodating some 72 families per building and the standard housing unit will have a floor area of 30 sq. m. with a room for a loft.

The project's estimated completion is some time in 2021.

Revilla, the House committee chair on housing and urban development, said he hopes that the SHFC will consider providing a covered court, a health and daycare center, and an integrated school within the housing project premises.

SHFC, a government controlled and controlled corporation (GOCC), is the lead agency assisting underprivileged communities to secure land tenure through shelter financial and development solutions by Building Adequate, Livable, Affordable and Inclusive (BALAI) Filipino communities. (PNA)

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