

SM Foundation to construct two-story school building in Tanza, Cavite



SM Foundation (SMFI) recently held a groundbreaking ceremony for its soon-to-be built SM school building at Punta Elementary School in Tanza, Cavite. This social good effort is in preparation for the reopening of schools once

the situation permits. SMFI, through its School Building Program, is an active partner of DepEd's Adopt-a-School program. This initiative aims to promote quality public education by building classrooms nationwide.

SM Malls in Cavite embrace New Normal with Bike Repair Stations, Air Pumps for free use of bikers

Recognizing that more people are now using bicycles both for work and to run their errands, SM City Bacoor, SM City Dasmariñas, and SM City Molino in Cavite installed Bike Repair Stations and Air Pumps complete with essential bike repair tools to assist the public during their bike emergencies and maintenance.



Organized Bicycle Parking Slots are also mounted to ensure safe and socially distant spaces. This initiative aims to provide shoppers a convenient and a #SafeMalling experience.

Kaybiang Tunnel visitors must have travel pass, medical certificate

Planning a ride to the Kaybiang Tunnel? You'll have to secure a travel pass and present a medical certificate first.



This is according to Mayor, Lamberto Bambao, of the Municipality of Ternate, Cavite. In an order issued today, all tourists who wish to visit their municipality or just pass through when going to Kaybiang Tunnel (Maragondon), must first secure a travel pass, as well as medical certificates. Each visitor must also wear a face mask in accordance with current quarantine guidelines.

The order, effective immediately, was made in response to concern from residents over the number of visitors to the landmark tunnel, despite the ongoing General Community Quarantine in place in the entire Province

of Cavite. The visitors are made up of cyclists and motorcycle riders that frequently travel on the road. The Kaybiang Tunnel, which was opened to the public in 2013, is a 300-meter tunnel that connects the provinces of Cavite and Batangas through the Southern Tagalog's west side, facing the West Philippine Sea. It is currently the Philippines' longest underground highway tunnel.

Besides the tunnel itself, motorcycle riders and

cyclists frequently take the road (Ternate – Nasugbu highway) leading to the tunnel because of its smooth surface, picturesque scenery, tempting winding roads, and close proximity to Metro Manila. The Ternate-Nasugbu highway allows motorcycles of any size to travel on it. As such, it has become one of the favorite ride routes of motorcycle riders and groups. The post reveals little details on how to secure a travel pass and what kind of paperwork it requires. Nonetheless, it's clear it aims to reduce the number of leisure rides to the area. With this recent order from the mayor of Ternate, expect border checkpoints to be set up to inspect visitors for the necessary paperwork. MotoPinas.com has tried to reach the good mayor for a comment but has yet to receive a reply as of this writing.



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Pagkain sa Utak at Memorya

Payo ni Doc Willie Ong

1. Matatabang isda, mani at olive oil.

Ang pagkain ng matatabang isda gaya ng sardinas, tuna, tamban, mackerel at salmon ay maaaring mapanatili ang ating memorya. Ang omega-3 fatty acids ay matatagpuan sa matatabang isda.

2. Berdeng gulay, broccoli, kangkong, spinach, kamote, strawberry at iba pang pagkain na mayaman sa Vitamin C at E.

Ang mga pagkain na naglalaman ng antioxidant ay makatutulong sa paglaban sa free radicals na maaaring sumira sa ating utak. Natuklasan na ang mga pagkaing mayaman sa Vitamin C at Vitamin E ay posibleng mabawasan ang panganib ng Alzheimer's disease.

3. Pagkaing mataas sa flavonoids tulad ng tea, mansanas, orange, suha, repolyo, bawang, sibuyas, kamatis, peas at beans.

Natuklasan sa isang pag-aaral na ang pag-kain ng prutas at gulay ay makababawas sa pagkasira ng utak at pagka-ulyanin.

4. Curry powder at turmeric.

Isang pangunahing sangkap ng curry powder ay turmeric na naglalaman ng curcumin. Sa pag-aaral, natuklasan na ang curcumin ay isang mabisang antioxidant at anti-inflammatory. May pag-aaral na nagsasabi na posibleng mas gumana ang utak kapag madalas kumain nito.

Tandaan: Bawasan ang mga pagkaing mataas sa saturated fat, trans fat at cholesterol tulad ng taba ng karne, margarine at processed foods. Ang mga pagkaing mayaman sa asukal ay maaaring makadagdag sa panganib ng type 2 diabetes, isang kondisyon na maaaring magpalaki ng apat na beses ng panganib sa sakit na Alzheimer's disease.

LTO San Pablo Licensing Office Adapts to Pandemic Protocols

By: Joy Estrellado

Coronavirus, also known as COVID-19, has suddenly put the world to a different phase. Many people are asked to stay home and to pause what they usually do. Suddenly, every single thing that people do should be in accordance with the new normal.

The Land Transportation Office (LTO) is one of the many government agencies that received Malacanang orders through the Inter-Agency Task Force on Emerging Infectious Diseases (IATF).

In particular, LTO San Pablo Licensing Office, spearheaded by their Chief Anicia B. Landicho, makes it a point to follow the guidelines and protocols provided by IATF and the Department of Health (DOH).

In an interview, Chief Landicho said that they conduct disinfections every day two times a day; from 12 noon to 1 pm, and after office hours. This is to ensure that everything that can be contaminated by the virus would be disinfected as much as possible. "LTO cares for the people and its staff," as Chief Landicho is quoted.

When you go to LTO San Pablo, you will find the guards at the gate always reminding the people to be not less than one meter apart from each other. They do not accept those without a mask and a face shield.

Like in other establishments, the guard would then check your temperature, after which you need to fill out a form for contact tracing if needed. Those who plan to get a new license - student, non-professional, and professional - or to renew their license should also include their email address as mandated by Land Transportation Management System (LTMS).

One thing remarkable about this government agency is the sink at the gate. Most companies have alcohol and hand sanitizers; LTO has a portable sink with a bottle of hand soap and paper towels. There is much assurance that you are virus-free once you enter their office.

There is a waiting area inside the gate, so you need to wait until your name is called as they do not allow their establishment to be crowded with people. By the way, you also need to bring your own pen.

Inside, the benches are taped with a big X, meaning you are not allowed to sit in those marked areas.

The transactions are smooth and systematic. The LTO staff are warm and helpful. Please take note that because of the limited number of people allowed per day, they can only process 70% of the transactions every day.

LTO also follows the strict order from IATF regarding seniors and minors. So, if you belong to the said groups, then do not attempt even to go there.

PRRD to ink Bayanihan 2 after consultation with various agencies

MANILA – President Rodrigo Duterte will sign the proposed Bayanihan to Recover as One Act or Bayanihan 2 bill once the ongoing consultation with various government agencies is completed, Malacañang said Monday.

In a virtual presser, Presidential Spokesperson Harry Roque said the measure will still have to undergo the "ordinary process" of consultation with various agencies of government.

"Kaya lang natatagalan nang kaunti at hindi pa naman mahabang panahon ang nakalipas, kinukonsulta po lahat ng ahensiya ng gobyerno na mayroong stake po dito sa Bayanihan 2 bill (The reason why it's slightly delayed, but not too long, is because government agencies with a stake in Bayanihan 2 are still being consulted)," he said.

Once consultation is completed, Roque assured that Duterte would sign the measure right away.

"I can assure you po kapag natapos na po itong consultation na ito eh pipirmahan naman po iyan ng Presidente dahil hiningi naman po iyan ng Presidente sa Kongreso rin (when consultation is over, the President will sign it because the President requested this from the Congress)," he said.

According to Roque, the bill will be signed within the first two weeks of September.

"I think, they are aiming that the bill should be signed this week, next week at the latest," he said.

The Senate and House of Representatives have recently ratified the Bayanihan 2 bill which will allow the President to realign funds for the Covid-19 pandemic.

The measure provides for a stimulus package worth PHP165.5 billion, which consists of PHP140 billion in regular appropriations and PHP25.5 billion in standby funds

Support for the healthcare sector accounts for the biggest chunk in the proposed Bayanihan 2.

Under the Bayanihan 2, PHP40.5 billion will go to health-related programs, which includes PHP13.5 billion for the hiring of emergency human resources for health (HRH); augmentation for operations of DOH hospitals; special risk allowance for health workers; free life insurance, accommodation, transportation, and meals for health workers; and compensation for health workers who contract Covid-19 or die while fighting the disease.


On top of the PHP100,000 cash to be given to those who contract severe Covid-19 and the PHP1-million cash aid for the family of those who died while fighting the disease, PHP15,000 will also be given to those who will have mild or moderate cases. (PNA)



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Time for Asean to stand up for itself in the South China Sea

US Secretary of State Mike Pompeo said recently that the United States considers Chinese maritime claims in the South China Sea illegal. This is a fundamentally new stance.

While scholars and pundits are trying to make sense of what the statement means for the dispute, more interesting is how Asean will respond, as it is inevitably caught in the eye of the South China Sea storm.

The Philippines finds itself squarely in the centre of the dispute because of the 2016 Permanent Court of Arbitration tribunal award convened under the UN Convention on the Law of the Sea (Unclos) over its disputes with China.

It has also by far been the most vocal Asean member state in recent times. Philippine Secretary of Foreign Affairs, Teodoro Locsin Jr., marked the fourth anniversary of the award on 12 July by emphasising the unlawfulness of certain Chinese activities, and the need for compliance.

Secretary of National Defense, Delfin Lorenzana, also called upon China to comply with the award, while stressing the need for a rules-based order in the South China Sea. In apparent reference to Beijing, Senate President, Vicente Sotto III, also weighed into the discussion, stating that 'what is unlawful can never be made lawful by the whims and caprices of a foreign power which treats the entire South China Sea as its territory'.

Regional friends less gung-ho

Most Asean leaders boycotted last year's US-Asean summit due to President Trump's absence

Most Asean leaders boycotted last year's US-Asean summit due to Presi-



dent Trump's absence

Asean Information Center

But the Philippine presidential office struck a cautious tone by stressing that, despite the Chinese government's insistent refusal to comply with the award, Manila would continue to 'agree to disagree' with Beijing. It emphasised that the dispute should not constitute the sum total of bilateral relations, citing close economic cooperation.

Other Asean parties are even more circumspect. Given its long-avowed stance that it is not party to the dispute, Indonesia simply stressed that any country's support for Indonesian rights in the Natuna Sea is 'normal'.

Often seen standing up against Beijing in the South China Sea, even the Vietnam Ministry of Foreign Affairs responded to Pompeo's statement by avoiding language that calls out China — another reflection of the desire to avoid provoking Beijing.

An official joint Asean response in support of Pompeo's statement is even less forthcoming. While there might be room for a generic bloc statement that stresses the importance of Unclos without explicitly mentioning the 2016 award or openly calling out China's behaviour in the South China Sea, it would be deemed unnecessary, as such generic Asean joint statements are already

aplenty.

Resistance to backing Pompeo's statement

Within the 10-member bloc, there would be resistance to a joint statement that explicitly backs Pompeo's statement for several reasons.

Certain Asean governments do not want to imperil their bilateral ties with Beijing, especially given close economic linkages. Some Asean governments might also see Pompeo's statement as part of the intensifying US-China rivalry — regardless of whether the statement is framed in legal terms or from the standpoint of the rules-based order — and would desire no part in it.

It is also necessary to point out that some Asean governments may wish to ponder over the ramifications of any follow-on US actions to Pompeo's statement, particularly sanctions against Chinese companies involved in Beijing's South China Sea island-building and militarisation activities.

Any US sanctions could potentially affect Chinese investments in Southeast Asia under the Belt and Road Initiative (BRI)

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Any US sanctions could potentially affect Chinese investments in Southeast Asia, particularly in in-

frastructure development, under the Belt and Road Initiative (BRI). A Chinese state-owned company handling the Philippines' Sangley airport project, for instance, was allegedly involved in the earlier construction of artificial islands in the Spratlys.

Some member states may prefer to sit on the fence and watch for any follow-up actions from the United States. There are of course inevitable fears among Asean member states that Pompeo's statement could spark more tensions, especially if Beijing and Washington decide not to roll back their activities.

A tougher response from China against the United States in the disputed waters is expected, raising the spectre of potentially inflammatory incidents between maritime forces operating in close proximity.

If anything, Pompeo's statement and the anticipation of escalated South China Sea tensions may nudge Asean to seek a quick conclusion of negotiations with Beijing on the proposed South China Sea Code of Conduct (CoC).

This would help ameliorate potential shocks to regional peace and stability, and assert the bloc's relevance and centrality.

China is likely to advocate the same, if only to brandish the code as a demonstration of its ability to properly manage the dispute without the need for 'meddling' by others. But such a rushed conclusion of the CoC risk producing a suboptimal agreement.

That should be a cause for concern. It is time for Asean to stand up for itself, even if its member states choose to remain aloof from the US-China rivalry.

Forming a more cohesive position on the CoC should be the way forward. A proactive Asean ought to take charge rather than follow the lead of major actors in the South China Sea — whether that is China or the United States.

GUHIT NG KAPALARAN

LEO (Jul.23 - Aug.22) Kung ang paglalakbay ay tungkol sa negosyo o pagkakakitaan, ito ay inaayunan ng panahon subalit kung ang pakay ay paglilibang, dapat itong ipagpa-liban. Harapin ang paghahanapbuhay at iwaglit pansamantala ang paglilibang. Lucky numbers at color of the day ang 12, 14, 28, 39 at lemon green.

VIRGO (Aug.23 - Sept.23) Iwasan ang usaping pera upang hindi humantong sa hindi pagkakaunawaan. Huwag hayaan kumatok ang selos. Lucky numbers at color of the day ang 6, 10, 30, 42 at sky blue.

LIBRA (Sept.24 - Oct.23) Ang tampuhan sa nakaraan ay magkakaroon ng solusyon kung ito ay haharapin nga-yon. Lucky numbers at color of the day ang 2, 17, 37, 40 at peral white.

SCORPIO (Oct.24 - Nov.22) Bigyang prayoridad ang tungkulin bago ang sa-rili at ang iba. Inaayunan ang pagpapahinga at paglilibang. Lucky numbers at color of the day ang 9, 26, 40, 41 at cherry red.

SAGITTARIUS (Nov.23 - Dec.21) Magkakaroon ng mahalagang pagdedesisyunan, mag-ingat para walang pagsisihan. Lucky numbers at color of the day ang 3, 12, 26, 36 at shocking pink.

CAPRICORN (Dec.22 - Jan.19) Pikon ka ngayon kaya habaan ang lubid ng pasensya dahil gulo lamang ang kahahantungan. Lucky numbers at color of the day ang 3, 16, 40, 42 at apple green.

AQUARIUS (Jan.20 - Feb.18) Depende sa situwasyon ang galaw ng pag-iisip. Subalit kung may pagdududa, huwag ituloy. Lucky numbers at color of the day ang 5, 13, 34, 41 at lavender.

PISCES (Feb.19 - Mar.20) Walang mangyayari kung magmumukmok sa isang tabi. Gamitin ang isip para makita ang solusyon. Lucky numbers at color of the day ang 2, 18, 29, 39 at canary yellow.

ARIES (Mar.21 - Apr.19) Ang pagtulong sa kapwa sa pinansyal o materyal ay hindi masama ngunit tiyakin na hindi ka kakapusin. Lucky numbers at color of the day ang 3, 6, 17, 25 at pink.

TAURUS (Apr.20 - May 20) Magiging mapusok at maapoy ang iyong damdamin sa pag-ibig, kailangan ang self control. Lucky numbers at color of the day ang 6, 20, 30, 36 at copper red.

GEMINI (May 21 - Jun.21) Panahon ng pagbabago kaya baguhin ang ugaling tsismosa, daldalera, matapobre at mapagmataas. Lucky numbers at color of the day ang 2, 15, 32, 39 at yellow.

CANCER (Jun.22 - Jul.22) Aminin at tanggapin ang pagkakamali. Hanapan ito ng wastong paraan para maitama. Lucky numbers at color of the day ang 6, 25, 32, 40 at orange.



Coronavirus: Millions return to lockdown in Philippines

Tens of millions of people in the Philippines are back in lockdown, after doctors warned a surge in new coronavirus cases could push the healthcare system to collapse.

Stay-at-home orders are now in place in Manila and four surrounding provinces on the island of Luzon for two weeks.



The country only just emerged from one of the strictest lockdowns in June.

But hospitals have been struggling to cope with a five-fold rise in confirmed infections, now surging past 100,000.

The lockdown means a return to stay-at-home orders except for going out to buy essential goods or exercising outdoors. Public transport has also been suspended and domestic flights are grounded, while restaurants are restricted to takeaways.

The new lockdown

came after 80 medical associations on Saturday called on President Rodrigo Duterte to toughen restrictions in a bid to slow the spread of the virus.

On Sunday the Philippines announced a record 5,032 new infections. In some areas hospitals are reported to have been forced to turn away soaring numbers of patients.

Doctors hope the reinstated restrictions will now give medical workers more time to deal with the spike in cases.

Workers stranded

With only 24 hours notice of the shutdown, which took effect on Tuesday, many people have found themselves stranded in the capital without any transport to return to their hometowns.

"We've run out of money. We can't leave the airport because we don't have any relatives here," Ruel Damaso, a 36-year-old construction worker, told AFP. He was trying to return to the southern city of Zamboanga.

In other parts of Manila people were seen stockpiling food the day before restrictions began as they prepared to stay indoors for a second time.

The earlier shutdown from mid-March to May was one of the world's longest stay-at-home orders.

There have been 2,104 deaths in the Philippines from Covid-19, according to a tally by Johns Hopkins University.

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Rodrigo Duterte: 'I'm not joking - clean masks with petrol'

Philippines' president Rodrigo Duterte has once again told people to disinfect their face masks with petrol - insisting he was "not joking".

He had made similar remarks last week - but officials were quick to correct him, and suggested it was a joke.

Health officials also said cloths masks should be washed normally, and surgical masks replaced after use.

But on Friday, the president doubled down - saying "what I've said was true... go to a gasoline station".

There is no evidence that gasoline can disinfect masks; having prolonged contact with it can be harmful; and pouring flammable liquids can be a fire risk.

What did Mr Duterte say?

Referring to his earlier comments, Mr Duterte said: "They [critics] said, 'Duterte's insane.' Stupid! If I'm insane, you should be the president, not me.

"What I've said was true. If alcohol isn't available, especially for the poor, just go to a gasoline station, and use [gas] to disinfect.

"I am not joking. I am not joking. You... you try to get inside my brain."

Duterte: The 'strongman' of the Philippines

Duterte's 'work from home' raises health questions

What did he say last week?

Mr Duterte said those who didn't have cleaning supplies could use gasoline as a disinfectant to clean their masks.

"At the end of the day, hang [the mask] somewhere and spray it with Lysol if you



can afford it," he said, referencing a popular disinfectant brand.

"For people who don't [have Lysol], drench it in gasoline or diesel... just find some gasoline [and] dip your hand [with the mask] in it."

After last week's comments, presidential spokesman Harry Roque quickly corrected him.

"I can't believe that after four years of him as president, you still don't know [him]," said Mr Roque, according to news site Rappler.

"[It's only a] joke. Why would we use gasoline for washing?"

Meanwhile, health official Maria Rosario Vergeire said cloth masks should be washed and dried normally, and surgical masks replaced after use.

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