

NCR LGUs open vax program to Calabarzon, nearby provinces

ANTIPOLO CITY (PIA) - With around 90 percent of its priority residents already vaccinated against COVID-19, Metro Manila chief executives are opening their vaccination programs in their cities to residents in surrounding areas, including the provinces of Cavite, Laguna and Rizal. This was after the National Task Force Against COVID-19 led Monday's symbolic vaccination to mark the country's 30-million mark in total jabs administered last August 23, at SM San Mateo.

As part of their support to the National Vaccination Program, SM Supermalls said they launched their Vax 'N' Dine campaign to encourage their customers to get vaccinated in their mall-based vaccination hubs.

Metro Manila Development Authority Chair, Benjamin Abalos said around 11, 613,157 residents belonging to priority groups have already been inoculated against the disease.

Abalos said around 70 percent of COVID-19 patients are unvaccinated, while 30 percent have already received up to two doses of vaccines.

"Karamihan ng mga namamatay [sa COVID-19] ay mga unvaccinated at pagdating sa mga critical and severe cases ay hindi nagkakatayo. Karamihan ng asymptomatic patients ay fully vaccinated," Abalos

[Most COVID-19 related deaths are unvaccinated, while those who are in critical and severe cases are not much different.

some of the country's major cities are found in the NCR, Abalos said smaller cities-- such as San Juan, Pateros and Mandaluyong-- tend to



Meanwhile, most of the asymptomatic patients are fully vaccinated.]

Considering that

complete their vaccination programs faster than their larger and more populous neighbors. (PB)

Ikinatuwa ng mga Cavitenos nang makapasok sa TOP 7 ng Interview Challenge ng #MissUniversePhilippines2021, ang representante ng lalawigan na si Victoria Velasquez Vincent.



Ipinamalas ni Victoria ang kaniyang galing sa pagsagot ng mga katanungan sa naturang challenge kaya't marami ngayon ang nagsasabi na isa siyang "Dark horse".

Lingid sa kaalaman ng marami, si Vitoria ay nakapagtapos ng double Masters degree in Architecture and Heritage Conservation sa University of Auckland at parangap niyang makapag disenyo ng low-

DPWH, MHI lead inauguration of CALAX Silang East Interchange

TRECE MARTIRES CITY, Cavite (PIA) --The Department of Public Works and Highways (DPWH) with MPCALA Holdings Inc. (MHI) inaugurated the 4th section of the 45-kilometer Cavite-Laguna Expressway (CALAX) early today, with the opening of the CALAX Silang East Interchange section.

DPWH Secretary Mark Villar led the inauguration with several top government executives including, Senator Christopher 'Bong' Go, Department of Transportation (DOTr) Secretary Arthur P. Tugade, Executive Secretary Salvador Medialdea, Cavite Governor Jonvic Remulla, and Mayor Corazon Poblete of Silang, Cavite.

Officials of the MHI who were in attendance were Metro Pacific Investment Corporation President Jose Ma. Lim, Metro Pacific Tollways President and CEO Rodrigo E. Franco, MHI President and CEO Robert V. Bontia, and selected members of the project team.

"We are grateful for the trust and continued partnership with the government of the Phil-

ippines in providing the much-needed mobility infrastructure in the form of CALAX to help boost tourism and economic activity in the CALABARZON Region," said MPT South President and General Manager Roberto V. Bontia during his speech.



The 7.2 kilometer Subsection 5 connects Sta. Rosa, Laguna to Tagaytay Interchange going to Silang East Interchange.

As a result, the Laguna Segment with 17 kilometers long is estimated to service additional 5,000 ve-

hicles per day. This would also cut travel time from Laguna from 2 hours to under an hour.

"CALAX is included in the Luzon Spine Expressway Network -- a master plan aimed at increasing the high standard highway network by three-fold. We are now closer to our dream of connecting the northernmost part of Luzon to its southernmost portion.

We are confident that we will be able to deliver majority of this high-impact project within the term of President Rodrigo Duterte," said DPWH Secretary Mark A. Villar.

Based on the last development of the right of way acquisition, the whole stretch of CALAX would be operational by early 2023 according to Bontia.

cost at sustainable housing para sa mga underprivileged communities.

Suportahan natin ang kandidata ng Cavite upang makapasok sa Top 5 ng kompetisyon.



Madalas ka bang makaramdam ng pagod?

DOC WILLIE - Dr. Willie T.

KUNG madalas kang makaramdam ng pagod, o kaya'y sobrang pagkapagod, huwag balewalain sapagkat maaring- sintomas ito ng ibang mga sakit na dapat gamutin. Ang mga sumusunod ang karaniwang dahilan ng pagod:

1. Hindi maayos na pagkain o wala sa oras ang kain.
 2. Kulang sa tulog.
 3. Ang mga gamot tulad ng gamot sa kirot (pain relievers), gamot sa ubo, sipon, pang-allergy ay maaaring dahilan.
 4. Dehydration o kakulangan sa tubig.
 5. Mainit na panahon.
- Ngunit ang pagod ay maaaring sintomas din ng ibang sakit tulad ng:
1. Anemia o mababang bilang ng red blood cell.
 2. Cancer.
 3. Low thyroid activity o mahina ang thyroid.
 4. Diabetes.
 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.

Subukan ang mga sumusunod na payo para maibsan ang pagod:

1. Magkaroon ng sapat na tulog, Kung maaari ay 7 hang-gang 8 oras na tulog na tuluy-tuloy.
 2. Sundin and schedule ng pagtulog. Regular na ma-tulog- at gumising sa parehong oras araw-araw
 3. Bigyan ang sarili ng oras para mag-relax. Humingi- ng tulong sa iba kung masyado nang marami ang trabaho.
 4. Iorganisa ang pang-araw-araw na schedule. Unahin ang mas importante.
- Okay lang na hindi tapusin lahat.
5. Alamin ang mga bagay na nagdudulot ng stress. Bawasan o iwasan ito.
 6. Subukang mag-ehersisyo sa umaga. Ang ehersisyo ay nagbibigay ng lakas.
 7. Paramihin ang sariwang hangin sa iyong bahay at trabaho. Ang sariwang hangin ay nagbibigay ng lakas.
 8. Balansehin ang kakainin. Isama rito ang pagkain nang maraming prutas, gulay at whole grain. Kumain ng masustansyang almusal. Huwag magpalipas ng gutom.
 9. Kung sobrang sa timbang, magdiyeta pero gawin nang dahan-dahan. Iwasan ang sobrang pagbawas sa pagkain dahil baka ka manghina.
 10. Uminom ng 8-10 basong tubig. Kung ang iyong ihi ay malinaw ang kulay, ibig sabihin ay sapat ang ininom na tubig, ngunit kung sobrang dilaw kailangan mong uminom nang maraming tubig.
 11. Tingnan ang mga gamot na ininom. May mga gamot na ang side effect ay nagdudulot ng fatigue.
 12. Itigil ang paninigarilyo sapagkat nagpapataas ito ng lebel ng pagod.



EDITORIAL

Mental health ng mga pulis, imonitor

Sa pagkakahatol kay MSgt. Jonel Nuezca ng dalawang habambuhay na pagkakabilanggo dahil sa pagpatay sa mag-ina sa Paniqui, Tarlac noong Disyembre 20, 2020, dapat ipursigi ng Philippine National Police (PNP) ang regular na psychiatric at psychological examinations upang ma-monitor ang estado ng mental health ng mga pulis. Ito ay para mapangalagaan ang kaligtasan ng mamamayan at pati na rin ang mga pulis mismo.

Mabilis ang pagkakahatol kay Nuezca makaraang barilin nang malapitan ang mag-inang Sonia at Anthony Gregorio. Nag-ugat ang pagpatay sa mag-ina dahil sa pagpapaputok ng boga ni Anthony. Kinumpronta ni Nuezca si Anthony na pinrotektahan naman ng ina nitong si Sonia. Binaril niya ang mag-ina. Kahit nakabulagta na, inupakan pa. Nakunan ng video ang karumal-dumal na pagpatay. Ayon sa abogado ng mga biktima, malaki ang naitulong ng video sa pagkakamit ng hustisya.

Ang kasong ito ay babala sa mga pulis na makati ang daliri sa gatilyo. Sila yung mga pulis na hindi na nag-iisip kung ano ang kahihinatnan ng gagawin. Baril agad ang sagot. Gaya ni Nuezca na kahit magsisi ay wala nang magagawa pa. Nasira na ang buhay niya na puwede namang naiwasan kung nag-isip lang siya.

Hindi lamang si Nuezca ang may ganitong kaso. Ganito rin ang nangyari sa lasing na pulis na si Master Sgt. Hensie Zinampan ng Police Security and Protection Group makaraang mapatay ang kanyang kapitbahay na si Lilybeth Valdez, 52, ng Bgy. Greater Fairview, Quezon City noong Mayo. Nakunan din ng video ang pamamaril.

Noong Hunyo, dalawang pulis ang nasangkot sa pagpatay sa kanilang kapwa pulis. Binaril nina Cpl. Sherwin Rebot at Cpl. Harold Mendoza ang kasamahang si Cpl. Higinio Wayan, pawang naka-assign sa Police Security and Protection Group. Ang pagpatay ay nag-ugat nang talunin ni Wayan sa bunong braso si Rebot.

Dapat namang kumilos si PNP chief Gen. Guil-lermo Eleazar para maisailalim sa regular psychia-tric at psychological examinations ang mga pulis. Mahalaga ito para masuri ang mental health ng mga pulis at maiwasan ang malalagim na insidente. Isagawa tauntaon ang psychiatric examinations.



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GUHIT NG KAPALARAN

CANCER: (Hun. 22-Hul. 22) Sunod-sunod ang ga ideas na magagamit para sa iyong bagong assignment sa trabaho. Magagawa na ang matagal nang pangarap na makapag-out of town. Lucky number at color for the day ang 13, 29, 53, 47 at french blue.

LEO: (Hul. 23-Ago. 22) Rest day mo, ito ang takdang panahon para maayos mo ang iyong cabinet. Mage-enjoy sa pagsya-shopping. Lucky number at color for the day ang 12, 27, 38, 46 at caramel brown.

VIRGO: (Ago. 23-Set.23) Positive ang energies sa trabaho, maaayos din ang problemang darating. Mag-relax at huwag maging impulsive. Lucky number at color for the day ang 25, 37, 53, 48 at emerald green.

LIBRA: (Set. 24-Okt. 23) Ang team work ay tagumpay. Mabilis na makukumpleto ang project. Magiging masaya ang araw. Lucky number at color for the day ang 16, 29, 37, 43 at persimmon red.

SCORPIO: (Okt. 24-Nob. 22) Ang trip ay mapo-postpone. Ang bagong kabuhayan ay magiging masigla. Makakamit ang hangarin. Lucky number at color for the day ang 11, 24, 35, 19 at gold.

SAGITTARIUS: (Nob. 23-Dis. 21) Malilito ka sa advice ng mga kaibigan. Mas mabuti na kumunsulta sa psychic. Gawin ang mabuti at tama. Lucky number at color for the day ang 27, 22, 33, 49 at lemon green.

CAPRICORN: (Dis. 22-Ene. 19) Ang pinakagustong kabuhayan ay dara-ting. Magpa-Feng Shui para manatiling masagana ang buhay. Lucky number at color for the day ang 12, 29, 25, 54 at pink.

AQUARIUS: (Ene. 20-Peb. 18) Ang money matters ay sentro ng controversies. Ngayon suriin na tama ang lahat ng item sa work. Lucky number at color for the day ang 22, 31, 47, 51 at citrine yellow.

PISCES: (Peb. 19-Mar. 20) Huwag pairalin ang bad mood para magkaroon ng chance na ma-enjoy ang buong araw. Lucky number at color for the day ang 12, 29, 35, 51 at tea rose red.

ARIES: (Mar. 21-Abr. 19) Mahalaga ang pag-improve ng physical fitness. Sa isang marathon makikilala ang soul mate. Lucky number at color for the day ang 17, 28, 31, 45 at mango orange.

TAURUS: (Abr. 20-May. 20) Enjoy ka sa iyong mga recreational activities. Magiging romantic ang araw dahil mage-effort ang mahal mo. Lucky number at color for the day ang 19, 27, 33, 46 at cerulean blue.

GEMINI: (May.21-Hun. 21) Unawain ang iyong mother in law. Dadaloy ang kasaganahan kapag pinili ang mabuti. Pagbigyan ang sarili na magpahinga. Lucky number at color for the day ang 18, 28, 34, 42 at lavender.

ASTI launches app to give public peek of outer space

MANILA – With the goal of giving a preview of outer space, the Advanced Science and Technology Institute (ASTI) on Wednesday launched the free virtual reality simulation (VRS) app, available on Google Play Store.

The DOST-ASTI VRS app features a comprehensive computer-generated simulation of ASTI's ground receiving stations (GRS) in Metro Manila, Davao City and Iloilo. It also includes a satellite showcase where users can learn about the Filipino-made Diwata and Maya satellite, as well as the different commercial satellites the Philippine Earth Data Resource and Observation (PEDRO) Center subscribes to.

The app development would enable the public to still explore the GRS, as facility tours cannot be done amid the coronavirus disease 2019 (Covid-19) pandemic.

"This is our creative attempt to bring space closer to the Filipinos. The interactive tour will let them explore the three GRS, and the locally-made satellites, all by using the app," Department of Science and Technology (DOST) Secretary Fortunato de la Peña said during the launch.

He added that the app will help the public get a bigger picture of the potentials of space technology.

"We hope that this would help raise public awareness and inspire everyone, especially the youth to take interest and grow an appreciation for space science research," he said.

The country's first GRS in Quezon City houses a 3.7-meter earth observation (EO) satellite tracking antenna. The second GRS, inaugurated in 2019 in Davao City houses a 7.3-meter EO satellite tracking antenna. The one Iloilo City is still under construction and will house a 3.5-meter EO satellite tracking antenna, according to ASTI.

The app also showcases PEDRO Center's operations such as transmitting, receiving and processing of data to and from the satellites.

PEDRO Center oversees the GRS facilities, including satellite tracking antennas that receive, process and distribute satellite images and other space-borne data that can be used for environmental monitoring and maritime surveillance. (PNA)

Record 4,403 athletes to compete at Tokyo Paralympic Games

TOKYO – A record 4,403 athletes will compete at the Tokyo Paralympic Games that kicked off on Tuesday night, according to International Paralympic Committee spokesman Craig Spence.

"I can tell you we're breaking a record at these Games," Spence told a press conference. "We're going to have 4,403 athletes competing here over the next 12 days. That is a record, the most number of athletes ever to compete at a Paralympic Games."

The previous record was 4,328 which was set at the Rio 2016 Paralympic Games.

"To achieve that, bearing in mind how hard it has been for many National Paralympic Committees to get athletes to competitions

in the last 20 months is a remarkable achievement," Spence said.

"There are 2,550 male athletes and 1,853 female athletes. We have record participation of female athletes. So with 1853 female athletes, we beat the previous record of 1671 women that competed at Rio 2016," he added.

Japan has the biggest delegations, 254 athletes across 23 disciplines.

"It's their biggest ever delegation at a Paralympic Games, and nearly double what they had at Rio 2016 when they had 132 athletes," Spence said.

International Olympic Committee (IOC) President Thomas Bach attended the opening ceremony.

Japanese newspaper

Nikkei said that Bach landed on Monday and is exempted from three-day self-quarantine. He will attend some events and is expected to leave Japan on Thursday.

Bach, who last time ar-

rived on July 8, stayed in Japan for over a month for the Olympic Games.

The Paralympic Games will be held from Aug. 24 to Sept. 5 without spectators. (Xinhua)

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Imus City Agri Office keeps farming, agriculture thriving

TRECE MARTIRES CITY, Cavite (PIA) – The agriculture sector in the city of Imus continuously develops despite the CoViD-19 pandemic thru its City Agriculture Office (CAO).

The department aims to bring the programs and projects to the local farmers, to support the food sufficiency level of the city, and ensure to resolve the objective of sustainable food production.

City Agriculturist Robert R. Marges said the city still has about 567 hectares of rice fields and about 80-100 hectares of vegetable farms after progress and development resulted to the conversion of many rice fields to industrial zones, commercial complexes, and subdivisions.

These rice fields and vegetable farms are located in Barangays Malagasang 1 & 2, Alapan 2B, Pasong Buaya, Anabu 1B, Medicion, Tanzang Luma, and Carsadang Bago.

CAO services include the responsibility to distribute certified quality seedlings, and organic fertilizers to ensure the high quality rice production of 284 local farmers under the Rice Competitiveness Enhancement Program (RCEP) of the Department of Agriculture (DA).

The office provides crop insurance to farmers to compensate their crops damaged during calamities and or destroyed by pests to assure capital infusion and help them start anew with their livelihood.

Moreover, the agriculture office also provides technical assistance to teach methods and techniques, as well as distribution of free vegetable seeds to farmers and residents who wish to start their own backyard garden.

Demonstration farms under the said program provide technical trainings and seminars, including technology packages to would-be farmers and garden hobbyists.

The recent development of communal gardens in barangays and subdivisions that promote urban gardening aims to sustain food security for the community in the midst of the ongoing pandemic.

The Farmers' Information and Technology Services Center (FITS Center), a program of the CAO not only serve as research center for farmers but also

to students and other farming enthusiasts with agriculture experts to educate and guide them through their journey as farmers.

Not only does the CAO provide programs to train farmers, there are other field work activities that conduct personal farm visitation, and inspection of the local farmers in their fields to guide them, and to examine the crops for signs of crop disease or insect problems and address the problem immediately.

Farmers' meetings are regularly held for consultation with CAO and discussion of local farmers' concerns.

CAO's services not only are limited to farming inputs but also include assistance with marketing thru conduct of regular price monitoring in local markets that help regulate the prices of farm produce, as well as give concrete information about the variety of crops and other agriculture commodities.

And with the recent launching of the AgrIMUSTahan, the social media platform for the CAO, information regarding the various services, programs and projects, and other agriculture concerns can be easily accessed.

Mas mahigpit na protocols, ipatutupad sa Indang

LUNGSOD NG TRECE MARTIRES, Cavite (PIA) --Mas mahigpit na community quarantine protocols ang paiiralin sa bayan ng Indang matapos ideklara bilang Covid-19 hotspot ang buong bayan, sang-ayon na rin sa rekomendasyon ng local Inter-Agency Task Force nito.

Ito ay kasunod ng pagtaas ng kaso ng Covid-19 sa naturang bayan kung saan umabot na sa 302 batay sa pinakahuling ulat ng Rural Health Unit nito.

Nitong Huwebes, Agosto 26, ay idineklara ni Mayor Perfecto Fidel bilang Covid-19 hotspot areas ang lahat ng 36 na barangay sa Indang.

Sa kanyang Executive Order no. 29, ipinag-utos ni Mayor Per-

fecto Fidel ang pagpapatupad na mas mahigpit na mga alituntunin at parusa sa mga lalabag dito.

Mahigpit na pagbabawal sa nasabing kautusan ang pagsasagawa ng handaan o anumang pagtitipon, pati na ang mga outdoor exercises. Limitado ang araw ng pagbuburo ng mga namatay na hindi dulot ng sakit na CoViD-19.

Mahigpit ring ipapatupad ang pagsusuot ng

face mask at face shields sa mga pampublikong lugar, at ng curfew hours alinsunod sa mga alituntunin ng Modified Enhanced Community Quarantine (MECQ). (RF, PIA Cavite at ulat mula sa Municipality of Indang)



New Dasma CoVax process implemented

TRECE MARTIRES CITY, Cavite PIA – The city government of Dasmariñas recently implemented the new CoViD-19 vaccination (CoVax) process to ensure the validity and orderly process of setting up vaccination schedules.

According to Joanne Mata, Executive Assistant V, Office of the Mayor, reconstruction of the procedures was due to the confusion that resulted from text messages for confirmation of vaccination schedules using different legit numbers from the Office of the Mayor.

There were also reports of vaccinees who were not city residents, nor working or studying in the city.

The new CoVax process requires the registration and follow-up will be done directly with the barangay, thru the barangay secretaries who will be responsible for the submission of the lists to the Office of the Mayor.

Non-residents who are employed and working in the city, as well as students of universities and colleges in the city may register at the Office of the Mayor.

The Office of the Mayor in collaboration with the City Tourism Office will then arrange the schedules in the city vaccination sites of those in the registration lists, and check for double entries as well.

The arranged schedule will be forwarded to the Dasmariñas City Information Technology Office for text blasting to concerned residents.

Meanwhile, those who had previously registered online just need to print the form from the dasmacito website which will be submitted to the Barangay to be

included in the lists.

City Tourism Officer Red Alano said that risks will always be present in any situation in the midst of the CoViD-19 pandemic in answer to the criticisms regarding the new process being not safe to the residents.

“We don't really know when and where it is safe,” Alano said.

He clarified that senior citizens who are vulnerable will always be prioritized, and will be given consideration once in the vaccination site even without prior schedule.

The city's vaccination program continuously conduct vaccination of the members of the A1 – A4 priority groups and will soon start with the A5 category.



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