Ako ay Pilipino

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CAPE
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LGU Ternate imposes P20 Ecological Fee to Kaybiang tunnel visitors

TRECE MARTIRES CITY, Cavite (PIA) -- The local government of Ternate imposed a P20 Ecological Fee for tourists, motorists, and motorcycle riders who visit the town particularly the Kaybiang tunnel.

Collection of said fee last weekend, February 6 & 7 earned flak and criticisms from the motoring public and local tourists because of the unexpected and unannounced action from the local authorities.

Ternate Mayor Lamberto Bambao through his staff Bryan Novejas explained the collection of said fee is in accordance with Municipal Ordinance No. 5 s. 2014 authored by then Councilor Lorenz Khalil Soberano, Chair fo the Committee on Trade, Tourism, Culture, and Arts during the term of Former Mayor Herminio Lindo.

Also known as the "Ternate Tourism Ecological Fee Ordinance," it was passed to ensure the benefit and enjoyment of the people of the locality, judicious and wise utilization, protection and conservation and management on a sustainable basis of its natural resources with the necessity of maintaining sound ecological balance.

Novejas explained that "to generate funds as a source of revenue to finance the implementation of environmental and tourism plans and projects and to provide the necessary amenities and services out of the collected fee that goes to peace and order, beautification, livelihood, health assistance."

"This is the way we can meet the needs of the local government to provide for the cleaning of garbage left by riders and tourists on the road or in Kaybiang Tunnel and to be used for the mobility of police for peace and order, rescue by MDRRMO in times of accidents within the vicinity. Saan naman kame kukuha ng funding, we are only a 4th class municipality," added Novejas.

Kaybiang tunnel is a 300 meter long tunnel with 4.85 meter wide vertical clearance completed on July 1, 2013. The tunnel is considered the longest tunnel in the country which serves as an alternate route going to the municipality of Nasugbu. It has been frequented by local tourists, and motorcycle riders even cycling enthusiasts for souvenir photos and access to the beautiful beaches in Ternate and Nasugbu.

Meanwhile, Municipal Treasurer Brendalyn Olano pointed out the ecological fee will be collected on weekends and residents of Nasugbu are exempted upon presentation of proof of residency.

"Kaya po sa mga darating na weekend po, umasa po kayo na ang pamahalaang lokal ng Ternate ay muling maglalagay ng booth para sa nasabing Ecological Fee, ang mga residente ho ng Nasugbu na may kaukulang dokumento na nagpapatunay na sila ay residente dito ay hindi kasali sa fee," said Olano. (Ruel Francisco with reports from Dennis Abrina; Ternate One)

CAVITE-TAGAYTAY-BATANGAS EXPRESSWAY TARGET MASIMULAN NGAYON HULYO

Target masimulan sa darating na buwan ng Hulyo ngayong taon ang proposed project na Cavite-Tagaytay-Batangas Expressway (CTBEX) ayon sa Metro Pacific Tollways Corporation (MPTC) at ng Metro Pacific Tollways South Corporation (MPTSC) sa ginanap na virtual assembly meeting ng Batangas Provincial Development Council.

Ang naturang proyekto ay may habang 50.43 km na mag-uugnay sa Cavite at Batangas at magsisilbing daan upang magkaroon ng mas direktang access ang Batangas Province sa mga bayan ng Cavite, at makatulong sa pagpapaunlad ng mga bayan na babagtasin nito.

Nasa kabuuang P25.2 Bilyon ang budget para sa proyekto na nahahati sa tatlong mga seksyon. Ang unang seksyon ay may habang 18.10 km, mula Silang, Cavite hanggang Tagaytay Spur samantalang ang ikalawang seksyon ay may habang 9.96 km, mula sa Mendez , Cavite hanggang Magallanes, Cavite at ang ikatlong seksyon naman ay may habang 22.37 km mula Magallanes, Cavite hanggang Nasugbu, Batangas.

Sa oras na makumpleto ang proyekto, tinatayang mababawasan ang oras na gugugulin sa biyahe ng mga sasakyan.

Ang biyaheng Manila hanggang Tagaytay, na kumukunsumo ngayon ng 1 oras at 48 minuto, ay magiging 55 minuto na lamang.

Samantala, ang biyahe naman mula Manila hanggang Nasugbu, na gumugugol ng 2 oras at 45 minuto, ay magiging 1 oras at 15 minuto na lamang.

Dahil sa nabawasang oras ng biyahe ay mababawasan ang traffic load sa mga pangunahing daan at makatitipid sa operation cost ang mga may-ari ng sasakyan.

Inaasahan din itong makatulong sa employment generation, income growth, increase of prop

(SEE page 7)

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Mga payo para mabawasan ang pagdighay at maiwasan ang kabag

DOC WILLIE - Dr. Willie T. Ong

Ang pagdighay (burping or belching) ay paraan ng katawan para ilabas ang sobrang hangin sa loob ng tiyan.

Nakalulunok tayo ng sobrang hangin kung mabilis kumain at uminom, nagsasalita habang kumakain, umiinom ng mga soft drinks o umiinom gamit ang straw. May ilang tao na nakahihigop ng hangin sa tuwing ninenerbiyos.

Ang hindi natunawan (indegstion) at heartburn ay ma--aaring malunasan ng pag-dighay.

Mga dapat gawin para mabawasan ang pagdighay:

• Kumain at uminom ng dahan-dahan. Huwag magmadali para maiwasang mabulunan. Limitahan ang pag-inom gamit ang straw.

• Itigil ang pag-inom ng carbonated na inumin gaya ng softdrinks at beer, dahil naglalabas ito ng carbon dio-xide.

• Iwasan ang chewing gum o pagsipsip ng matigas na candy.

• Huwag manigarilyo.

• Ang pagbawas sa stress ay maaaring mapigilan ang nerbyos. Para mabawasan ang habit ng paglunok ng hangin.

• I-check ang sukat ng pustiso. Kung hindi tama ang sukat maaaring maging dahilan para makalunok ng hangin habang kumakain.

• Iwasan humiga agad pagkatapos kumain. Mag-lakad-lakad muna para bumaba ang kinain at maiwasan ang heartburn.

Paano maiiwasan ang kabag

Kapag ang hangin ay hindi nailabas ng pag-dighay at pag-utot, ito ay mabubuo sa tiyan at bituka na dahilan ng pagkakaroon ng hangin (bloating). Ang sakit ng tiyan ay maaaring hindi masyadong masakit o kaya naman ay matigas at sobrang sakit ito ay nangyayari kung mahangin ang tiyan o may kabag. Kung maaalis ang hangin ay mawawala ang sakit. Kaugnay din dito ang LBM at lactose intolerance. Ang pagkain ng matataba at mga pagkain na nakapagbibigay ng hangin sa ating tiyan gaya ng beans, at iba pang gulay, ang mahangin na tiyan ay resulta rin ng stress, labis na pag-aalala at paninnigarilyo.

Mga gagawin para maiwasan ang kabag:

• Magbawas sa mamantikang pagkain. Dahil napapatagal nito ang pagtunaw ng pagkain.

• Bawasan ang mga pagkaing nagbibigay ng hangin sa tiyan. Tigil ang soft drinks. Bawasan ang beans, peas, repolyo, sibuyas, broccoli, cauliflower, pasas, prunes, bran cereals at muffins.

• Iwasan din ang pagkain ng chewing gum at matigas na kendi.

Kung saan-saan natin hinahanap ang Diyos

(Nakaka-inspira ang kuwentong ito online, kaya isina-Tagalog ko para sa inyo. Sayang nga lang na hindi pinangalanan ang umakda ng orihinal sa Ingles.)

Nasa gilid ng ilog ang munting nayon. Masaya ang mga taga-nayon at malimit sila magdasal at mag-alay sa templo roon. Isang habagat ang dumating at bumuhos ang malakas na ulan. Nagsimulang umapaw ang ilog at binaha ang nayon. Nagsilisan ang lahat sa mga bahay at nagtungo sa bundok.

Humangos ang isang lalaki papuntang silid ng pari sa templo. “Pinasok na ng baha ang mga bahayan,” aniya sa pari. “Nakaalis na ang lahat. Halina’t tutulungan ko kayong mag-alsa balutan.” Singhalan siya ng pari: “Sumasampalataya ako sa Diyos, hindi tulad n’yo na walang tiwala. Ililigtas Niya ako. Hindi ko iiwan ang templo.” Umalis ang lalaki.

Tumaas ang baha lampas baywang. Umakyat sa mesa ang pari. Nakalipas ang ilang minuto dumating ang isang kanayon sa bangka para sagipin ang pari. Muli tumanggi itong umalis at ililigtas naman daw siya ng Diyos. Iniwan na lang siya ng nakabangka.

Sa tindi ng bagyo umabot sa kisame ang baha. Sa bubong ng templo lalapag na sana ang helicopter para kunin ang pari. Muli umayaw ang pari. Nang malulunod na, sumigaw siya: “Diyos ko, lubos akong nagtiwala at nagdasal sa Iyo, bakit hindi mo ako nililigtas?”

Dumagundong ang malaking boses: “Nagmadali Ako na ilisan ka, pero ayaw mo. Nagdala Ako ng bangka, pinaalis mo Ako. Nagdala Ako ng helicopter, ayaw mong sumakay. Hindi mo Ako kinilala.”

Napahiya sa sarili ang pari. Buti na lang binalikan siya ng chopper. Nabatid ng pari na ang Diyos ay nasa mga tao sa paligid.

Araw-araw tumanaw sa limang direksiyon. Sa harap, para alam ang patutunguhan at plano. Sa likod, para ma--alala ang pinanggalingan. Sa baba, para tiyaking walang tao na inaapakan. Sa tabi, para pasalamatan ang tumutulong at alamin kung sino ang nangangailangan. At sa itaas, para kilalanin ang Maylikha ng lahat.

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KUTOB NG KAPALARAN

AQUARIUS: (Ene. 20-Peb. 18) Masaya angdesisyonnamagnegosyodahiltuloy-tuloyangdaloyngsalapi. Magingmasinopsaiyongkitaparamakapag-invest saiba pang business. May hindiinaasa-hang message angmatatanggapsa social media. Lucky numbers at color for the day ang 53, 27, 45, 41,15 at marigold yellow.

PISCES: (Peb. 19-Mar. 20) Inaayunanngpagkakataonangmagsimulangbagongnegosyo. Huwaglanghaluanngsugalparahindimaluge. Lucky numbers at color for the day ang 23, 56, 39, 43, 15 at ruby red.

ARIES: (Mar. 21-Abr. 19) Masiglaang effect sa meditation, lahatng gusto mo ay makakamitdahiltuloy-tuloyangdaloyngsuwerte. Lucky numbers at color for the day ang 23, 37, 58, 41, 13 at dollar green.

TAURUS: (Abr. 20-May. 20) Ang cooperative component ng project nana-assemble ay may masayang effect sakabuuan. Lucky numbers at color for the day ang 53, 26, 39, 41, 11 at mango orange.

GEMINI: (May. 21-Hun. 21) Iwasanang blame game. Mag-usapngkalmadoparamagkaliwanagansalahatngbagay. Lucky numbers at color for the day ang 33, 46, 58, 12, 21 at mango orange.

CANCER: (Hun. 22-Hul. 22) Mararanasanang serendipity. Tugmaang time, place at taonakailangansatakdangpanahon. Happy ka. Lucky numbers at color for the day ang 43, 56, 28, 13, 31 at tulip pink.

LEO: (Hul. 23-Ago. 22) Ang design monalaruan ay papatoksamgakabataan. Dadagsaangmga orders.Magingmasinop. Lucky numbers at color for the day ang 33, 35, 49, 52, 11 at jade green.

VIRGO: (Ago. 23-Set.23) Magingkalmasapakikipag-usapparamagkaliwanagan kayo at makapag-close ngmagandang deal. Lucky numbers at color for the day ang 54, 38, 21, 13, 31 at pearl white.

LIBRA: (Set. 24-Okt. 23) Merongsablaysa transaction, pero blessing in disguise ito. May VIP nataoangmakakapansinsa'yo. Lucky numbers at color for the day ang 43, 56, 38, 22, 11 at scarlet red.

SCORPIO: (Okt. 24-Nob. 22) Maaakitmoang coo-perative component nakailanganparasanakatakdangtagumpay. Perfect timing ka. Lucky numbers at color for the day ang 33, 46, 28, 52, 12 at electric blue.

SAGITTARIUS: (Nob. 23-Dis. 21) Huwagkalimutanangface mask, hindikapapapasukinsapupuntahankapagwalakanito. Lucky numbers at color for the day ang 43, 56, 29, 35, 15 at sapphire blue.

CAPRICORN: (Dis. 22-Ene. 19) Angtagumpay ay hindilamangsasalapi, kundimagingsa appreciation ngkapwa. Increasing ang income mo. Lucky numbers at color for the day ang 33, 48, 56, 13, 35 at cinnamon brown.

Pandemic response guided by science: DOH

MANILA – The Department of Health on Thursday said its response to the pandemic has always been guided by science and with the help of expert groups, as it assured the public it continues to take steps on improving the health system. The DOH issued the statement in reaction to the findings of the State of Southeast Asia 2021 survey which shows that 6.0 percent of respondents from the Philippines strongly approve the government's response to the pandemic; 19.4 percent approve; 20.9 percent neutral; 35.8 percent disapprove; and 17.9 percent strongly disapprove.

Meanwhile, 72.2 percent of respondents from the Philippines want "more scientists and medical doctors to contribute to public policy discussions and heed their advice".

"From the beginning, the DOH's policies, guidelines, and actions have always been guided by science through our expert groups, including the Technical Advisory Group, the National Immunization Technical Advisory Group, the Health Technology Assessment Council, and many more groups composed of experts from different fields of study organized to ensure appropriate and efficient actions for the benefit of the public and betterment of the nation," the DOH said.

The agency added that it strives to improve its work and fulfill its mandate of protecting and upholding public health "to the highest standard".

"The government's response is only as good as the institutions who implement it, and the people who comply with it – every Filipino, every family, and every community has the ability and responsibility to contribute towards national healing," it said. (PNA)

CAVITE-TAGAYTAY-BATANGAS EXPRESSWAY ....

erty valuation due to future developments, improved tourism, and improved transportation of goods and services.

Ito umano ay sinang-ayunan na ng Sangguniang Bayan ng Nasugbu sa pamamagitan ng kanilang endorsement.

Ayon kay Mr. Benjie Bausas, PDC Head Secretariat, ang CTBEX project, na inaasahang masisimulan sa Hulyo 2021 at tinatayang matatapos sa taong 2027, ay nagpag-aralan na ng kanilang tanggapan.

Ipinahayag ng gobernador ang kanyang pag-apruba sa nasabing proyekto at inatasan ang konseho na agad itong iendorso sa Regional Development Council.

FamilyMart

FDA warns public on counterfeit vaccines

MANILA – The Food and Drug Administration (FDA) on Tuesday warned the public against counterfeit vaccines as authentic Covid-19 vaccines could be accessed only through the national vaccination program.

"Ang babala po natin sa mga kababayan natin, huwag po kayo bibili ng bakuna o magpapabakuna sa labas po ng (Our warning to the public, do not purchase or get vaccinated outside the) vaccination program of the government," FDA Director General Eric Domingo said during a televised Laging Handa public briefing.

While there are no reported fake Covid-19 vaccines in the country yet, Domingo said the FDA is coordinating with the Philippine National Police, the Bureau of Customs, and the National Bureau of Investigation to prevent the entry of counterfeit vaccines.

"Kaya ngayon mayroong simulation exercise mula sa airport hanggang sa storage facility. Kapag dumating na rin po kasi ang genuine o authentic na vaccines, ito rin po 'yung time na maaaring may sumabay na pekeng vaccines (We have a simulation exercise from the airport up to the storage facility. When the genuine or authentic vaccines arrive, the fake vaccines may come with them) so we have to be very, very careful," he added.

Domingo also noted that no Covid-19 vaccine worldwide has been granted with marketing authorization.

"Ibig sabihin nito na wala pang vaccine na fully-developed na at maari nang ibenta sa publiko (This means no [Covid-19] vaccine has been fully-developed and allowed to be sold to the public)," he said.

Earlier, the Healthcare Professionals Alliance Against Covid-19 reported that there are private organizations purchasing and offering Covid-19 vaccines to their employees.

Since there would be limited supply of vaccines for the first quarter, the government would strictly implement its priority list for the vaccine distribution, Domingo said.

"Kailangan unahin natin ang mga healthcare workers, 'yung mga very vulnerable na maaaring mamatay kapag nagkasakit, pero makakaabot naman iyan sa ating lahat. Ang binibili nina Secretary Galvez na bakuna ay halos 150 million at enough po iyon sa 70 percent na population ng Pilipinas (We need to prioritize the healthcare workers, the vulnerable who may die once they get sick, but the vaccine supply will reach all of us. Secretary Galvez is buying almost 150 million [doses] and it's enough for the 70 percent of the Philippine population)," he added. (PNA)

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LGU Naic tightens quarantine protocols due to increase in COVID-19 cases

TRECE MARTIRES, (PIA) -- The municipal government of Naic thru the order of Mayor Junio Dualan on February 1 tightened the implementation of quarantine protocols in the town.

This development came after the recent increase in the number of COVID-19 confirmed cases which recorded 26 new cases on January 30, 2021 after weeks of recording almost one to none positive cases.

The local chief executive immediately ordered the temporary closure of the offices in the municipal hall thru the passing of the Executive Order no. 5 s. 2021 including the temporary suspension of the operation of the Business One Stop Shop (BOSS), Real Property Tax payments, Tricycle Franchise Permit as well as the voter's registration at the Local Commission on Election Office (COMELEC).

Only those in the frontlines like the Disaster Risk Reduction Management Office (DRRMO), Bureau of Fire Protection (BFP), and the Municipal Health Office continued to render service to the public.

Mayor Dualan said, "I advise all municipal employees to undergo home quarantine and refrain from wandering around for everyone's safety."

Resumption of office work started today, February 8, 2021.

Meanwhile, the LGU implemented a more stringent quarantine protocols effective February 3 until February 15 to control the movement of the people and prevent the further spread of the coronavirus-2019 with the possibility of the detection of the UK variant.

PNP head Police Chief PLtCol. Resty Soriano was mandated for the strict implementation of the protocols with curfew hours reverted back to 9pm-4am in accordance with Municipal Ordinance no. 22 s. 2020 which also covers operation of business establishments in the locality; mandatory wearing of face mask and face shield on the streets.

"Actually now po, we in Naic PNP, started implementing na the face mask and face shield guidelines, lahat ho na nahuhuli namin ay dinadala namin sa respective barangay kung saan sila nakatira, kapag resisting po ang violators dun lang po naten sila dadalhin sa Detachment for formal filing of their case," Police Chief Soriano said.

Penalties for violators will be imposed such as a fine of P1,000 or 5 days of community service for the 1st offense; P1,500 or 5 days of community service for 2nd offenders; and P2,500 or up to 7 days of community service or both at the discretion of the court for the 3rd offense.

Meanwhile, all mass gatherings and activities like Zumba, sporting events, community assembly, religious gatherings and other celebrations are strictly prohibited during this period.

Tricycles could only allow up to two (2) passengers, one inside the cab and one behind the driver.

Moreover, the public market and establishments within the 100 meter radius will be closed every Monday.

The municipality has a total of 392 Confirmed Cases out of which 32 are active cases, 347 have fully recovered and 13 deaths from the disease based from the Rural Health Unit's report as of 2pm of February 7, 2021. (Ruel Francisco with reports from the Municipal Government of Naic FB page and Dennis Abrina)

DOH-CALABARZON continues roll out of COVID-19 vaccination training for health workers

By DOH-CALABARZON

The Department of Health (DOH) – CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) yesterday concluded another vaccination training for health workers for the forthcoming Covid-19 vaccines which is due to arrive on the last month of the first quarter this year.

Regional Director Eduardo C. Janairo stated that all health workers involved in the implementation of COVID-19 vaccination must have adequate knowledge and skills for them to ensure a safe and efficient vaccine administration once the vaccines will be distributed at the local level.

"Our health workers play critical roles in the proper vaccine storage, handling, preparation, and administration, and they must be prepared to answer vaccine recipients' questions and concerns in the field."

"Kailangang lahat tayo ay handa lalo na ang ating mga local government units pagdating ng mga bakuna upang maiwasan ang pagkakaroon ng misinformation and ma-address natin ang vaccine hesitancy sa mga target recipients."

"Every health human resource including vaccinators and support staff, logistics, funds, supplies must be prepared and most important yung coordination ng lahat ng LGUs at stakeholders dapat alam ang kanilang gagawin. Everyone involved in the vaccination activity must know how to advocate the vaccination program," he added.

The Short Course Training on Covid-19 Vaccination for health workers was developed for frontline health workers which consists of several modules including video lectures and downloadable presentations. Updates and timely information about vaccine selection, evaluation, procurement and deployment were also discussed.

The training also served as a platform to clarify and discuss the questions surrounding vaccines.

The regional office started the scheduled on-line trainings last month which were attended by various provincial and municipal health officers, rural health physicians, national immunization program coordinators, supply and logistics officers, and local epidemiology and surveillance officers, health promotion officers, information officers including Department of Education personnel.

"We have already directed health workers at the local level to begin profiling the residents of their community to determine those who have health issues, those willing to receive the vaccine and those who are still undecided."

"Sa list na ito tayo magbabase kung sino ang mga bibigyan ng bakuna. At napakaimportante na maibahagi at maipaunawa sa ating mga kababayan na ligtas gamitin ang bakuna na ito at ito lamang ang makakapgbigay ng kaligtasan laban sa Covid-19," he said.

"Our target is to have at least 80% of the target population vaccinated in order to achieve herd immunity against the Covid virus. I encourage everyone to trust our governments efforts in protecting the lives of our people through proper vaccination. We need to end this pandemic and go back to our normal lives again, safe and secure."

"And the only way to protect ourself and our family is to have ourselves vaccinated against Covid-19," Janairo emphasized. (DOH-CALABARZON)

MINI STOP