

Construction of LRT-1 Cavite extension project starts

MANILA - The construction of the LRT-1 Cavite Extension project has finally commenced, the Department of Transportation said Friday, following the approval of the National Economic Development Authority.



The project aims to extend the existing LRT Line 1 from Baclaran to Niog in Bacoor, Cavite which will cut travel time from Manila to Cavite to 25 minutes from 1 hour and 10 minutes, the DOTr said. "After nearly two decades and three administrations, the construction for the LRT-1 Cavite Extension has finally commenced," the DOTr said in a statement.

President Rodrigo Duterte and his officials, including Transportation Secretary Arthur Tugade and LRTA administrator Reynaldo Berroya, among others, helped "to finally get all components of this long-awaited and much needed project in place, the DOTr said.

As of July 30, the project has an overall progress rate of 48.32 percent, the DOTr said. It is expected to be partially operational by 2021, it added.

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Bagama't nasa panahon ng Pandemya at matinding crisis sa dugo , Malasakit at Kabayanihan ang inyong naging saloobin na makatulong sa kapwa sa pamamagitan ng pagbibigay ng inyong dugo.

Nasa larawan ang mga kamag anak ng mga pasyenteng nangangailangang masalinan ng dugo na hawak ang blue endorsement letters upang garantiyang may malinis at libreng dugo na makukuha sa mga Hospitals.

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Megaworld's upscale village in Cavite sold out

Tycoon Andrew Tan-led property developer Megaworld Corp. sold out its first upscale residential village in Trece Martires, Cavite last month, generating P3 billion from the sale of the entire residential inventory within seven months from project launch.



Sales of residential lots at the 18-hectare Arden Botanical Village, which was launched in November 2019, peaked at P1.4 billion during the second quarter, despite tough lockdown protocols for most of this period.

Metro Manila and the Cavite-Laguna-Batangas-Rizal-Quezon shifted to general community quarantine (GCQ) only starting June 1, alongside Davao City, Cagayan Valley, Central Luzon, Pangasinan and Albay.

This was even as Megaworld increased selling prices twice, first in January and another May this year. From P23,000 per square meter in December last year, lot prices in the

village rose by 35 percent to P31,000 per square meter in May this year.

When the project was unveiled in November last year, the group was project-



ing to unlock only P2.5 billion worth of lot sales from Arden Botanical Estate.

"Amid the lockdown, we have booked sales from buyers in the Philippines and across the world who were looking for purposeful,

more livable spaces to build a house. Arden Botanical Village's concept gave us a convenient push, and the unique concept of Arden Botanical Estate as an integrated lifestyle community was a huge factor in selling this fast even amidst the pandemic," said Eugene Em Lozano, first vice president for sales and marketing at Megaworld.

Turnover of lots at Arden Botanical Village, which is part of the 251-hectare Arden Botanical Es-

tate, is scheduled to start in 2024. The village will have 329 lots ranging from 280 to 609 square meters.

"A P7 million lot bought when we started sell

See page 6...

The hope of the country is not with me or any leader for that matter. The hope of the country is with you, your neighbour, and the collective responsibility we have for each other. Walang ako, ikaw o sila. Ang mayroon lang ay TAYO.

JONVIC REMULLA
 SHARE

BAKIT NGA BA TUMATABA ANG ISANG TAO?

Payo Ni Doc Willie Ong

Sa aking pag-uusap sa mga kaibigan, nalaman ko na marami ang may maling paniniwala tungkol sa dahilan ng pagtaba o pagiging overweight.

Tumataba tayo dahil SOBRA ang ating kinakain, at kulang ang ating ehersisyo. Dahil dito, nag-iipon ang taba sa ating katawan.

Alamin po natin kung ano pa ang tunay at ano ang maling akala:

1. Bakit lumalaki ang aking bilbil?

Sagot: Pag tayo ay nagkakaedad (lampas 30-40 years old), mas lumalaki ang bilbil dahil bumabagal ang ating metabolism (pag galaw ng organs ng katawan). Sa mga mas bata, kahit kumain sila ng marami ay hindi gaano tumataba dahil aktibo sila at mabilis pa ang kanilang metabolism.

2. Nakatataba ba ang pag-inom ng malamig na tubig?

Hindi po. Hindi nakatataba ang tubig, malamig man o mainit. Walang calories ang tubig. Hindi tunay na nakalalaki iyan ng bilbil. Sa katunayan ay nakapapayat ang tubig.

3. May inumin ba na nakakapayat?

Isa lang po ang nakakapayat. Ito ay ang tubig. Kaya umiwas sa lahat ng mga juices, iced tea at soft drinks. Nakatataba masyado ang mga juices tulad ng pineapple juice, energy drinks, at bottled teas.

4. Nakatataba ba ang pagtulog sa hapon?

Hindi nakatataba ang tulog. Puwede matulog sa hapon o sa gabi. Ang nakatataba ay ang pagkain ng sobra.

5. Tanong: Lumaki ang aking bilbil pagkapanganak. Puwede ba ako mag-ehersisyo?

Sa mga bagong panganak o bagong CS, magtanong muna sa inyong OB-gyne kung puwede na mag-ehersisyo. Kadalasan ay kailangang maghintay ng 6 linggo bago mag-umpisa ng magaan na ehersisyo (light exercise).

6. Puwede ba ang slimming tea o pills.

Hindi po maganda ang pag-inom ng slimming tea o pills. Karamihan dito ay may halong pampadumi (laxatives) at ika'y magtatae. Puwede kang maubusan ng sustansya sa katawan at bumagsak ang potassium sa dugo. May namamatay sa sobrang baba ng potassium. Puwedeng atakihin ng high blood at nerbiyos kapag uminom nito.

7. Puwede ba ako kumain ng prutas kahit gaano kadami?

Hindi po. Limitahan din ang pagkain ng prutas. Hindi ninyo alam pero nakatataba ang mangga, ubas, abocado at pineapple. Limitahan din ang pineapple juice (140 calories ang isang baso.) May fructose ang prutas na nakatataas din ng blood sugar at nakatataba kapag nasobrahan.

Sa bawat pagkain, isang pisngi lang ng mangga, o 10 na piraso ng ubas lang ang dapat. Ang mansanas at peras lang ang magandang pampapayat.

Tandaan, tubig lang ang dapat inumin. Bawasan ang dami ng pagkain. At ituloy lang ang ehersisyo. Good luck po.

GCQ S4 E6 (?? Boogie man o Chacha...??)

Ako po ay sang-ayon na kailangan na ang pagbabago sa ating Saligang Batas.

I believe that the constitution is a LIVING document that must reflect the wisdom of our times.

I believe that ease of foreign investment and strengthening of the local government is a necessary part for the country to develop faster and better.

But is it the right time?

Ang COVID ay laganap at patuloy na kumakalat. Ang COVID ay nariyan pa. Hindi pa ito nawawala, bagkus ay lalo pang lumalaki ang problema ng bansa.

This global challenge requires FOCUS and DETERMINATION. Our government must be singular in its effort to control the spread of the disease.

COVID does not only affect the sick, it affects everyone. COVID chooses no one.

Jobs are lost. The economy is in shambles. Lives are disrupted. Opportunities missed. Private schools have closed. Public schools are in flux.

Ang mga OFWs na siyang mga bagong bayani ng bayan, bukod sa pinauwi na dahil sa kawalan ng hanapbuhay sa ibang bansa - napakasakit na walang tumanggap sa kanila pabalik at sadyang tinakwil pa habang yung mga may sakit (o suspetsang may sakit) ay pinandirihan.

Mayroon pang "mga chismosa gagamitin laban sa kapwa o kapitbahay"?!

I am sure there are better, more efficient and intelligent ways to make the people cooperate with the government.

We should continue to prioritize testing, conduct better contact tracing and isolation. Then, let us focus in heal-



ing not just of the sick but as well as uniting the people towards economic recovery.

Dapat, wala tayo ibang unahin na kung ano ano. Pagtuunan sana natin ng singular na atensyon ang paglaban at pagsugpo sa pandemya at aksyunan lahat ng problema na dulot nito.

Tsaka na yang Charter Change (ChaCha) or the proposed Amendments to the Constitution.

Unahin ang **IMPORTANTE.**

Let us serve the people **FIRST** before we serve ourselves.

Dahil uultin ko: Walang ako, ikaw o sila. Ang mayroon lang ay **TAYO.**

Tayo na, Pilipinas. Unity towards recovery, first.

#Gov1VicUpdates

FamilyMart

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Bayan Bayanihan brings...

groups," -- Ramesh Subramaniam

"We felt strongly that we had to play our part during these extraordinary times" — Ramesh Subramaniam

Asian Development Bank

Bayan Bayanihan, based on the traditional Filipino Bayanihan principle of community spirit, was funded through a \$5 million technical assistance under the Rapid Emergency Supplies Provision (RESP) project approved by ADB on March 26, 2020.

The project addresses the health crisis caused by COVID-19 by delivering critical food supplies to as many as 140,000 vulnerable households in Metro Manila and neighbouring provinces.

Target beneficiaries are the poor and marginalised, including people with disabilities and the elderly, as well as daily wage earners in the informal labor market.

"We felt strongly that we had to play our part during these extraordinary times to immediately help the poor and vulnerable groups", said ADB's director general for Southeast Asia, Ramesh Subramaniam, who led Bayan Bayanihan.

"At the same time, we worked with the government to rapidly prepare our broader support for the country's fiscal stimulus programmes and social protection initiatives."

Hundreds of phone calls see coordinated response

Subramaniam said the programme was designed to complement national and local governments' immediate efforts to provide for the basic needs of Filipinos, especially those living in relatively remote areas or far from retail facilities or food markets.

ADB's approval of the project spurred a rush of online coordination meet-

ings that went late into the night. Hundreds of phone calls were made between programme partners, including the private sector. Systems and procedures were immediately put in place for emergency distribution of food supplies.

ADB staff led the food procurement and distribution schedules, and worked with the DSWD to identify the neediest communities. The Philippine Army deployed more than 400 soldiers and civilians to distribute and pack the goods into canvas bags each containing 35 cans of sardines, tuna flakes, corned beef, and other items.

Assembled in line with DSWD specifications, the food packs and accompanying 10-kilogram (about 22 lbs) sacks of rice can sustain a family of five for a week.

Army soldiers, together with DSWD representatives visited target communities days before distribution to validate poverty data and coordinate with village captains and social workers to ensure smooth flow of goods from army trucks to doorsteps.

On March 31, five days after the project approval, Philippine Army trucks rolled out of Army headquarters in Taguig City with rice for 2,000 target households in four cities in Metro Manila — Pasay, Caloocan, Quezon, and Manila.

On April 4, Army trucks started going deep into hard-to-reach barangays or villages, delivering 4,613 food packs to residents of Barangay Hulong Duhat in Malabon City.

E-tricycles and bicycle taxis were hired to take the food packs to residents who lived down narrow alleyways, allowing them to abide by government guidelines to limit movement outside their homes.

100,000 poor households reached

Philippine Army delivers thousands of food packs to target communities

The Philippine Army has delivered thousands of food packs to target communities

Asian Development Bank

By April 30, around 100,000 poor households, or half a million people, from all over Metro Manila had received food packs, including people with disabilities in Caloocan City.

Contributions from large private sector and philanthropic partners, such as the Philippine Disaster Relief Foundation (PDRF) and Philippine Chamber of Commerce and Industry (PCCI) enabled distribution to at least 40,000 more households. The programme is scheduled to end in May.

"We had other groups doing the same thing, but what made ADB's programme of Bayan Bayanihan really matter was the fact that we had a decision to give more", said Ambassador Marciano Paynor, Jr., a seasoned diplomat and former Chief of Presidential Protocol who helped organise coordination systems for the programme.

"We are reaching out to the poorest of the poor. We are able to alleviate their hunger. And with this extended ECQ, then all the more you see the importance of having given them the amount that we gave and the places we have been to."

Aleli Mantequilla, a 39-year-old who works at a biscuit factory and whose 9-year-old son is a person with

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disability, said the food packs allowed them to stay at home in Caloocan City.

"It is enough for at least two weeks, so we need not go out of the house during this time when it is so dangerous for our health. The food supplies also gave us some peace of mind. We can reallocate our money for paying house bills which are sure to come after the quarantine is lifted", Mantequilla said

Inspiration and strength in partnership

Philippine Army chief, Lieutenant General Gilbert Gapay, said the programme employed 250 students and caddies working at the Philippine Army golf course who had lost their jobs during the quarantine as packers.

"They work on rotation in batches of 50 to 60, so that all of them will have some income", said General Gapay. "So apart from addressing the socio-economic impact of COVID-19 to poor communities, the programme is also helping individuals who lost their jobs. We thank ADB for that", he added.

Despite risks to their health as frontline workers of the food programme, Philippine Army and Navy personnel have toiled almost daily to pack and bring food supplies to neighbourhoods.

"We derive satisfaction and fulfilment out of helping these poor people, the needy", General Gapay said. "We also draw inspiration and strength knowing that we have staunch partners willing to serve, like ADB."

GUHIT NG KAPALARAN

GEMINI : (May.21-Hun. 21) – Isang sorpresa ang naghihintay. Maging maligaya at makulay ang romansa. Ang pakikipag-date ay inaayunan ng panahon. Huwag pansinin ang kantiyaw ng kasamahan para maiwasan ang samaan ng loob. Lucky numbers at color for the day ang 4, 8, 10, 30 at strawberry red.

CANCER: (Hun. 22-Hul. 22) – Magpahinga at kalmahin ang sarili kung makakasagupa ng suliranin para makapag-isip ng magandang solusyon. Lucky numbers at color for the day ang 13, 18, 21, 28 at yellow.

LEO : (Hul. 23-Ago. 22) – Ang magneto ng iyong karisma ay malakas, congratulations! May balita mula sa ibayong dagat. Lucky numbers at color for the day ang 12, 25, 37, 41 at honey yellow.

VIRGO: (Ago. 23-Set.23) – Posible ang hindi ina-asahang magandang pangyayari. Iwasan ang makasakit ng damdamin ng kapwa. Lucky numbers at color for the day ang 3, 9, 35, 42 at purple.

LIBRA: (Set. 24-Okt. 23) – Makakatulong ang opinyon ng ilang matatandang kasamahan sa tahanan. Simulan na angn business. Lucky numbers at color for the day ang 6, 23, 30, 43 at ivory white.

SCORPIO: (Okt. 24-Nob. 22) – Maganda ang panahon kung iiwasan ang makipagtalos o lumikha ng gulo. May tawag na magbibigay kasiyahan. Lucky numbers at color for the day ang 2, 5, 32, 39 at light blue.

SAGITTARIUS: (Nob. 23-Dis. 21) – Mag-ingat sa pagpili ng kaibigan. Ang ma-tinding simbuyo ng kalooban ay maaaring magdulot ng kapaha-makan. Lucky numbers at color for the day ang 4, 9, 28, 43 at violet.

CAPRICORN: (Dis. 22-Ene. 19) – Hindi matatakpan ng karangyaan ang anumang pagkukulang sa aruga at kalinga sa loob ng tahanan. Mag-effort ka. Lucky numbers at color for the day ang 10, 27, 35, 42 at magenta.

AQUARIUS: (Ene. 20-Peb. 18) – Ipagpaliban ang bi-nabalak na gawain o paglalakbay. Hindi mo makuha ang gustong mangyari ngayon. Lucky numbers at color for the day ang 4, 8, 11, 22 at ocean blue.

PISCES: (Peb. 19-Mar. 20) – Maaaring hindi ma-ging maganda ang pagdalaw sa kaibigan, kapitbahay o kamag-anak. Ipagpaliban muna. Lucky numbers at color for the day ang 10, 23, 36, 40 at squash yellow.

ARIES: (Mar. 21-Abr. 19) – Magagamit ang katalinuhan para mapagtagumpayan ang gawain o proyekto. Maging maagap lang. Lucky numbers at color for the day ang 17, 22, 28, 31 at pearl white.

TAURUS: (Abr. 20-May. 20) – Kusang bubukas ang pagkakataon at panahon upang baguhin ang masasamang kaugalian. Lucky numbers at color for the day ang 3, 7, 10, 30 at tangerine.



Gov't says to prioritize health, food security under 2021 budget

MANILA - Health and food security are among top priorities of the government under its proposed P4.3 trillion national budget for 2021, the Department of Budget and Management said Wednesday as the country continues to fight the coronavirus pandemic.



The proposed 2021 budget is higher by 5 percent compared to this year's P4.1 trillion.

"The priority of the government as far as moving forward is basically... the focus is on the health sector," Budget Assistant Secretary Rolando Toledo said in a forum that serves as a primer ahead of President Rodrigo Duterte's 5th State of the Nation Address.

For health spending, Toledo said the government plans to ramp up spending on

medical facilities, purchasing necessary medical equipment and COVID-19 test kits, and ensuring sufficient deployment of health workers as the pandemic continues.

In terms of ensuring food supply, Toledo said the government would continue to provide equipment to farmers for modernization.

"This is to ensure the unhampered movement of agricultural goods and services through efficient transport and logistics system," he said.

Budget Secretary Wendel Avisado earlier said that government spending for next year would still be directed towards fighting the coronavirus pandemic.

As of July 14, the Philippines has confirmed 57,545 cases of COVID-19. This includes 1,603 deaths and 20,459 recoveries.

Bayan Bayanihan brings food and hope to the poorest of the poor

When a Philippine Army soldier brought food packs to Rowena P. dela Cruz's doorstep, tears streamed down her face.



Bayan Bayanihan will provide installments of food to support the most vulnerable households for a period of up to 8 weeks, with an estimated \$20 million needed for essential food supplies in this period

Bayan Bayanihan: food to support the most vulnerable households for up to eight weeks.

Asian Development Bank

"Finally, we have food for our children", said the 29-year-old housewife. Her family of six lives in a 20-square-meter dwelling in Navotas City, northwest of

the capital Manila.

"We were so happy, as well as all our neighbours. The relief goods were a big blessing to us, especially since my husband is a passenger jeepney driver and he can not work now, so we don't know where to get money for food", she added.

The previous day, Dela Cruz, her husband, Federico, and her 70-year-old father-in-law who lives with them and has a lung ailment, had skipped dinner, lunch, and breakfast. Her three children, including an infant, had consumed only milk and bread.

Her husband had to give up his job temporarily when enhanced community quarantine (ECQ) started in Metro Manila on March 16. The ECQ is one of the government's emergency measures to stop the spread of COVID-19 and save lives.

140,000 vulnerable households

The Dela Cruz family is just one of tens of thousands of poor Filipino households who have received food supplies under the Bayan Bayanihan, a food programme launched by the Asian Development Bank (ADB) in partnership with the Department of Social Welfare and Development (DSWD) and the private sector, in coordination with the Philippine Army.

"We felt strongly that we had to play our part during these extraordinary times to immediately help the poor and vulnerable

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PAHAYAGAN NG
Kabitenyo

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100 Cavite schools shutting down

Cavite Governor Jonvic Remulla

Cavite Gov. Juanito Victor Remulla on Monday said about 100 private schools in his province would stop operating at least for the incoming school year, when the country's educational system would undergo the transition from classroom education to blended or distant learning.

Remulla said the provincial government would have to lay out its own "educational plan" and allocate P5 billion for 600,000 students enrolling to public schools this year.

"It is our local solution to a national problem," Remulla said.

Back to zero

In a public post addressed to Education Secretary Leonor Briones, Remulla pointed out that local governments would have to shoulder the public schools' expenses in shifting to remote or online education, on top of the medical expenditures to combat the new coronavirus disease (COVID-19).

"It is unfortunate that at the time of COVID [when] every Filipino student should be given a chance at proper education ... the reality is only the rich can afford to learn," he said. Jeofrey Capili Sr., a private school principal and president of Association of Private Schools, Principals and Administrators in Cavite, confirmed the governor's data, as well as the sentiment of school

owners, but said he was "discouraging" the schools from shutting down.

"If they do so, everything will have to go back to zero [and will be more difficult for them to recover should they decide to reopen after the pandemic]," Capili said.

Undecided parents

He said many parents were still "undecided" on whether to push through their children's enrollment. Others, who have lost their jobs due to the pandemic, have opted to transfer their children to public schools.

"In private schools, it's a no-work, no-pay [scheme for teachers and personnel]. The last time we received our salaries was on March 15, yet we never got any [government] aid," Capili said.

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by Taboola

Eleazardo Kasilag,



president of Federation of Associations of Private Schools and Administrators, said it was too early to say how many of their 6,000 member schools could survive the crisis brought about by the pandemic, with still about a month before the school opening in August.

Quoting the Department of Education's data that only 80 percent of last year's student population had enrolled so far, Kasilag said the schools were banking on the remaining 20 percent to enroll in private schools.

He said private schools were told to extend their enrollment period until September to accommodate late enrollees and offer services, like smaller teacher-student ratio, stronger internet connection and better distance learning systems than those of public schools. INQ

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