

DOST-Cavite visits two of the best restaurants in Cavite

By: Verjo Angelie M. Sisante

The Department of Science and Technology – Cavite (DOST-Cavite), led by Ms. Gilda S. De Jesus, Provincial Director, together with DOST Food Safety Members, Ms. Anna Marie S. Daigan and Ms. Lorelie P. Dorado, and staff Ms. Esther Joy V. Salazar, visited two of the most talked-about restaurants in Cavite—Bag of Beans Café and Restaurant, and Sonya’s Garden Bed and Breakfast—last Tuesday.



The team conducted interviews and product assessments on Bag of Beans product packaging. During the consultation, the team discussed and inspected the current packaging for each of their products. Ms. Dorado, and the rest of the team, recommended that they register the logo of Bag of Beans with the Intellectual Property Office.



DOST-Cavite also encouraged them to administer seminars on Good Manufacturing Practices (GMP) and food hygiene for the new employees.

Meanwhile, the team conducted an interview and site inspection in the production facility for baking and processing of jams, salad dressings and other products of Sonya’s. Ms. Dorado provided initial suggestions for the improvement of the packaging and labelling of the products. The team also offered possible assistance under the DOST Small Enterprise Technology Upgrading Program (SETUP) for the improvement of the pro-

cessing facility and for product testing.

DOST-Cavite, and its regional office DOST-CALABARZON, offer packaging and labelling services as assistance to MSMEs in the development of their package design, technical consultancy for the improvement of the packaging system, nutrition facts analysis, shelf-life testing and GMP Training.



Nasa 2,000 mga mag-aaral sa Kolehiyo ang tumanggap ng Educational Assistance mula sa lokal na pamahalaan ng Trece Martires, sa pangunguna ng City Social Welfare and Development Office, Mayor Gemma Lubigan at Vice Mayor Bobby Montehermoso nitong Huwebes.

Ang naturang pondo ay nagmula sa kanilang LGU, ayon kay Lubigan.

Mensahe niya sa mga kabataan, “Patuloy na mag-sumikap sa pag-aaral at huwag susuko upang maabot ang ating mga pangarap. Mag-aral ng mabuti mga anak.”

Photos: Mayor Gemma Buendia Lubigan/FB

22 taon na sa serbisyo publiko.

- isang Ina
- may kakayahan
- may karanasan
- may puso
- may malasakit
- lalaban para sa Treceño
- lalaban para sa Bagong Trece

Gemma Lubigan

Job 42:2
 “I know that you can do everything, and that no purpose of yours can be withheld from you.”

Women empowerment nais isulong Vice Governatorial aspirant Athena Tolentino

Sa kaniyang Facebook page, ibinahagi ni Cavite Vice Governatorial aspirant Athena Tolentino ang kanyang adhikain ukol sa Women Empowerment programs para sa lalawigan.

Ilan sa kanyang mga binanggit ay “job opportunities

without gender discrimination”, “investing in women’s entrepreneurial ideas”, at pagsasagawa ng aksyon laban sa karahasan para sa mga kababaihan.

Aniya, “Iangat po natin ang kalidad ng pamumuhay para sa mga kababaihan. Gagamitin ko ang boses ko para mabigyan diin ang women rights and empowerment sa lalawigan.”

Bago pa man tumakbo bilang bise gobernador, ilan na sa mga naging proyekto ni Athena ay ang pagsulong sa mental health awareness sa lungsod ng Tagaytay sa

pamamagitan ng pagtataguyod ng Pangkalusugan Mental ng Tagaytay, at personal na

2 ATHENA TOLENTINO
 for VICE GOVERNOR

pagtulong sa mga local artists sa lalawigan ng Cavite.

Photo courtesy of Athena Tolentino/FB

Herbal Medicines and Health Tips

Doc Willie Ong -

Indigestion o Hindi Matunawan

Payo ni Doc Willie Ong

Ang indigestion ang pangkalahatang tawag sa hindi komportableng pakiramdam sa sikhura. Ang indigestion ay hindi isang sakit ngunit ito ay pagpapakita ng sintomas tulad ng hindi matunawan, hirap sa pag-dighay, pagkahilo, at pagka-impatso pagkatapos kumain.

Maraming dahilan ang indigestion. Ang iba ay dahil sa kanilang lifestyle sa sobrang pagkain at iniinom na alak. Ang labis na pag-aalala, paninigarilyo, emotional trauma, mabilis na pagkain, at kondisyon gaya ng ulcer o gallstones (bato sa apdo) ay maaari ring dahilan ng indigestion.

Kung minsan ang taong may indigestion ay nakararanas din ng heartburn o pangangasim ng sikhura. Para maiwasan ang indigestion, subukan ito:

1. Kumain ng pakonti-konti ngunit mas madalas - Kumain ng mas maraming gulay at prutas. Nguyain ang pagkain ng mabuti at dahan-dahan.

2. Iwasan ang mga "trigger foods" - Ang karaniwang nagdudulot ng indigestion ay ang matataba at maaanghang na pagkain, soft drinks, kape, pag-inom ng alak at paninigarilyo.

3. Panatilihin ang tamang timbang - Ang sobrang timbang ay naglalagay ng pressure sa iyong sikhura at maaaring maging dahilan ng stomach acid para umakyat sa lalamunan.

4. Mag-ehersisyo ng madalas - Ang pag-ehersisyo ay malaking tulong para hindi tumaba at umayos ang iyong panunaw.

5. Limitahan ang stress - Magkaroon ng sapat na tulog. Maglaan ng oras sa mga bagay na gustong gawin. Maaari rin mag-meditate o mag-yoga.

6. Suriin ang iyong mga gamot - Sumunod sa payo



ng doktor kung kinakailangang inumin ang gamot. Ngunit ang gamot tulad ng aspirin at pain relievers (gamot sa kirot) ay pwedeng maka-irita at makasira sa lining ng sikhura. Kung kailangan talaga inumin ang gamot, kumain muna bago uminom ng gamot para mabawasan ang hapdi.

7. Uminom ng herbal tea na may peppermint - Mayroong mga taong nagiginhawahan sa pag-inom ng peppermint, ngunit hindi pa ito tiyak. Pwede naman subukan.

Kung hindi lamang natunawan, hindi dapat mag-alala.

Kumonsulta sa doktor kung ang indigestion ay mahigit 2 linggo, at may kasamang senyales tulad ng:

1. Pagbaba ng timbang at walang gana kumain

EDITORIAL -**Mag-ingat sa muling pagkalat ng virus**

NAGSIMULA na kahapon ang pagdagsa ng mga tao sa bus terminal, pantalan at domestic airport para umuwi sa kani-kanilang probinsiya para gunitain ang Mahal na Araw. Siksikan ang mga tao sa bus terminal sa Parañaque ganundin sa Batangas pier. Mahaba ang pila at tila hindi na nasusunod ang social distancing. Kapansin-pansin din na walang face mask ang ilang pasahero.

Sa paggunita ng Mahal na Araw sa probinsiya, nakabababala ang muling pagdami ng virus. Tiyak na hindi na maipasusunod ang health protocols lalo sa mga aktibidad na may kinalaman sa pagpepenitensiya. Karaniwan nang may mga nagpapapako sa krus at dinadagsa ng mga tao para manood. Mayroon ding mga prusisyon at kung anu-ano pang gawaing pang-Semana Santa. Tiyak na dadagsa ang mga tao sapagkat dalawang taon ding hindi nakapagdaos ng mga aktibidad na pang-Mahal na Araw.

Kasunod ng Mahal na Araw ay ang pagtitipon ng mga magkakamag-anak na karaniwang ginagawa ng Easter Sunday. May picnic na ginagawa sa beach o resort at kung saan-saan pa. Masaya ang pagkikita pagkatapos ng pandemya at nalilimutan na ang pag-iingat.

Pagkatapos ng paggunita sa Mahal na Araw, tuloy ang pangangampanya ng mga kandidato. Ibubuhos na nang todo ang panunuyo sa mga tao. Kaliwa't kanan na ang campaign sorties. Ang mga kasuluk-sulukan ng barangay ay pupuntahan para makipagkamay at yumakap sa mga tao.

Nagbabala ang World Health Organization (WHO) na posibleng magkaroon ng surge ng COVID sa mga susunod na buwan. Ang epekto umano ng paggunita ng Mahal na Araw at election ay mararamdaman pagkalipas ng dalawang buwan. Ganito rin ang sinabi ng Department of Health (DOH) at OCTA Research Group ilang linggo na ang nakararaan.

Nararapat ang pag-iingat lalo ang mga duma-dagsa sa probinsiya. Nasa paligid pa ang virus-. Huwag magkampante. Ipapatuloy naman ng gob-yerno- ang pagbabakuna at pagbibigay ng booster shots. Maha-laga ito para maproteksiyunan ang mama-mayan sa muling atake ng virus.

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- Plant pest diagnosis
- Plant pest field validation
- Pest management consultation
- Biological control agent production and quality assurance
- Training on village-level production of biocontrol agents
- Training on crop pest management





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 Publisher

DIOSDADO ARIEL F. ALTO, JR.
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 KCEE NACION
 Marketing & Circulation Manager

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GUHIT NG KAPALARAN

ARIES: (Mar. 21-Apr. 19) Sipag at matinong pag-iisip ang puhunan para umunlad. Ang madalas na pagwawalang bahala ay dapat nang baguhin. Kung makakarinig ng salita laban sa sarili, mabuti pang huwag na mag-react para makaiwas sa gulo. Lucky numbers at color for the day ang 3, 16, 24, 38 at purple.

TAURUS: (Abr. 20-May. 20) Walang problema sa pag-ibig. Magaan ang pakiramdam pero bigyang pansin ang kalusugan dahil mahina ang resistensiya. Lucky numbers at color for the day ang 4, 26, 33, 44 at yellow.

GEMINI : (May.21-Hun. 21) Walang sigurado tungkol sa negosyo. Akyat-baba ang benta pero huwag mawalan ng pag-asa dahil babawi ka. Tutukan ang budyet. Lucky numbers at color for the day ang 19, 23, 32, 43 at red.

CANCER: (Hun. 22-Hul. 22) Ngayon makakatagpo ang soulmate. Kung muling tumibok ang puso, siya na nga ang ideal partner para sa'yo. Lucky numbers at color for the day ang 4, 18, 25, 34 at peach.

LEO : (Hul. 23-Ago. 22) Kung may hinihintay, darating maliban ang tungkol sa pag-ibig. Upang hindi magsisi sa desisyon, pag-isipan ng mabuti. Lucky numbers at color for the day ang 24, 27, 33, 42 at lilac.

VIRGO: (Ago. 23-Set.23) Ang balak na pagbabyahe ay ipagpaliban muna dahil malapit ka sa aksidente. Kung ang trabaho ay sa field, mag-ingat. Lucky numbers at color for the day ang 14, 19, 28, 36 at white.

LIBRA: (Set. 24-Okt. 23) Abala sa pinapasukan at sa tahanan. Daranas ng pagod sa gabi pero happy ka dahil sa rami ng matatapos na gawain. Lucky numbers at color for the day ang 11, 26, 38, 40 at fuchsia.

SCORPIO: (Okt. 24-Nob. 22) May oportunidad na darating kaya tiyakin na laging bukas ang linya ng komunikasyon para hindi makaalpas. Lucky numbers at color for the day ang 5, 21, 29, 42 at tangerine.

SAGITTARIUS: (Nob. 23-Dic. 21) Kung may nawalang gamit, kilala mo ang kumuha. Maaaring hindi na ito maibalik. Mag-ingat sa tuwina. Lucky numbers at color for the day ang 4, 19, 30, 37 ay blue.

CAPRICORN: (Dic. 22-Ene. 19) Kung gipit, madaling matutugunan ng kamag-anak o kaibigan. Kung masagana, ikaw ang makapagbibigay ng tulong. Lucky numbers at color for the day ang 2, 22, 32, 42 at beige.

AQUARIUS: (Ene. 20-Peb. 18) Labanan ang pagkamasungit, hadlang ito sa suwerte mo. Kung magiging mahinahon, may solusyon na darating. Lucky numbers at color for the day ay 29, 31, 38, 43 at brown.

PISCES: (Peb. 19-Mar. 20) Nasa tamang landas ang kaunlaran, kaya ituloy ang pagsisipag at pagtitiyaga. Dedma lang sa mga bashers. Lucky numbers at color for the day ang 23, 37, 40, 45 at emerald green.

Problems with family names similar in sound but not in spelling

MANILA – Do you belong to the few groups of Filipinos who have family names different in spelling when written but sound similar when pronounced?

If yes, then you can easily understand and relate with the problems cited in some parts of this article. While such similarity in pronunciation may be pleasing in one's ears, the difference in spelling when the family name is written may create slight confusion or perplexity for some.

Examples of such family names are Guevara/Guevarra, Guerrero/Guerrero, Espinosa/Espinoza, Estabillo/Estavillo, Nepomoceno/Nepomuceno, Gonzales/Gonzalez, Gutieres/Gutierrez, Serano/Serrano, Sicat/Sikat, Samuco/Zamuco, Sanches/Sanchez, Jimenes/Jimenez, Maderaso/Maderazo, Abolencia/Abulencia, Balbuena/Valbuena, Balderama/Valderama, Baldes/Valdez, Baldoria/Valdoria, Goles/Golez, Ismael/Ysmael, Ison/Yson, Jomadio/Jumadio, Martines/Martinez, and Rojas/Roxas.

What is the most undesirable effect of having family names with almost the same sound when pronounced but spelled out differently?

Cesar "Chito" M. Guevara of Quezon City has this to say as he lamented that oftentimes, his family name is often spelled with double "R."

"My family almost always have this problem: In our birth certificates, PRC (Professional Regulation Commission) licenses, and passports, even though we are making it clear that we spell our family name with a single R," he said. Guevara was commenting on a recent Facebook post by Bunny Arville on the Filipiniana Page titled "Who is Pedro Guevara?"

Arville wrote: "If You Live in San Juan, then you know P. Guevara Street. But who was P. Guevara? Pedro Guevara (February 23, 1879 -January 19, 1938), was a Philippine soldier, lawyer and legislator and Spanish writer who became Resident Commissioner from the Philippine Islands during the American colonial administration. He joined the Filipino forces during the Philippine Revolution and assisted in promoting the peace agreement of Biak na Bato at San Miguel, Bulacan in 1897. He also served throughout the Spanish-American War and the Philippine-American War, attaining the rank of lieutenant colonel."

It caught the attention of at least 180 members of the Filipiniana group, many of them heaving praises on Guevara. However, the comments and posts were not all praises. Cesar Guevara wrote that the name of a street in San Juan City and another in Sta. Cruz, Manila, spelling the name Pedro Guevarra (with double R) was erroneous.

Stressing that the spelling needs correction, he said the subject of the write-up was his grandfather.

"We used to live in P. Guevara St., Sta. Cruz, Manila. It was spelled with a single R way back in the 1960s. In fact, my grandparents were already there since the 1930s. And all correspondence and addresses used by my family was P. Guevara with single R. Even this article we are reading spelled the family name with a single R. My grandfather, Judge Guillermo Guevara, once wrote an article in the Manila Times entitled "Why Guevara should not be spelled with a double R. And Pedro Guevara is our great grandfather, so I should know," he said, adding that "It's more likely that it is only in the Philippines that Guevara is spelled with a double R."

When told that a historical book on the Philippine Legislature, from the Pact of Biak-na-Bato (1897) to 1992, titled "Foundations of Freedom: A History of Philippine Congresses" written by veteran writer and editor Jose P. Abletez, listed the name Pedro Guevarra of Laguna's 2nd District with double R, he said it maybe a typographical



SPELLED OUT DIFFERENTLY. What is the most undesirable effect of having family names with almost the same sound when pronounced but spelled out differently? Photo show the family name with a single R appear at the signboard of the Pedro Guevara Elementary School (top photo) in San Nicolas, Binondo, Manila. However, P. Guevarra St. in Sta. Cruz, Manila (lower photo, left) is written with double R. The street sign for P. Guevarra St. in San Juan City (right, lower photo) also has double R. (PNA photos by Ben Briones)

error.

This caused me to do quick research, thinking positively that there is indeed another family name Guevara spelled with double R. I have in mind our former Philippine News Agency (PNA) photographer with the same family name spelled with double R: Johnny Guevarra (RIP).

After a cursory glance at a number of written sources, including the DPC (Directories Philippines Corporation) Yellow Pages 2008-2009 Metro Manila Edition, I found there are really persons using the family name Guevara (with single R) and also Guevarra (double R). Some of the other family names with similar sound when pronounced but with different spelling are listed above.

The National Press Club (NPC) of the Philippines, in its 50th Anniversary Commemorative Book, listed six members with the family name Guevarra, all spelled with double R.

Next, I looked at the 1998 Philippine Centennial Almanac for Children which has a single sentence entry for Feb. 23, 1878. It said that "Pedro Guevara, politician, writer and resident commissioner of the Philippines in the United States, was born on Feb. 23, 1878. He died on Jan. 19, 1938." Yes, the family name only had one R.

The almanac was edited by National Artist for Literature and Children's Communication Center Executive Director Virgilio S. Almario.

The family name with a single R also appears at the signboard of the Pedro Guevara Elementary School in San Nicolas, Binondo, Manila.

The school principal, Editha Lopez, told PNA photographer Ben Briones that the family name Guevara as written on the signboard has only one R.

However, P. Guevarra St. in Sta. Cruz, Manila is written with double R. The street begins from the vicinity of the Chinese Cemetery, crosses Aurora Blvd., Blumentritt St., the Philippine National Railways (PNR) railroad track and extends all the way parallel to Rizal Ave. until V. Fugoso St. (formerly Zurbaran) near the Central Market and the Dr. Fabella Memorial Hospital.

The street sign for P. Guevarra St. in San Juan City also has double R. It is now up to these local governments if there is a need to make the proper and long overdue correction. (PNA)

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Bagong coding scheme, 4-day workweek balak ng MMDA Para maibsan ang trapik

MANILA, Philippines — Planong magpatupad ng panibagong 'number coding scheme' ang Metropolitan Manila Development Authority (MMDA) kasabay nang pagrerekomenda nila sa Civil Service Commission (CSC) sa pagpapatupad ng 4-day workweek at pasok na mula alas-7 ng umaga hanggang alas-4 ng hapon.

Ito ay upang mabawasan ang matinding pagbigat na ng trapiko habang bumabalik na sa normal ang situwasyon sa bansa.

Sa proposal ng MMDA, plano na ipatupad ang bagong number coding mula alas-7 ng umaga hanggang alas-9 ng umaga at mula alas-5 ng hapon hanggang alas-7 ng hapon.

Sakop ng coding tuwing Lunes ang mga sasak-yang may plakang nagtatapos sa 1,2,3,4; sa Martes ang 5,6,7,8; sa Miyerkules ang 9,0,1,2; sa Huwebes ang 3,4,5,6; at sa Biyernes ang 7,8,9,0.

Ayon kay MMDA Chairman Romando Artes, plano na umpisahang

porsyento.

Hindi naman kasama sa number coding ang mga pampublikong sasakyan tulad ng mga bus, jeepney, taxi, TNVS at mga motorsiklo.



ipatupad ito sa Mayo 16 sa lahat ng pangunahing kalsada sa Metro Manila. Layon umano nito na mabawasan ang bigat ng trapiko tuwing peak ng 40

Magkakaroon ng pagpupulong ang mga opis-yales ng pamahalaan matapos ang Semana Santa para pag-usapan ang mga panukala.

ILANG MAYNILAD CUSTOMERS, MAKAKATANGGAP NG REBATE NGAYONG ABRIL

Inanunsyo ng Metropolitan Waterworks and Sewerage System-Regulatory Office (MWSS-RO) na mabibigyan ng diskwento ang ilang customers ng Maynilad Water Services Inc. partikular na ang mga sineserbisuhan ng Putatan Water Treatment Plant Zone na apektado ng water service interruption.

Tinatayang aabot umano sa P 323.00 ang rebate na maaaring makuha ng Maynilad customers mula sa ilang bahagi ng Muntinlupa, Parañaque, Las Piñas, at Pasay, gayundin sa ilang bahagi ng Cavite gaya ng Bacoor, Imus, Rosario, at Noveleta ngayong buwan ng Abril.

Sa isang pahayag, sinabi ni MWSS-RO chief regulator Patrick Ty na ang nasabing rebate ay magmumula sa ipinataw na multa ng MWSS sa Maynilad matapos ang napahabang water service interruptions sa mga nabanggit na lugar simula noong Disyembre 2021 hanggang Pebrero 2022.

“Based on the evidence gathered from its investigation, the MWSS-RO concluded that Maynilad failed to meet its Service Obligation of ensuring the availability of an uninter-

rupted ng Maynilad na nagkaroon ng problema sa produksyon sa Putatan Water Treatment Plant Zone dahil sa hindi umano maayos na kalidad ng tubig mula sa Laguna Lake.



rupted 24 hour supply of water at seven pounds per square inch (psi) minimum pressure to all connected Customers in its Service Area,” pahayag ni Ty.

“Customers within the PWTP Supply Zone were found to have been deprived of water service obligation for at least 15 days, which adversely impacted their health and welfare,” dagdag pa nito.

Samantala, una nang

Sineserbisuhan ng Maynilad ang ilang mga lugar sa lungsod ng Maynila, Makati, Quezon City, Caloocan, Pasay, Parañaque, Las Piñas, Valenzuela, Muntinlupa, Navotas, at Malabon sa Metro Manila.

Sakop din ng serbisyo ng Maynilad ang ilang mga lugar sa Cavite tulad ng lungsod ng Bacoor, Cavite, at Imus, bayan ng Kawit, Noveleta, at Rosario.