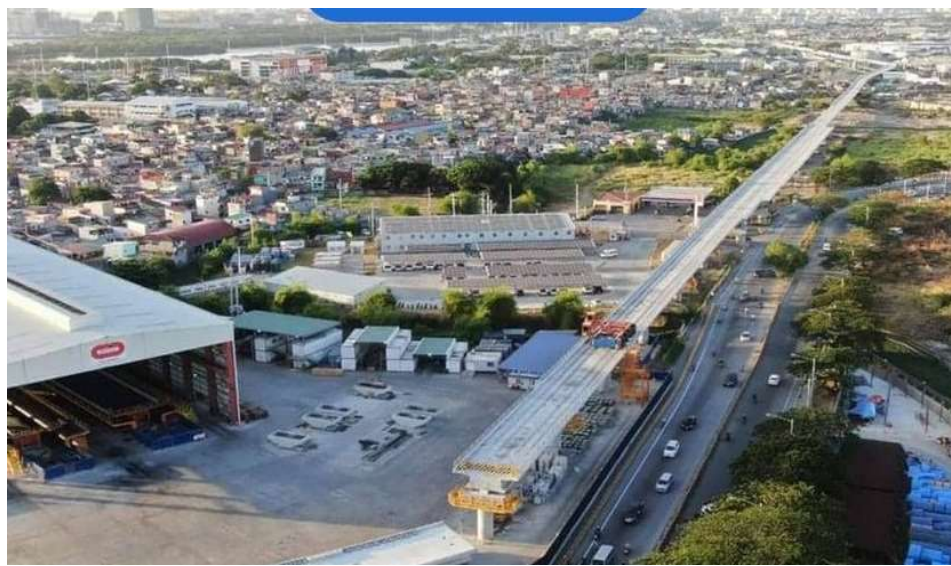


P65-B LRT-1 CAVITE EXTENSION LINK FIRST PHASE, NASA 73% NA

Ang unang Phase ng P65 Billion 11.7 kilometer LRT-1 Cavite Extension Project ay umabot na sa 73 percent overall progress rate, ayon sa Light Rail Manila Corporation (LRMC)

ng isang bahagi ng outer lane, o Northbound section ng Imelda Bridge na nag-uugnay sa Barangay La



Patuloy ang mga gawaing electromechanical, tulad ng paglalagay ng mga riles at pag-install ng electrical system, gayundin ang pagtatayo ng karagdang limang bagong istasyon ng LRT-1 para sa Phase 1: Redemptorist, MIA, PITX Asia World, Ninoy Aquino, at Dr. Santos.

Sa kasalukuyan, ang pag-install ng trackwork ay nasa kalahati, batay pa rin sa LRMC.

Ang sabay-sabay na

pag-install ng pre-track assembly, shear connector, rebar, formworks support para sa track plinth, concrete pouring, at derailment wall ay nagawa na rin umano. Patuloy rin ang ang paglalagay ng mga track at overhead catenary system sa viaduct sa Ninoy Aquino Station bilang bahagi ng puspusan pagsasagawa ng naturang proyekto.

Dahil dito ay nangangailangan ng pansamantalang pagsasara

Huerta at Sto. Niño sa Parañaque City mula sa ika-10 ng Oktubre 2022 hanggang ika-10 ng Nobyembre 2022 (9pm-4am araw-araw).

Ito ay para bigyangdaan ang paghahagis ng mga konkretong plinth at pedestal sa lugar.

Magsisimula rin ang paglilinis ng column at pier, kabilang ang mga pagtatapos, sa CAVITEX-Parañaque Bridge simula 7AM ng Oktubre 15 hanggang 11AM ng Oktubre 16, 2022.

S a m a n t a l a , pinapayuhan ang mga motorista na planuhin ang kanilang mga biyahe ng maaga at maghanap ng mga alternatibong ruta.



DOH prioritizes specialty care upgrade over specialty hospitals

MANILA – The Department of Health (DOH) told the Senate on Tuesday that access to specialty care will be prioritized over establishing specialty hospitals across the country.

In the position paper submitted to the Committee on Health and Demography, Undersecretary Lilibeth David said the DOH supports various bills that seek to establish specialty centers in regions to address the gaps in access to specialist care as most specialty hospitals are located in Metro Manila.

However, David suggested that existing DOH hospitals be upgraded first to provide access to specialty care by 2025.

"The new construction of single specialty hos-

pitals requires a longer time and a higher budget and also for the capacity development of the human resources to be manning these hospitals," David said.

"So, even as we project to have, sometime in

that agency-run hospitals designated as specialty care centers should develop their plans consistent with their designated service capacity.

This will give access to the capital outlay investment and other sources of



the future, single specialty hospitals in various regions of the country, we need to prioritize access at the soonest possible time for specialty care services for our people," she added.

The DOH proposed

funds from the government or through official development assistance, David said.

"We need to do this so that we can program the ad

see page 2...

3-4 buwang suspension sa excise tax ng petrolyo, apela ng transport groups

MANILA, Philippines — Umapela kahapon ang ilang transport groups sa pamahalaan na suspindihin ng mula tatlo hanggang apat na buwan ang excise tax sa mga produktong petrolyo, bilang antisipasyon sa inaasahang pagtaas na naman ng fuel prices.

Ayon kay Federation of Jeepney Operators and Drivers Association of the Philippines (FEJODAP) president Ricardo Rebaño, ang suspensiyon ng fuel excise tax ay mas magandang deal sa halip na humingi sila ng panibagong taas sa pasahe, na makakadagdag na naman sa pasanin ng mga commuters.

Ganito rin ang panawagan ni Pinagkaisang Samahan ng mga Tsuper at Operator Nationwide (PIS-TON) national president Mody Floranda na nagsabing

bukod sa pagsuspende

sa excise tax, dapat na ring amiyendahan ang Oil Deregulation Law at TRAIN Law.

"Talagang kailangang rebisahin ng gobyerno ang mga probisyon sa ilalim ng Oil Deregulation Law, ng TRAIN Law, ng e-vat, at excise tax sa produktong petrolyo sapagkat malinaw naman na hindi naman tayo lingguhan o buwanan



umaangkat ng produktong petrolyo sa international market, kundi batay sa sinasabi ng Department of Energy," aniya.

Una nang inianunsiyo ng isang oil industry source na ang presyo kada litro ng diesel ay maaaring tumaas ng mula P6-P6.30 ngayong Martes, habang sa gasolina ay maaaring tumaas ng P1.10-P1.40 kada litro.



Mag-ingat sa Mababang Potassium



Payo ni Doc Willie Ong

Isa sa pinakamahalagang mineral sa katawan ay ang potassium. Masama ito kapag labis at masama din ito kapag kulang. Kailangan natin ang postassium para sa normal na pagtibok ng puso at paggamit ng mga masel sa katawan.

Marami na akong nakitang pasyente na nadisgrasya dahil lamang sa mababang potassium. Ang tawag ng doktor dito ay hypokalemia.

Ano ang dahilan ng mababang potassium?

Ang pangkaraniwang pinanggagalingan ng mababang potassium ay ang labis na pagpapawis, pagtatae at pagsusuka. Dahil dito, lumalabas ang potassium sa katawan sa pamamagitan ng ating pawis at dumi. Minsan naman ay may diprensiya ang bato (o kidneys) kaya lumalabas din ang potassium sa ihi.

Kung kayo ay mahilig uminom ng mga pampadumi, pampapaihi o pampapayat, puwedeng bumaba ang iyong potassium. Kung mahilig kayo sa colon cleansing, puwede din bumaba ang potassium. Ang sobrang pag-e-chersisyo at pagpapawis ay puwedeng makababa din ng potassium.

Ano ang sintomas?

Ang sintomas ng mababang potassium ay ang panghihina ng mga paa, pinupulikat at abnormal na tibok ng puso. Nag-uumpisa ang panghihina sa may paa at umaakyat ito ng dahan-dahan hanggang sa ma-paralisa na ang buong katawan. Napakadelikado nitong sakit at puwedeng ikamatay agad.

Paano ginagamot ang mababang potassium?

Kapag malala na ang lagay ng pasyente ay kailangan nang dalhin sa ospital para mabigyan ng potassium sa dugo. Ngunit kung nag-uumpisa pa lamang ang panghihina ay puwede muna kumain ng mga pagkaing mataas sa potassium tulad ng saging, patatas, kamatis, orange at broccoli.

Ang mga pagkaing ito rin ang magandang paraan para makaiwas sa pagbaba ng potassium. Ang Gatorade ay may potassium din. May tableta din na binibigay ang mga doktor, ang potassium tablets (brand name K-Lyte) na mabilis magpataas ng potassium.

Para makaiwas sa sakit na ito, ugaliing kumain ng 2 saging sa bawat araw. Tandaan: Two bananas a day can keep the doctor away.

Kumonsulta sa doktor kung kayo ay nanghihina. Ipapasuri ng doktor ang iyong Potassium level (isang blood test) para malaman kung mababa nga ang iyong potassium. Kung kayo ay may sakit sa bato o may kidney failure, magtanong muna sa doktor bago kumain ng pagkaing mataas sa potassium. Good luck po.

from page 1 DOH prioritizes specialty...

equating number of specialists and the role of other agencies in the production and training of health workers," she said.

The DOH has crafted a development plan for specialty care which is part of the Philippine Health Facility Development Plan (PHFDP) 2020-2040.

Sixteen specialties were selected as priorities based on the country's top diseases, existing laws and mandates, and special needs.

The DOH defines a specialty center as "a unit or a department in a hospital that offers specialized care addressing particular conditions and/or providing specific procedures and management of cases requiring specialized training and/or equipment."

A specialty hospital,

on the other hand, refers to "an entire hospital that specializes in a particular disease or condition."

The PHFDP has prioritized the development of 328 specialty centers across different hospitals in all regions.

The Lung Center of the Philippines, Philippine Heart Center, National Kidney and Transplant Institute, and Philippine Children's Medical Center, all located in Quezon City, are pioneers in developing specialty care.

As he pushes for a stronger health care system amid the pandemic, President Ferdinand Marcos Jr. is eyeing the creation of more specialty hospitals in other parts of the country to enhance the delivery of health care in far-flung rural areas.

"We will bring the health care system closer to the people so that they will no longer have to go to the centers of their town, province, and region. We'll put up clinics and Rural Health Units to be visited by doctors, nurses, midwives and med techs once a week. It would be easier for the sick to be treated without having to travel far," he said in his first State of the Nation Address in July.

He also urged Congress to pass a law that will create the country's first Centers for Disease Control and Prevention, a virology center, and a vaccine institute.

Bills for the creation of such institutes have been filed in the Duterte administration. (PNA)

EDITORIAL - Palakasin pa ang Universal Health Act

Sa harap ng pagsadsad ng piso at walang habas na pagtaas sa presyo ng bilihan at serbisyo, tama lang na pati ang mga medical benefit costs na ibinibigay sa ilalim ng Universal-Health Care Act ay taasan na. 'Di nga ba't ginawa ang batas para pati na ang mga pulubi sa lansangan ay masakop ng libreng serbisyon medical?

Napapanahong pag-isipan at ikonsidera ang mungkahi ni Senador Alan Peter Cayetano na taasan na o i-upgrade ang health benefit cost na naibibigay sa mga pasyente sa ilalim ng nasabing batas.

Nais nating maging mas malakas pa ang programang ito ng ating pamahalaan. Madalas kong matalakay ang tungkol sa PhilHealth sa kolum na ito. Importante ito dahil iyan ang sandalan ng mga mahihirap sa kanilang panganga-ila-ngang medical at pangkalusugan.

Sa briefing tungkol sa PhilHealth sa Senate Committee on Government Corporations and Public Enterprises sa pamu-muno ni Cayetano, tinuran na ang inilalaan ng PhilHealth sa coronary bypass graft surgery ay Php559,000 gayung ang singil sa mga ospital ay Php970,000.

Ang suhestiyon ni Cayetano, i-upgrade na ang benefit cost ng PhilHealth. Government owned and controlled corporation ang PhilHealth. Hindi ko alam kung papaano pero baka mangailangan ng batas para taasan ang budget na inilalaan ng pamahalaan. Posible rin ang pagtataas sa contribution ng mga kasapi na baka mapait tanggapin ng ma-mamayan.

Whatever, Kongreso ang magpapasya niyan. Ngunit sa pananaw ko, marami nang nangyaring pagbabago sa eko-nomiya na dumaan sa maraming inflation. Nagreklamo na ang taumbayan sa nakagugulat ng presyo ng mga pag---kain at iba pang basic needs sa pamilihan pero wala namang wage increase! Kailangan nang umakma ang Health care program para manatiling epektibo. Sabi ni Cayetano, marami ang napipilitang hindi na lang magpagamot dahil sa laki ng gastos. Dahil dito, marami ang namamatay na lang nang hindi man lang nakapagpapatingin sa doktor. Takot sa gastos kahit may PhilHealth na nakaalalay.

Bilang friendly suggestion, dapat lang na ikonsidera ang mungkahi ng senador. Mabuhay ang Universal Health Care program ng pamahalaan! Dapat makatalima palagi ito

sa mandato na bigyan ng serbisyong pangkalusugan at medikal pati na sa pinakamahihirap sa ating lipunan.



EDITOR'S NOTE:

- All comments and opinions submitted by our contributing writers and herein published shall remain as personal opinion of our column writers.
- Viewliner shall not be held liable to any legal issues related to any commentaries that may appear herein.

PAHAYAGAN NG Kabitenyo

In God We Trust **ISSN-1656-0558**

An English-Filipino newsweekly published every Monday by Pahayagan ng Kabitenyo with Editorial and Business Office at Unit-D 147 Panapaan IV, P.F. Espiritu IV, Bacoor, Cavite 4102.

Email: pahayagannkabitenyo@yahoo.com
Email: pahayagancavite@gmail.com

Entered as Second Class Mail at Postal Region IV San Pablo City under Permit NO 200305 on May 27, 2003

ERNA BALAGTAS ANCHETA
Publisher

DIOSDADO ARIEL F. ALTO, JR.
Editor-In-Chief

DIOSAN MARUAL
KCEE NACION
Marketing & Circulation Manager

ATTY. EVELYN R. DOMINGUEZ
Legal Counsel

SUBSCRIPTION RATE :	P1,000.00/year
Advertising Rate :	P200.00/col. cm.
Legal Rate :	P160.00/col. cm.

Marcos to sign SIM Card Registration Act on Monday

MANILA – President Ferdinand “Bongbong” Marcos Jr. is expected to sign into law the Subscriber Identity Module (SIM) Card Registration Act on Monday.

Once signed, this will be the first law to be signed since Marcos assumed office on June 30.

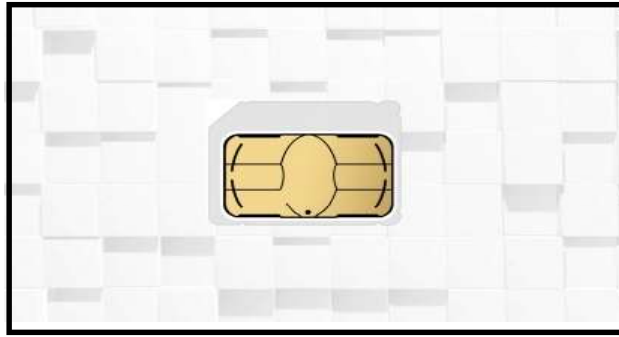
The signing of the measure aims to boost government initiatives against scams committed through text and online messages.

Under this measure, all public telecommunications entities (PTEs) or direct sellers will require the SIM card user to present a valid identification document with a photo.

Information in the SIM card registration will be treated as confidential unless the subscriber authorizes access to his information.

The proposed measure also directs telco firms to disclose the full name and address contained in the SIM card registration upon a duly issued subpoena or order of a court.

Law enforcement agencies that investigate pur-



ported crimes committed through phones may also submit a written request to telco firms to disclose the details of the SIM card holder.

The measure is the consolidation of the bills approved by the House of Representatives and the Senate.

The House version of the bill, House Bill No. 14, was sponsored by Speaker Martin Romualdez with presidential son Rep. Ferdinand Alexander “Sandro” Marcos and Tingog party-list Representatives Yedda Marie Romualdez and Jude Acidre as co-authors.

Meanwhile, the Senate version of the bill, Senate Bill No. 1310, was spon-

sored by Senators Juan Miguel Zubiri, Grace Poe, Win Gatchalian, Joel Villanueva, Ronald Dela Rosa, Joseph Victor Ejercito, Jinggoy Ejercito, Cynthia Villar, Nancy Binay, Christopher Lawrence Go, Francis Tolentino, Imee Marcos, Ramon Bong Revilla, Jr., and Pia Cayetano.

The ceremonial signing to be held at the Ceremonial Hall in Malacañang will be attended by lawmakers from both the House and Senate.

Globe Telecom Inc. and Smart Communications Inc., the country’s two biggest telcos, previously expressed support for SIM card registration and vowed to assist the government in

detering crimes committed electronically.

In a statement, Globe Group general counsel Froilan Castelo said the SIM registration law will take telcos “a step ahead of fraudsters and help achieve our shared goal of eradicating scam and spam messaging.”

Smart vice president and head of regulatory affairs Roy Ibay, meanwhile, said his company was prepared to share its “knowledge of global best practices.”

On Oct. 4, Executive Secretary Lucas Bersamin said there is a “very distinct” possibility for Marcos to sign legislative measures that are awaiting his signature, including the bills on SIM registration and postponement of the 2022 barangay and Sangguniang Kabataan (SK) elections.

Former President Rodrigo Duterte vetoed the SIM Card Registration Act in April this year due to mandatory social media registration. (PNA)

GUHIT NG KAPALARAN

LIBRA: (Set. 24-Okt. 23) Magkakaroon ng katunggali at masusubok ang iyong kakayahan. Maaaring magkaroon ng diskuntento sa pinaglilingkuran dahil sa iyong performance o dahil sa tsismis. Mag-ingat dahil may nagbabalak na sirain ka o sinisiraan ka na. Lucky numbers at color for the day ang 3, 7, 12, 44 at white.

SCORPIO: (Okt. 24-Nob. 22) May susubok ng iyong pagtitimpi. Ngayon mo gamitin ang talino. Huwag mainip, makakaahon ka! Lucky numbers at color for the day ang 5, 10, 15, 30 at aquamarine.

SAGITTARIUS: (Nob. 23-Dis. 21) Pag-isipan ng mabuti ang pagsali sa grupo upang hindi magsisi. Maging praktikal sa usa-ping kaugnay sa salapi. Lucky numbers at color for the day ang 5, 19, 27, 35 at metallic silver.

CAPRICORN: (Dis. 22-Ene. 19) Nakatakdang magkaroon ng probelma sa karelasyon, dapat ayusin kaagad para hindi lumala. Lucky numbers at color for the day ang 8, 18, 28, 38 at orange.

AQUARIUS: (Ene. 20-Peb. 18) Sa kabila ng kabiguang nararanasan, mapapaunlad ang karunungan. Magkakaroon ng dagdag na kaalaman. Lucky numbers at color for the day ang 12, 19, 22, 37 at dollar green.

PISCES: (Peb. 19-Mar. 20) Ipagpaliban ang binabalak na pagbabago ng kabahayan. May balakid sa larangan ng pag-ibig ngayon. Lucky numbers at color for the day ang 8, 28, 35, 39 at avocado green.

ARIES: (Mar. 21-Abr. 19) Puno ng enerhiya ang katawan pero mana-naig ang pagkatamad. Dapat harapin ang pag-aayos sa negosyo. Lucky numbers at color for the day ang 7, 23, 34, 41 at oak brown.

TAURUS: (Abr. 20-May. 20) Handang makiisa ang pamilya sa layunin o binabalak. Malamang magkaroon ng bagong pag-ibig. Lucky numbers at color for the day ang 2, 22, 32, 42 at tan.

GEMINI: (May.21-Hun. 21) Diplomasya ang kaila-ngan. Malamang magkaroon ng tensiyon sa pagitan ng kapitbahay o kasamahan. Lucky numbers at color for the day ang 17, 27, 37, 41 at electric blue.

CANCER: (Hun. 22-Hul. 22) Ang mangyayari ay pabor sa iyo. Kung mag-aaplay ng trabaho, matatanggap kung tugma ang kakayahan. Lucky numbers at color for the day ang 6, 8, 13, 39 at emerald green.

LEO: (Hul. 23-Ago. 22) Magiging daan ka sa pagkakabati ng mi-yembro ng pamilya o kasamahan. Maganda ang pasok ng pananalapi. Lucky numbers at color for the day ang 13, 19, 37, 45 at light blue.

VIRGO: (Ago. 23-Set.23) Tiyakin na hindi mawala ang tiwala ng nakakataas sa pinapasukan. Mag-ingat, may naiinggit sa iyo. Lucky numbers at color for the day ang 5, 16, 22, 42 at orange.

Distance learning sa Elementary, HighSchool posibleng palawigin

High school student after their morning class head home while afternoon class remain suspended due to bad weather condition at Concepcion high school in Marikina on Tuesday (September 20, 2022).

MANILA, Philippines — Kinumpirma ni Vice President at Department of Education (DepEd) Secretary Sara Duterte na tinatalakay na ng mga miyembro ng Gabinete kung papayagan pa ang elementary at secondary schools na magpatupad ng blended o distance learning paglampas ng Nobyembre 2.

“Sa ngayon ay mayroon pa pong discussions at the Cabinet level kung bibigyan pa rin ba ng options ang mga schools with regard to kung anong klaseng distance learning or

mag-i-implement ba sila ng blended learning,” ayon kay Duterte, sa sidelines ng gift-giving event para sa mga day care children sa Mandaluyong City kahapon.

Sinabi ni Duterte na mayroon na silang report na ginagawa ngayon para kay Pangulong Ferdinand Marcos Jr. upang makapagdesisyon hinggil sa mga opsyon na ibibigay sa mga paaralan.

Una nang ipinag-utos ng DepEd na pagsapit ng Nobyembre 2, lahat ng pampubliko at pribadong paaralan ay dapat nagdaraos na ng limang araw na face-to-face classes.

Iminungkahi naman ng Pangulo na payagan pa rin ang blended learning sa ilang ispesipikong lugar.

Pagdating naman sa isyu hinggil sa mga iniulat na



may kaso na ng COVID-19 sa ilang paaralan, sinabi ni Duterte na ang mga impeksiyon ay naitatala rin naman sa iba pang nagbukas na establisimiyento at hindi lamang sa mga educational institutions.

Aniya pa, sa ngayon ay nakapokus ang DepEd para maiwasan na magkaroon ng surge, sa pamamagitan nang pagbabakuna. Binigyang-daan pa ni Duterte na ang pagbabalik ng limang araw na face-to-face classes ay mahalagang hakbang na ginawa ng administrasyong Marcos sa unang 100 araw nito.

Enchanted Kingdom's Anniversary Celebration Events October 2022

Rekindle Enchanted Kingdom's 27 Years of Magical Experiences

As the world heals and slowly returns to normality, everyone is at high spirits, catching up with the moments and celebrations we missed during the global pandemic. Concerts and festivities gradually emerge as the year 2022 comes near to its end, and Enchanted Kingdom is bringing the best anniversary concert we deserve.

With 27 years of enchanting experiences, EK is ready to let everyone feel the magic all over again. Rekindle the magic, relive the excitement, and rejoice to the memories shared together at the Philippines' one and only world-class theme park.



SMS Lights Up P-Pop Day at EK

Other than the thrilling rides and exciting attractions, Enchanted Kingdom is also home to quality-produced musical shows and talented homegrown artists. After the success of Victoria's Way and The Kingsmen, EK is launching its newest PPop group at P-Pop Day at EK, a pre-anniversary concert on October 09, 2022.

SMS (Sun, Moon, Stars) is an all-girl group of five young stars with powerful vocals and captivating moves. Watch Alyanna, Zyrene, Joy, Nina, and Selena as they conquer the stage along with up-and-coming groups at the P-Pop scene: BGYO, Alamat, 1st. One and Dione.

SMS will also make their first live performance with their debut single, "EK High! Dance Like Me", composed and written by EK's Musical Director, Tats Faustino.

Rekindle the Magic at EK's 27th Anniversary Concert

Enjoy a spectacular anniversary concert this October 15, 2022, with Filipino alternative rock band, Bamboo. Their hit songs "Hallelujah", "Noypi", "Tatulok", and many more have shaped most of Filipinos childhood making them one of the most influential artists in the local music industry. There will also be special performances by EK's homegrown artists: Victoria's Way, The Kingsmen, and SMS.

In collaboration with long-time partner One Platinum Fireworks, EK will pay a special tribute to Ricardo Sta. Ana Sr. aka Tatay Rick and the late Maria Victoria Faustino aka Ma'am Babic through a Grand Sky Wizardry fireworks display.

Tatay Rick, the late Director for Operations of One Platinum Fireworks, Inc. has illuminated EK's starry skies with their glorious fireworks display since 1996. While Ma'am Babic produced many outstanding musical shows as the former Head of EK's Creative Division. Her involvement in the creative and artistic process of Enchanted Kingdom Inc. is one of her legacies everyone will remember. Their passion and love for their craft have made EK what it is today.

For more information on promos and ticket reservations and bookings, please visit Enchanted Kingdom's



DSWD vows to further improve disaster response mechanisms



MANILA – The Department of Social Welfare and Development (DSWD) on Tuesday pledged to boost its partnership with various stakeholders to further improve disaster response mechanisms.

This came as the department got the highest approval rating on the government's response to the needs of calamity-hit areas, based on the latest Pulse Asia Ulat ng Bayan nation-

wide survey on "Important National Concerns and Performance Rating of the National Administration on Selected Issues".

In a statement, the DSWD, as vice chair for the disaster response cluster of the National Disaster Risk Reduction and Management Council (NDRRMC), attributed the high approval rating to the consistent on-the-ground coordination of local government units (LGUs), which are the first to re-

spond, and national government agencies (NGAs) involved in disaster response.

The department, in coordination with the LGUs and other member agencies of the NDRRMC, also strategically prepositioned food and non-food items in typhoon and flood-prone areas to ensure that there are sufficient relief resources before the imminent disaster strikes.

The nationwide survey was conducted from Sept. 17 to 21 using face-to-face interviews of all member agencies. It was based on the response of 1,200 participants 18 years old and above.

The department emphasized that responding to disasters and helping affected families are part of the whole-of-government approach implemented by the administration of President Ferdinand Marcos Jr. (PNA)

BASURA, KAPALIT NG BIGAS!

Matagumpay na nailunsad sa lungsod ng Trece Martires ang Lingap Kalikasan Bote, Plastic Palit Bigas Program nitong Oktubre 7, sa pangunguna ni Mayor Gemma Buendia Lubigan.

Sa tatlong kilong basura ay papalitan ito ng dalawang kilo ng bigas ng lokal na pamahalaan.

Ito ay kanilang inisyatiba upang

mahikayat ang kanilang mga mamamayan na mag-segregate ng kanilang mga basura at tumulong sa pangangalaga ng kalikasan.

Source/Photos: Mayor Gemma Buendia Lubigan

