

Byahe Na!

Magazine published for



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SINCE 1914

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Philtranco 100 Years Old Na Pala!

MORE TO READ INSIDE:

- **The Mediterranean Diet**
- **Travel Safety Tips**
- **Back to School Redi Ka Na Ba?**
- **Ask Natin Si Doc**



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Byahe Na!

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For the next issue of *Byahe Na!* we're inviting you to be in our **Feedbox**. Share with us your answers to: **"What's your WISH LIST for the holidays?"**

Be a part of our magazine by sending articles, suggestions, testimonials or feedback and connect with us at marketing@jam.com.ph or jamliner.marketing@gmail.com.

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Hello fellow travelers... nag-enjoy ba kayo sa maiden issue ng *Byane Na!* Mini Magazine? Masaya ang response ng mga readers kaya't heto na ang second edition. *Byahe Na!* is a good traveling companion so be sure to get your copy and share it with others. Bring it with you when you travel.

Like you, I enjoy traveling. I love to travel by sea, by air or by land and explore the beauty of the Philippines -- so many places worth mentioning from Aparri to certain parts of Visayas and Mindanao that I have been to. Each destination is unique and it's when you travel around that you feel connected to our fellowmen, our history and culture. There are provinces where locals refer to themselves differently and speak a dialect but when you travel and immerse in the way of life - we are connected because we are all Filipinos.

Make time to travel. Is there an island/destination in our country that you would like to explore? What do you want to see and experience? The Mountain Province is magnificent - as you drive along the rice paddies of Banaue and Sagada, the mountains of Sierra Madre, the rivers of Nueva Vizcaya, the caves of Tuguegarao, the beaches of Baler, Sta. Ana, the churches and historical sites of Ilocos all the way down to Pangasinan and Zambales - all are different and unique.

Travel all the way to Matnog - Passing thru Laguna, Quezon, Bicol province all the way to Sorsogon - it is one truly amazing route. By taking the RORO - get to Mindoro, Palawan, Panay all the way to Dapitan. The connection of Cebu, Bohol and the Visayan Region is an adventure by itself. From the mountains, farm lands, forests and beaches of Mindanao as you drive from Davao to Iligan passing thru the different towns and municipalities, all are so picturesque that you can paint your own masterpiece. Napaka ganda ng Pilipinas kaya't byahe na at lakbayin ang bawat sulok ng ating bansa. *FastCat* can be part of your travel plans.

To effectively move cargo and people in an archipelago like the Philippines, we need the means to transport and the best way is thru shipping. And *FastCat* is at the helm of it. My vision for our country's maritime industry is 7,107 islands, 90 million Filipinos - connected as one nation. And we at *FastCat* are committed to provide a ferry safe, ferry convenient and ferry fast travel to all.

Christopher S. Pastrana
Chairman
Archipelago Philippine Ferries Corporation (FASTCAT)

COVER STORY



A hundred years ago this July, a couple of intrepid Yankees – Albert Louis Ammen and a buddy named Max Blouse – put together a bus company in Iriga, Camarines del Sur, of all places. It was ambitiously named the AL Ammen Transport Company (or ALATCO) and provided not only passenger services but also towing facilities for the Bicol region’s burgeoning copra trade.



Its Iriga terminal, photographed in 1920, is an imposing structure of sawali, bamboo, and wood and the company soon branched out to Daet in Camarines Norte.

By 1929, ALATCO was a pillar of the Southern Tagalog economy, with its hardy buses fording shallow rivers and floods, and the region’s brutal road conditions.

It eventually morphed into Philtranco, which in the 1970’s continued to pursue founder Ammen’s visionary ideas for the company, expanding to the East Visayas through the ferry network and a decade later, inaugurating the first-ever, archipelago-wide bus network that connected Manila, Tacloban and far-flung Davao. Cargo trucks and air-conditioned buses became part of the Philtranco fleet by 1986.

In 2013, new management further revitalized the country’s very first bus company. Today, Philtranco is committed to provide the Filipino passenger in Luzon, Visayas and Mindanao, “Byaheng Masaya, Serbisyon Subok Na.”

It was the first ever bus company to be established in the Philippines – and in the whole of Asia, for that matter.

ALATCO’s very first bus was a two-cylinder Grabowski and was reported to also be one of the first heavy-duty four-wheeled behemoths in the country. (The Grabowski Motor Vehicle Company of Chicago, in fact, built their first prototype truck in 1900 with a payload of one ton; the corporation was later bought by General Motors who unveiled their designs at the New York Auto Show of 1912.)

The photographs of that time, contributed by Mr. Ammen’s daughter-in-law Carol Ammen Beckett, show the buses in various contexts, including possibly their formal blessing (a Filipino in clerical collar sits behind the wheel, beside the bus driver and a police officer in one picture.) In another, an elegant Ammen beams happily from the driver’s seat.



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Abangan, Lunes hanggang Sabado sa



There are those who are excited and there are those who hate it---going back to school. Sa totoo lang, blessing sa atin na nakapag-aaral tayu, may pinapasukang school. Maraming hindi pa naka-kamit ng ganitong blessing, so be happy and thankful that you are back in school! And be prepared:

Back to School Redi ka na ba?

- Organize your books, notebooks. Cover with paper or plastic and write the name of the subject. Complete all the needs for your school bag---hindi kailangang "over" sa gamit o puro mamahalin...just stay simple and practical.
- Check your uniforms, buttons, shoes and socks. Ihanda na ang mga ito good for the next 3 days. Naplantsa na at naka hanger-ready to wear.
- Check your enrollment/admission slip for room assignment, teacher and schedules.
- Get the room numbers ng mga offices like: admin, clinic, principal, student council, homeroom, etc. Know the names of these people specially your teachers.
- Be sure to read ground rules, school handbook and **BE READY TO FOLLOW THE RULES AT ALL TIMES.** Kung ang rule ay tungkol sa cellphone use, read carefully.
- Make double copies of your home number, contact numbers ng family, househelp and other important persons. Keep in your phone directory and a written copy in your wallet.
- Check your student ID kung tama ang info at kung tama ang picture mo, ipalaminato to protect it from wear and tear. Make a photo copy. Memorize your student ID number and write the name and contact numbers of your guardian in case of emergency.
- Sa tag-ulan, bring your raincoat and folding umbrella and a folded plastic to cover your things if you have to walk in rain.
- Bring food-baon and drinks from home or prepare your own baon for the next day. You can save a lot by your own baon and use the savings

for later. Be sure to always thank the people who prepare your things for school and greet them before you leave and when you get home from school.

- Here's a worthy message from FASTCAT's Chairman, Mr. Christopher Pastrana to all who are back in school:

"You may not always be artistic and brilliant like Michaelangelo, play basketball like Michael Jordan, or be good looking as Brad Pitt or Angelina Jolie or be as holy as Pope John Paul II or be a hero like our very own Jose Rizal nor as wealthy as our Filipino taipan Henry Sy... We might not have the same skills, talents, opportunities but in our own way we can be the BEST-- the best person we could possibly be! This is my first message.

My second message is from St. Ignatius - pray as if everything depended on God and do things as if everything depended on you. Put your trust in the Almighty -- everything in your life will happen because He wills it, but you have to make things happen. Make a mark and a difference in the lives of your fellowmen in whatever endeavor you will venture into---may kasabihan na "kapag ang puno ay namumunga marami ang bumabato ngunit sa isang banda ang puno na namumunga ay marami ang lumililim at marami ang makikinabang." Lastly, trust is paramount, there are no second chances, make the most and enjoy the journey of life.

HAPPY TRAVEL WITH JAM

LIVE! DOODLING CONTEST WINNERS

Last February 23, 2014 ay nagsagawa ang JAM Liner ng Doodle Art Drawing Contest na ginanap sa aming JAM Buendia Station.

Dito ay nakilahok ang 30 na myembro ng Doodle Art Enthusiasts para sa isang Live Doodling Contest na may theme na "Happy Travel with JAM".

Maari nyo pa ring makita ang iba pang artworks sa JAM Buendia Terminal.

Muli, CONGRATULATIONS sa lahat ng winners ng Happy Travel with JAM Doodle Art Contest!

On-Line Winners via Facebook Likes

- Christian Hernandez – 1st Place
- Mark Joshua Higino – 2nd Place
- Patricia Anne Palisoc – 3rd Place

People's Choice Award Winner

Leonard Ray Rocha



Leonard Ray Rocha
1st Place



James Benedict Calleja
2nd Place



Marvin Bacinillo
3rd Place



BUY NA!
AT JAM BUENDIA AND
CUBAO TERMINAL

Doble Saya at Papremyo



Hindi lamang JAMPacked na serbisyo ang handog ng JAM Liner sa mga pasahero nito kundi sangkatutak na kasiyahan din dahil noong nakaraang summer may Raffle Promo ang JAM kung saan ilang maswerteng pasahero ang nag-uwi ng mga papremyo mula sa partners nito.

Ang grand prize ay MOTORSTAR motorcycle. HANABISHI home appliance showcase naman ang para sa 1st runner-up winner, HANABISHI kitchen appliance package para sa 2nd runner-up winner at limang HANABISHI electric ovens ang ipinamagay bilang consolation prizes.

Samantala, bukod sa FerrySafe, FerryFast at Ferry Convenient na travel experience na handog ng FASTCAT, isang raffle promo din ang kanilang isinagawa in partnership with MOTORSTAR at MYPHONE sa Ride and Win Raffle Promo nito.

Isang bagong MOTORSTAR Panther 150cc ang napanalunan ng Grand Prize Winner, MYPHONE MyPad 3 para sa 1st runner-up winner, MYPHONE MyPad 4 para sa 2nd runner-up winner at MYPHONE QTV38 Duo para sa sampung consolation prize winners.

Ang mga raffle promo na ito ay isang paraan bilang pasasalamat ng JAM Liner at FASTCAT sa lahat ng pasaherong patuloy na tumatangkilik sa kanilang hatid na serbisyo. Gayun pa man, taos pusong pasasalamat din ang kanilang ipinaabot sa MOTORSTAR, HANABISHI at MYPHONE bilang sponsors.

Kaya ano pa ang hinihintay nyo? Byahe na

kasama ang JAM Liner, FASTCAT at PHILTRANCO at baka kayo na ang susunod na manalo sa mga pakulo at surpresang naghihintay sa inyo!

Cheers!

We received feedback from a happy reader and Byahe Na! is thankful. It will be our inspiration for the next issue (Christine Guevarra)



"Congratulations to the management of Archipelago Philippine Ferries Corporation and to the staff of "Byahe Na" magazine maiden issue! Very informative.

Thank you and more power!"

FB administrator:
Federation of Senior Citizens Association, Calapan City

Travel Safety Tips

Traveling to desired destinations is enriching. It's not like reading where you learn from a book, it is learning from experience and all the senses are involved. You see the beauty (or the lack of it) of the landscape, skyscape and seascape. You hear the chatter of people speaking in a different dialect. You taste their cuisine. You breathe in the aroma of fresh air, of food being grilled, herbs and flowers. You get to feel the aura, and touch the terrain.

Before taking that first step to your planned trip, read these safety tips and you will travel better, with peace of mind and preparedness---making your trip a real pleasure. Dito sa Byahe Na!, maraming matututunang tips na mahalaga para sa travelers. Heto ang mga practical safety reminders.



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- **Maleta** – matibay, magaan, madaling hilahin na de gulong at hindi madaling tumumba.
- Handy na **digital camera** at extra batteries para maraming souvenir photos.
- **Packing tape** - ang pagdala ng isang buong tape ay bulky, kaya kumuha ng lapis o marker at doon ibalot ang at least 2-ft na tape. Tamang-tama pag biglang may pangangailangan.
- **Photocopy** ng mga IDs, passport, and other important documents. And make sure these are safe in a water-proof pack.
- **Re-sealable zipper storage bags** para sa pagbalot ng inyong gels, mga toiletries, cellphones o mga bagay na kailangan ng proteksyon. Magdala ng extra for emergency use.
- **Hand sanitizer** – use after washing hands para iwas sa sakit.
- Face towel, soap and other toiletries.



BYOE (Bring Your Own Everything)

Magdala ng neck pillow, scarf o sweater kung sakaling kayo ay lamigin, entertainment (music or game gadgets) at higit sa lahat ay food na madaling ihanda at kainin on the move. Manatiling hydrated, magdala din ng tubig.

SAFE AND SECURE

Snap a pic.

Kunan ng litrato ang inyong mga bagahe (para makatulong i-describe kung sakaling mawala) at isang close-up na litrato ng baggage tag (para mayroon kang record). Pwede rin kunan ng litrato ang mga laman nito para hindi makalimutan ang items na dinala ninyo.

Don't forget to Google about your destination specially the culture so that you can make new friends with the locals. From the internet, you can learn about its scenic spots, food stalls, rest and recreation areas at iba pa. Gumamit din ng mga social networks katulad ng Facebook at Twitter, para makakuha ng mga rekomendasyon sa best places to visit.

Napaka-enjoy mag-travel kung feeling safe and secure ka sa byahe. Habang kaya pa ng katawan natin- go and visit as many destinations as you can --- this is what we call learning from the school of life!

25 Things to Do

While waiting for the holidays to come...keep yourself busy and get creative. If you have the spare time, enjoy it and use the time well... here are 25 things to do... the best way you can!

- Go to the mall – try on wigs. Selfie time...
- Design your own T-Shirt or sneakers.
- Repaint your room or desk...basta make a change in your comfort place.
- Interview a celeb and then post it or send to a magazine...why not to Byahe Na!
- Leave your cellphone at home for 24 hours...withdrawal pains are worth it.
- Go to all the fiestas you can go to...your trip can be via Philtranco or JAM ... that covers a wide wide range of places...
- For the next 60 days, can you reserve 6 days on just eating veggies?
- Swat flies or mosquitos and ask payment from your Mom: Php 0.50 each.
- Make a gift plan, wish list, and list of people to give gifts to in December.
- Take your folks walking with the dogs too.
- Buy slippers or walking shoes in Liliw, Laguna.
- Visit UP Los Banos. It's a pleasant place to see and mingle with the aggies.
- ZUMBA!!!! Now na!
- Join a choir or glee club. Get ready for caroling.
- Make 25 new friends. Carry mo ba itong gawin?
- Travel all the way to the southern most region you can go to and back. Philtranco is the way to go.
- Go to the sea... take a ferry ride on FastCat. Fill your lungs with healthy sea-air.
- Year of the Horse---mag-horse back riding!
- Or go to San Lazaro Hippodrome and watch a real horse race...
- Pakyaw over ripe fruits and cook them into a jam. Sell at a profit.
- Plant an herb or a tree and feel good about yourself.
- Smile 100 times...count them and list at whom you smiled. Who knows who you may meet by doing this...naks!
- Kiss your parents or your most loved ones at least once a day.
- When you join an open mic night – do it with a little choreo para ma-impress ang audience.
- At night, look up the sky and see the wonders of God's creation: stars, planets--- o...tama na...baka ma-stiff neck ka pa!

If you want to feel good about something – then do it as BEST as you can...

WE WANT YOU! **WANTED:**

Lady Bus Captains (Drivers) for Philtranco

Fasten your seatbelts, top bus company Philtranco has announced that they are pursuing more female bus captains (drivers) for the firm's brand-new additions to its fleet. 50 new state-of-the-art Daewoo and Nissan buses were recently acquired to boost Philtranco's line.

The firm has also rolled out a new look for its buses, featuring flag colors on the exterior and elegant navy with gray trims for the bus interiors. The new buses also come with a TV screen and on-board WIFI service.

Furthermore, a recent study by Quality Planning, which reviewed car accident insurance policies, revealed that women are 3 times less likely to be involved in a "reckless driving" incident, that implies disregard for safety as well as passenger and property rights.

Only half as many women are also likely to be involved in accidents as a result of speeding, and to be cited for other violations such as failure to follow stop lights or yield at intersections.

As a rule of thumb, women are less aggressive and prone to take chances, including making risky decisions and breaking traffic rules and regulations.

Qualified female applicants may send in their bio-data to The Human Resources Department, addressed to Ms. Jasmine Riosa at Tel 520-8735 or email to hrdepartment.jam@gmail.com.

Philtranco, which is set to celebrate its 100th year of serving the Filipino bus passenger, operates six major passenger terminals in Cubao, Pasay, Daet, Iriga, Tacloban and Davao.

The company is the Philippines' first-ever bus company and was also the very first bus operator in Asia. Philtranco also seeks to recognize the growing role of women on the streets of the Philippines and empower the highly skilled female working population. At present, the firm has three female bus captains and aims to recruit even more.

The move to recruit more lady bus captains is just one initiative Philtranco has introduced as part of its commitment to deliver a total passenger experience that is "Byaheng Masaya, Serbisyon Subok Na."



HOUSEHOLD BUDGET TIPS

Konting Tipid Goes a Long Way

USAPANG KURYENTE:

BAWASAN NATIN ANG TUMATAAS NATING ELECTRIC BILL!

Bago ang lahat alamin muna kung ano ang base ng electric bill. In other words – upang ma-manage ang electric bill, kailangang kontrolin natin ang gamit ng wattage at time used ng ating mga appliances, gadgets at iba pa.

■ Dapat energy efficient ang ating mga gamit, read the specifications bago bilhin. Halimbawa: buying refs -- look at the yellow tag showing the EEF (energy efficiency factor) – get one with the highest EEF, it means lower operating cost. Pag sa aircon naman, choose the yellow tag with the highest EER (energy efficiency ratio). Inverter models are also better.

■ Unplug appliances when not in use. Yung small red light na standby power also uses electricity. Ganun din sa mga ilaw, patayin kung hindi ginagamit.

■ Huwag maglagay ng appliances na umiinit sa tabi ng aircon – halimbawa: ref or freezer (yung likod nito wag itapat sa aircon), also ovens or heaters dahil mas malakas ang electric consumption ng aircon kapag may mainit na katabi.

- When buying washing machines front load is more efficient than top load. Also, try not to use the dryer all the time. Sa umaga at kung maaraw, magsampay na lang.
- TVs- Adjust the brightness to the lowest eye comfort level. The brighter the TV screen is, the more electricity used.
- Electric fans – dapat malinis ang blades pati makina so that it will not slow down and use more electricity.
- Flat iron – mag-start with light fabric habang malamig pa ang plantsa (warm up time) . Kapag mainit na, do the heavy fabrics. Do not overheat irons.
- Rice cookers – limit the “warm” time.
- Aircon – use a remote timer to shut off aircon when your room is already cold and malapit ka nang gumising.
- Cooking – induction cooking is safer than gas and it is energy efficient dahil mabilis uminit. Pwedeng magpakulo ng tubig in less than 3 minutes.



TUBIIIG! TIPID TIPS:

Ngayong naayos na ang ating water system, ang water bill naman ang ating i-manage ng tama.

- Sa tag-ulan, mag-ipon ng tubig ulan for all uses.
- Yearly check ng mga gripo kung may leaks.
- Turuan ang buong household sa pagsara ng gripo , at pag-gamit ng tama. Ganun din sa flusher ng toilet – na maibalik sa tama para hindi tuloy tuloy ang agos ng tubig.
- Ang pangalawang hugas ng mga plato, paligo, labada, etc. ay maaring gamitin pang-flush ng toilet.
- Sa inumin, punuin ang baso hanggang sa makakayang inumin lamang.
- Kapag makapal ang dumi ng mga kaldero, ibabad sandali sa tubig. Mas magiging madaling hugasan ito.
- The 2-step procedure of washing: 1)Bago ilagay sa faucet ang mga huhugasan, pahiran muna nang basahan at itapon ang mga buo-buong dumi. Sa ganitong paraan, hindi ma-kla-clog yung lababo. 2) Sa isang bowl or palanganang tubig, ipunin muna lahat ng mga huhugasan para ma-rinse ang mga ito bago sabunin. Huwag isa-isahin ang mga kubyertos habang tumatakbo ang tubig.
- Bantayan na hindi mag-overflow ang tanke ng tubig habang ito ay kinakargahan.
- Habang nagtu-toothbrush, itigil muna yung agos ng tubig. Sayang din yung ilang minutes na gamit.
- Ang pagdidilig ng mga halaman ay gawin sa hapon, kapag hindi na matindi ang init.



Arrive Like a Star Via Philtranco Executive Coach

Philtranco rolls out the red carpet on its newly launched “Executive Coach”, with all the luxuries every diva needs to make your trip Hollywood-style. The new movie star-class service is available on the firm’s Manila to Bicol route.

With just half of the seats on normal buses, Philtranco’s “Executive Coach” has just 26, making each seat bigger and roomier. The unique configuration features rows of singles on the right and doubles on the left – perfect for privacy for solo or partners’ travel.

You’ll have a special stewardess to assist, and serve the delicious on-board snacks or meals and beverages, depending on your route.

Each route is “non-stop” or direct, which means there are no time-consuming delays or stops. An on-board toilet doubles the convenience.

In addition, each executive coach comes equipped with a TV screen as well as a karaoke system to while the hours away.

For the country’s first-ever bus company (and the first to pioneer a national route), Philtranco will always be committed to “Byaheng Masaya, Serbisyong Subok Na.”





Ikaw ba ay patungo sa San Pablo, Laguna? Tara Na!

CASA SAN PABLO A Restful

Escape for a Stressful Person

Para sa lahat ng aming mga pasaherong patungo ng San Pablo City, Laguna, pumunta lamang sa aming JAM Liner LRT Buendia at Cubao Terminal at maari kayong sumakay sa aming JAMPacked na byaheng patungong Lucena. Maraming mga bus stop na daraanan na maari ninyong babaan depende kung saan ninyo nais magtungo.

Terminal	Travel Time	Fare
LRT Buendia to San Pablo City	2 to 2 1/2 hrs.	127.00 Php
Cubao to San Pablo City	2 to 3 hrs.	135.00 Php
Turbina to San Pablo City	1 hr.	38.00 Php

Iba-iba ang oras ng mga byahe, mula 2:00 ng umaga hanggang 11:00 ng gabi, depende sa destinasyon na pupuntahan ninyo at kung saang terminal kayo sasakay. Maari kayong mag log-in sa website ng JAM sa http://jam.com.ph/jam_liner_bus_schedule.html para sa kumpletong detalye ng oras at byahe ng bus.

It will be easy to find Casa San Pablo once you are in the city. Everyone knows this place because it is fast becoming a tourist destination. Families, couples, barkadas, companies that have heard and enjoyed the comfort of Casa San Pablo are the same ones who tell the others to visit and enjoy.



My siblings decided to bring Mom to Casa San Pablo for an overnight stay. It is not easy to please Mom because she considers her home her only comfort zone. It was opportune that she is acquainted with Mrs. Vinya Alcantara, and the family who runs and operates Casa San Pablo: An and her husband Boots. One asset of having a lovely, homey haven such as this is when it is run by a family. It doesn't feel like a commercial space, it feels like home away from home. With that, my Mom agreed to spend the night.

The dinner became my family's bonding night that we all enjoyed. First of all, one is surrounded by shade trees and fresh greens everywhere, flowers and fruit trees abound. There are several "duyans" that seem to say --- "Dito ka mag-relax. Don't do anything. Do nothing!" And in different spots of the area you will see handmade works of the Alcantaras and friends, creative ideas put to practical use like a rice cooker recycled as an herb planter or colorful wine bottles catching the sunlight like a tree.

The comforts of home are in every room and every room is uniquely designed according to antique pieces, found things and local crafts. The comfort rooms are clean and well kept. The dining room is like that of old comedors where guests can meet and greet and share dining space. Food is simple fare but healthy, malinamnam and cooked right, mostly slow-cooked too! When we dined we had laing, adobo, nilagang baka and fried tilapia, lumpia, a fresh salad, plus the specialty of Laguna cuisine - "Kulawoo" which is a creamy side dish made of grilled, then mashed eggplant with coconut cream-prepared the authentic Laguna way!

At another time, our friends also visited the place and stayed overnight. Their breakfast consisted of sunny side eggs, fried fish, local longganisa, sinangag, freshly baked pan de sal and tsokolate tablea with pinipig. They too, didn't feel like going back to Manila too soon. The "duyans" were asking them to stay a while longer!

Home away from home--- that's it! Mi casa for a day! (NRL)





Nancy Reyes Lumen

The Mediterranean Diet

The Healthiest Diet in The World



Ang sabi ng mga expert dieticians sa buong mundo, one of the healthiest diets in the world are those of the people who live in the Mediterranean (shortcut Med) area---this is Southern Italy, Greece and surrounding places. Bakit daw pinaka healthy? Masagana ang buhay, presko ang hangin, maaraw kaya't malusog ang mga tanim na gulay at prutas, masustansya ang pagkain. Ang mga taga-Med ay believed to have long healthy life. Na-prove ng medical tests na majority ng mga taga-Med ay walang chronic diseases, mahaba ang buhay, bihira ang may sakit na hypertension, diabetes at high blood pressure. What are the reasons for this kind of Med lifestyle? Alamin natin kung anu-ano ang mga kinakain nilang nakakabuti sa wellness and long life nila.

Their kind of food is not just malinamnam, it is also healthy. Nasa diet nilang pang-araw-araw ang mga sumusunod: fresh fruits and vegetables, hindi heavy sa karne at mga keso at matatamis. Mga seasonal foods (depende sa panahon) ang nasa diet nila kaya't parating sariwa---fresh ingredients all the time. Ang kabutihan nito ay: can-afford ang food dahil in season, nakakatulong sa health, nakakahaba ng buhay, mabuti sa sarili. Kaya nga ba't popular na popular itong Med Diet.

Heto ang sample ng Med Diet na maaring gayahin natin sa lutong bahay pang araw araw:

- Fresh gulay, vegetables and beans - 4-5 Cups per day
- Isda - 2-3 X a week
- Red meat - 1-2 X a week
- Whole grains (red or brown rice, oatmeal, etc.) - 3X a day
- Red wine - 1-2 glasses a day
- Olive oil ang gamit sa salads at pang-luto
- Nuts pang snacks

At dapat: exercise, aktibong lifestyle (busy sa mga gawain), happy thoughts, smiling 50 X a day, enjoying the early morning sunshine, and plenty of sleep.



Benefits:

Ang Med Diet ay makakatulong maprotektahan ang ating health against cancer, heart diseases, diabetes, alzheimer's, at iba pang sakit . Promotes good memory, good thinking and is anti-aging.

Prueba nito ay : Nung 2004, may 20,000 na taga Greece na sinuri for 10 years sa kanilang Med diet lifestyle at ang resulta: low blood pressure at healthy pa rin sila.

Kung i-aapply natin ang Med diet sa Pinoy foods heto ang mga suggestions ko:

Mga sariwang gulay ng pakbet, chopsuey, suam, salads, coleslaw (repolyo).

Mga ginisa at sabaw: sinigang na bangus o hipon o anumang isda, paksiw, ulo-ulo ng salmon sa miso, monggo, kare-kareng seafoods, sarciadong isda.

Bawasan ang piniritong dishes - mas mabuti ang inihaw. Kumain ng red or brown rice at oatmeal

Karne: nilagang baka, inihaw na baboy, chicken inasal (iwas sa masyadong masarsang ulam at taba ng karne).

Chichiriang nuts and seeds: casuy, buto ng kalabasa, pili nuts (bawas sa mani- hindi ito tunay na nuts kasi galing sa lupa. Ang tunay na nuts ay galing sa punong kahoy).

Red wine: 1 - 2 glasses a day (yung tamang sukat lang, wag namang isang litrong panukat ang gamitin!) Hahaha.

O...sige, toast tayo --- To a long life starting today with the Med-Pinoy Diet. Enjoy!



A "TOASTED" Success Story

(Umalsa ang masa...pati na rin ang kinita!)

Ang Santamaria family ay nagtayo ng 3N Bakery sa Naga City in 1993. 3N stands for the names of the children: Nestor, Nante at Nico. Ang "star" product nila ang dahilan nitong success story. Byahe Na! Mini Magazine is always on the lookout for provincial success stories para ma-inspire yung mga kabataan sa pagbi-business. Aside from tiyaga at sipag, a good tasty product ang sekreto ng success ng 3N Bakery. At ito ay none other than Toasted Siopao.

Itong Toasted Siopao ay leveled-up siopao. Hindi lamang baked kundi tostado at malaman pa - busog sa asado at itlog, kumpleto na ang kain! Sa mga travelers, favorite snack ito at pantawid gutom! May mga branches sila located sa Bicol, Quezon, Laguna, at Metro Manila. One branch is in Turbina, Calamba - located right in front of the JAM Liner Bus Station.

Like many success stories, ang business ay sinimulan ng mga magulang. 2nd generation na ang nag-o-operate ng 3N Bakery at nagdagdag

sila ng mga breads, cakes and pastries sa kanilang paninda. Dahil sa blessings ng Lord at good management, ang mga biyaya ng Toasted Siopao ay napakarami . Nakapag-aral ang mga anak nila, at nakapagtayo ng poultry, piggery at grocery.

Sinu-sino ang mga customer ng 3N Bakery? Maliban sa mga regular customers nila na taga provinces, aba!...mga artista pa man din ang naging suki nila. Hayan ang taga-TV Patrol sa Bicol, ang Rated K ng ABS CBN at sa show ni Jessica Soho ng GMA.

Ang success story ng Santamaria family ay isa lamang sa marami pang nakaka-inspire sa work values na tiyaga at sipag sa business. What about you? Are you ready to go into a small business and see it grow through the years? Kayang-kaya ng Pinoy, basta't may inspiration, may blessings, at may tiyaga at sipag!



"Ask Natin Si Doc"

Rainy, wet season na! Panahon na naman ba ng lagnat, ubo at sipon? Dapat hindi. Here are ways to protect you and your loved ones from getting sick during the rainy season. Bago mangyari ang magkasakit - prevent na natin.

Two medical doctors from Fatima University Medical Center (located in Valenzuela City) were kind enough to provide us with important health and prevention tips. Byahe Na! asked them for answers to questions which families wanted to know more about. Thanks to Drs. Zenaida Maglaya (Pediatrician) and Dr. Marthony Chua (Internal Medicine) for the guidelines.

How can parents protect their children from sickness due to the coming rainy season?

Dra. Maglaya: Children must have complete immunization, keep cleanliness at home and surroundings to prevent the presence of mosquitoes which might cause dengue. Observe proper hygiene. They should wear raincoats, rain boots and/or bring umbrellas.

What is the best thing to do with coughs? colds? fever?

Dra. Maglaya: The best way is to consult a physician to better diagnose the possible disease involved and recommend the proper medicine for cough or fever. Fluid intake like water is very important to the body -- it regulates body temperature.

Is this saying true: feed a cold / starve a fever?

Dra. Maglaya: It is often said because when you have colds, one must eat to get the proper nutrients for the body and fight infection. About starving a fever, it is often said because when one has fever, he or she must not eat too much due to the possible increase of metabolic rate and because of this the temperature of the body is high. Personally, I don't believe in both of these.

Is it true that chicken, fish and other "malansa" foods are not good to eat when there's a cough or cold?

Dra. Maglaya: It is because these would normally cause allergies; most of these "malansa" foods can sometimes cause cough and colds because they are highly allergenic. But not all would have these allergic reactions. The best way to determine whether one has an allergic reaction to these kinds of food is to immediately consult a doctor.

What are the most common ailments during the rainy season?

Dr. Chua: The common ailments during rainy season are flu virus; bronchitis, whether it is viral or bacterial and pneumonia.

What are the preventive, protective measures we should take---like Vitamin C, wearing a mask - against these ailments?

Dr. Chua: Preventive measures, like wearing a mask to protect ourselves from those who are coughing or sneezing is advisable because these are airborne infections. Also proper hygiene is very important -- like frequent hand washing before a meal. Intake of Vitamin C is likewise recommended to boost the immune system.

What happens when commuters have to wade on flood waters and get their feet wet?

Dr. Chua: When one wades in flooded waters our feet are more often heavily soaked and because of this leptospirosis is always a threat.

Is Vitamin C enough to prevent sickness?

Dr. Chua: Vitamin C with proper personal hygiene is enough to prevent such ailments. It must be taken regularly in prescribed doses.



Zenaida Maglaya, MD
Pediatrician



Marthony Chua, MD
Internal Medicine

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