

April-June 2016

# Byahe Na!

Magazine published for



- I Left My Heart in Surigao
- Eh, Bakit ba Masaya Dito sa Pilipinas?
- Traveling This Summer? Here's a Checklist!
- Juicing for Reducing, Anti-aging, Beauty and Energy
- Kape pa More! Gising na!

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01:30 AM	06:30 AM	03:00 AM	06:00 AM	04:00 AM	12:00 AM	08:00 AM	05:00 AM	10:00 AM	03:00 AM
06:00 AM	08:30 AM								
09:00 AM	12:00 PM	09:00 AM	12:00 PM	12:00 PM	08:00 AM	02:00 PM	11:00 AM	03:00 PM	03:00 PM
11:00 AM	02:30 PM								
02:30 PM	05:00 PM	03:00 PM	06:00 PM	08:00 PM	04:00 PM	08:00 PM	05:00 PM	10:00 PM	10:00 PM
05:00 PM	07:30 PM								
08:30 PM	11:00 PM	09:00 PM	12:00 AM						
Travel Time: 1 1/2 Hours		Travel Time: 1 1/2 Hours		Travel Time: 2 Hours		Travel Time: 1 1/2 Hours		Travel Time: 3 Hours	

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**ARCHIPELAGO PHILIPPINE FERRIES CORPORATION**  
 Unit 5B, 5th Floor, UNIOIL Center Building, Commerce Avenue corner Acacia Avenue,  
 Madrigal Business Park, Brgy. Ayala Alabang, Muntinlupa City, 1780 Tel No.: (632) 8429341



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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 destination in Mindanao would you like to explore? Why?**

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

The EDITORIAL TEAM is composed of :

**Christine B. Guevarra**  
Executive Editor

**Lizza Nakpil**  
Guest Writer

**John Michael Cheng**  
**Roy San Juan**  
**Menchie Lubang**  
Writers

**Alvin Cariño**  
Graphic and Layout Artist

**Joie Taylo**  
**Ace Pangan**  
Graphic Artists

**Nancy Reyes Lumen**  
Editorial Consultant

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## MORE ROUTES, MORE LINKS, MORE TRAVELERS

Since the start of FastCat operations three years ago, major highlights have proven its perseverance to lead in the sea transport industry.

It began operations in Bacolod (Banago) and Iloilo (Lapuz River Wharf) in September 25th, 2015. Negrenses could then travel all the way to Luzon, via Aklan and Mindoro of which FastCat vessels are also available for island crossing.

On November 1st, FastCat made its maiden voyage in a new route: Matnog (Sorsogon) and San Isidro (Samar). Then the city pair of Liloan (Leyte) and Lipata (Surigao) was finally served on December 8th to complete the link between Luzon, Eastern Visayas and Mindanao.

In just 4 months, FastCat was able to connect the Philippine archipelago from Luzon to Visayas, to Mindanao!

There is no stopping FastCat in its drive to pursue its expansion plans in 2016. In the coming months, the routes of San Carlos (Negros Occidental) - Toledo (Cebu) and Dumaguete (Negros Oriental) - Dapitan (Zamboanga del Norte) will be ready for travel. With this, the nationwide connectivity of FastCat would have been completed. The benefits of sea travel will certainly boost the tourism industry of these regions.

Moreover, FastCat will already commence with its Asian link to have a two-way trade between Kudat, Malaysia and Puerto Princesa, Palawan, Philippines.

Because of these newly developed links, FastCat will set the trend --- "We expect an increase in local trading, exchange of goods between neighboring islands in the Philippines, contribute to local tourism and increased land travel."

In closing, and proudly stating: FastCat's state of the art vessels and world class service are changing the face of the maritime industry - toward a global standard that will connect region to region, country to country for pleasure, trade and travel in the best way there is!



**Captain Segundo C. Mentoya**  
General Manager  
Archipelago Philippine Ferries Corporation





# I Left My Heart in Surigao

By Jemarie Camba

December 06, 2015: Damang dama ko pa rin hanggang ngayon ang kilig at excitement na "sa wakas!" ay nagtagpo rin tayo. Dati-rati sa larawan lang kita nakikita, nababasa sa libro at laman ng kwento ng mga kaibigan ko. Hindi sapat ang dalawang araw na nakapiling kita pero gayunpaman, masaya ako at may maibabahagi din ako na isang magandang kwento at karanasan.

Nakakatuwang isipin na sa halagang P1,737.45 na pamasaha sa Philtranco bus mula Maynila ay pwede na kitang mapuntahan (plus ferry fare of P420 and minimal terminal fees). May kahabaan man ang byahe, sulit naman dahil halos natanaw ko na rin ang buong Pilipinas! At ang pinaka paborito ko sa lahat? Ang pagsakay ng FastCat! Lalo na noong nasa Liloan, Leyte na kami dahil sa loob lamang ng dalawang oras ay narating na namin ang Lipata, Surigao. Ang galing! Nakarating na ko ng Mindanao!

At heto na nga, may isang malaking check na naman ako sa aking bucket list, kaya't hindi na namin sinayang pa ang oras habang kami ay narito sa napakagandang bayan ng Surigao. Sariwang hangin at luntiang tanawin. Ramdam na ramdam ko ang buhay probinsya at malayong malayo sa stress at polusyon ng Maynila.

Pagkain! Siyempre yan ang una naming hinanap pagkatapos ng isang mahabang byahe. Hindi naman kami nahirapang maghanap dahil maraming pagpipiliang kainan na abot kaya ng bulsa dito sa bayan. Solb na ang aking sikmura na kanina lamang ay kumakalam sa barbecue at sea food na patok na patok dito.



2 Byahe Na!

Bukod sa masasarap na pagkain, narito ang ilan sa mga bagay o lugar na hindi mo dapat palampasin kung ikaw ay bibisita sa Surigao:

**Meet the Locals:** Ilang minuto mula sa Surigao City ay maari mong makilala ang ilan sa mga katutubong Mamanwa ng probinsya. Isa itong magandang pagkakataon para lubos na makilala ang kanilang kultura at pamumuhay.

**Surigao City Park:** Manicure, pedicure o reflexology ba ang hanap mo? Punta na sa Surigao City Park para sa isang kakaibang "Park Experience". Pwede ka na ring magshopping o mamili ng pasalubong dito.

**Mainit Lake:** Ito ay tinaguriang fourth largest lake in the Philippines. Nakakaaliw din ang pagsakay sa habal-habal papunta dito. The best time to visit the lake is before sunset, because it is the time when it is most photogenic.

**Silop Cave:** Are you in for an adventure? Grab a flashlight, wear good shoes, put on your swimming clothes and explore the magnificent caves of Silop! Definitely, an adventure you shouldn't miss!

**Mabua Pebble Beach:** This is not your ordinary sandy beach because this beach rocks! Literally, it is a long stretch of white pebbles kissed by the inviting blue sea.

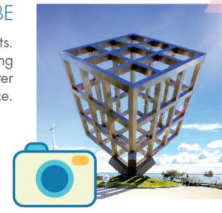
Ilan lamang ito sa mga dahilan kung bakit ko minahal ang Surigao. If you have more time, you can also visit Siargao for the best surfing experience. Haaay, nasa Maynila na ako pero naiwan ata sa Surigao ang puso ko! Wait for me my love! I'll be back and we'll meet again, soon!



## PLACES TO SEE AT SM SEASIDE

### THE CUBE

The icon for group shots. Take a photo of the gang in front of the 21 x 21 meter sculptural piece.



### FOOD COURT

You've never seen a Food Court like this. Food from around the world, a view of the Seaside Tower and out of this world ceiling décor.



### ICE SKATING RINK

Glide on ice at Cebu's world-class and only ice-skating rink, whether you want to score an ice hockey goal, execute a triple axel or aspire to be an Olympian.



### THE UNPARALLELED VIEW

Gawk at the wide expanse of the blue sea and its surroundings from different places inside the mall and at the open air Sky Park with its lush greens and cool breezes.



### SPIRAL STAIRCASES

Take a selfie at each of the 4 whimsical color-coded staircases to prove you've circled the mall!



### CHAPEL OF PEDRO CALUNGSOD

Spend a prayerful while at the 100-wall Chapel of Pedro Calungsod, perfect to start a day of malling or as a last stop before heading home.



### THE CINEMAS

You haven't watched movies this way in Cebu! Choose from lounging in cushy recliners at the Director's Club or ogling at the Large Screen Cinema that's 30% bigger than other screens. Live shows and concerts come to life at Centerstage for movies and the performing arts. Bring everyone! All the theatres are PWD-friendly.



### PLAYGROUND

Bring the kids to frolic at the fun Playground at the Sky Park.



### BOWLING

Yes, there's a 16-lane state of the art bowling center and more! Sing to your heart's content at 3 KTV Rooms, shoot some balls at the Billiards Nook and snack while having fun with friends and family.



### THE SM SEASIDE TOWER

To be completed soon, The SM Seaside Tower is already a sight to behold.



Cor. Cebu South Coastal Road and Mambaling Extension, South Road Properties, Cebu City





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SINCE 1914

Byaheng masaya, serbisyong subok na!

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# SAAN MO GUSTONG MAG-BYAHE THIS Summer?

"Gusto naming pamilya na pumunta sa Misibis Bay sa Albay. Maganda ang mga resort at hotel doon, may kamahalan daw ng konti pero sulit naman dahil siguradong mag-eejoy ang inyong family."

LOUIE, ANALIZA & ANDRIE MASAGCA

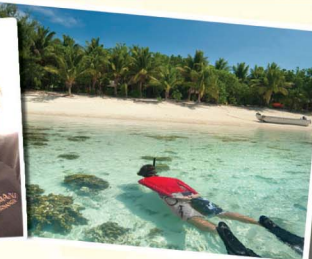


"We want to go to Calaguas Island, Caromoan and in Sorsogon. We want to do island hopping, snorkelling and see the butandings."

CELY CEZAR, JAKE & CECILIA MAZUR

"Si Reygan ay balikbayan at dahil medyo matagal na niya kaming hindi nakasama, gusto niya sanang mag-family vacation at mag-treat sa Boracay."

REYGAN, REYKEY & NORIBEL GUMAYAO



"This summer gusto naming pumunta sa Panglao sa Bohol dahil tahimik at maganda ang lugar at talagang makakapag-bonding kayo ng buong family. White beach at malinaw na tubig, marami ring mga restaurant na makakainan at kung trip mo mag-snorkelling ay ok din doon."

MARIA CRIS LUBOG, ANNABELLE VIDAL & JULIE GUY-AB

"Ang gusto namin ay sa Cagwait beach sa Surigao del sur dahil maraming magandang beach resort na pagpipilian. Maganda itong puntahan kasama ang buong pamilya at mga kaibigan. Pwedeng mag-picnic, mag-fishing, maganda ang tanawin, malinis at malinaw ang tubig ng beach, affordable ang presyo at safe pa ang lugar."

REZIL SALAZAR & CHOLET/ACLAO





# EH, BAKIT BA MASAYA DITO SA PILIPINAS?



Ang call sign ng Department of Tourism sa mga turista: "It's more fun in the Philippines!". Do you agree? If you ask me, yes, in many ways this is true. The good vibes of this country outweigh the bad vibes... so we are safe to say – I like living here.

**The question is this:** How will you convince someone who has never been to the Philippines to check it out... and end up enjoying his/her stay? For one thing, kapansin-pansin rin, na yung mga alibayan dati ay nagbabalik bayan na. Home sweet home daw ang Pilipinas, ika nga. And I asked several people their true reasons for wanting to stay here or even live here for good!

- 

Masarap mag-retire dito kasi may mga mag-aalaga sa inyo. Not like in some countries where the oldies retire in a "nursing home" because the family cannot find the time to care for them at home.
- 

Walang snow dito. Sa totoo lang maganda ang snow sa postcard. Hindi maganda ang snow pag kailangan mo nang i-shovel sa driveway mo.
- 

Naturally friendly ang mga Pinoy... smiling faces and okay makipag-communicate at makipag-relationship. Kaya nga't texting and selfie capital of the world tayo. We Pinoys are relational.
- 

We speak and understand American English better than other Asian countries --- so it is easier to ask us for directions or for any other help or information.
- 

Pinoys are not so kuripot--- we like to entertain, to treat, to feed people – even if it means we have to borrow money to do so. This is the "fiesta complex".

- 

We are generally kind-hearted, and slow to get angry. We can withstand insults, pain, bullying to a greater extent than those from other countries.
- 

We are a beautiful people. Many times I do some people watching and I notice that Filipinas are pretty, and have a nice smile while the men look friendly and helpful or shy.
- 

There are 7,000+ islands in the archipelago, all waiting to be discovered and enjoyed by tourists. The white sand beaches are fantastic and the underwater scenery is awesome!
- 

Our cuisine is a mix of East and West because we were colonized by Western countries. Our local cuisine is much improved, made healthier, more colorful and still very tasty and rich. Adobo power!
- 

Pinoys have a great sense of humor – in good and bad times... we always find a joke to make out of hardships or misfortunes.

**How about you** – what are your reasons why you have decided to return or not leave at all? Thank God for this country --- it is blessed with so much... more than we can appreciate. SMILE!!! You're in the Philippines. It's more fun here!! Promise.

# CORPORATE NEWS BOARD

## ARCHIPELAGO PHILIPPINE FERRIES CORP.



**GAWAD KALINGA** - Repainting of houses at San Pascual, Batangas (June 27, 2015).



**OUTREACH PROGRAM** - Nasugbu, Batangas (December 12, 2015).



**Ms. Kris Aquino** rode FastCat during her trip to Mindoro last Feb. 4, 2016. She was welcomed by Ms. Christine Guevarra (VP-Marketing) and Mr. Oliver Pulanco (Operations Manager).



**TREE PLANTING** - Cuenca, Batangas (October 10, 2015).



**TREE PLANTING** - Calapan, Mindoro (November 7, 2015).

## JAM, PHILTRANCO AND PHILKARGO



Last Dec. 08, 2015, the Rotary Club of Makati Olympia donated boxes of books and shampoos to the Missionaries of the Poor. Through JAM, Philtranco and PhilKargo, the items were delivered to their beneficiaries nationwide.

**L-R:** Ms. Evangeline Carillo (HR Manager, JAM & Philtranco), Mr. Ju Abdulcadir (Rotary Club of Makati Olympia), Rev. Bro. Anthony Wechuli (Missionaries of the Poor), Mr. Dennise C. Trajano (President, JAM & Philtranco)



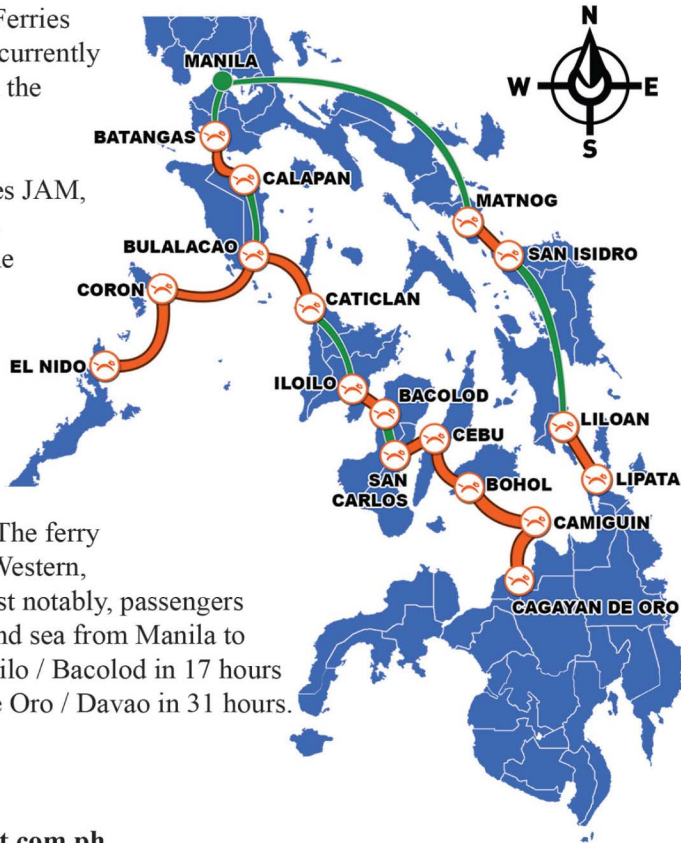
# FastCat ANNOUNCES THE ARRIVAL OF ITS 10<sup>TH</sup> VESSEL

FerrySafe. FerryFast. FerryConvenient.



Archipelago Philippine Ferries Corporation's FastCat currently runs the largest fleet in the country with the arrival of its 10th vessel. The transportation company, together with affiliates JAM, Philtranco, Philkargo, and QRS logistics, recently announced the delivery of FastCat M11.

FastCat (APFC) boasts the most modern fleet of ABS Class (IACS) mid-speed catamaran Roll-On Roll-Off passenger ferry in the Philippines (1st Phase). The ferry plies eight major ports via the Western, Central and Eastern routes. Most notably, passengers can travel daily by land (bus) and sea from Manila to Cebu in 21 hours, Manila to Iloilo / Bacolod in 17 hours and from Manila to Cagayan de Oro / Davao in 31 hours.



For more information, visit the website at [www.fastcat.com.ph](http://www.fastcat.com.ph) or book trips online at [www.pinoytravel.com.ph](http://www.pinoytravel.com.ph).

Aside from being known for good food and beautiful people, there is something else that Bacolod City is known for. Albeit not as popular as Chicken Inasal, it is as satisfying to the senses though. Behind the seemingly laid back city lies a paradise for adventure sports. It is a haven of mountain bike trails and only the brave of heart know it to be true. They're the ones who dig a bit of extreme sports and pedal away into the middle of sugarcane fields and hacienda roads laden with rolling single-tracks, heart-stopping climbs, rocky descents, and river crossings.

Within an hour away from the central part of the city, one can head towards the eastern foothills of Mt. Mandalagan range to the well-known biker's pit stop in a barangay called Alangilan. It's an uphill ride from the city but nobody said that looking for adventure gives you a wide flat path. In fact, taking that climb is part of the satisfaction afterwards.



## WANDERING THE BIKE TRAILS OF BACOLOD

Text and photo by RMJ

From there, the avid biker has a handful of options on which trail to take. There's Carmen Trail that is a swift rocky and downhill ride. There's also the climb further up to Arceo and Campuestohan where one's physical mettle will be tested to the core. Many bike detours are along the way such as taking the Bandi Trail and The Tube, both of which are for intermediate level bikers. They are established bike courses that were aptly named by locals. Expect a beautiful commune with nature coupled with a technical bike trail challenge. Bringing a camera and stopping for a selfie are the things one should not miss.

Taking off for a ride early in the morning brings beautiful sights to behold. On a clear day, there's the sunrise that will greet the bikers from the east. Sacadas will be seen tilling the sugarcane fields alongside the road. Farmers riding carabaos might cross one's path. These simple and pleasurable experiences will definitely bring a wanderlust to much delight in just a half day's time out of the city. Local eateries that serve native coffee and native food are not hard to find along the way.

This is one lifestyle that Bacoleños are happy to be blessed with – an easy access to nature and an abundant serving of food on every turn to a new path of adventure.







Next to eating solids, drinking liquids has become the popular way of "eating". Para bang "daily dextrose" of busy people who have no time to sit down with a plate of food, chew and digest. Nowadays, you see busy bodies with a big cup of something, and they are sipping it while walking. It can be a light soup, coffee, tea or soda... and fruit or vegetable juice.

## Juicing for

*Reducing, Anti-aging, Beauty and Energy!*



Nancy Reyes Lumen

There are many reasons for taking liquids aside from "I have no time". Some reasons are really good and logical. Take for instance drinking fruit or vegetable juice everyday! It goes straight to the bloodstream for that energy boost and fiber feast! Juicing is such a good dietary practice--- lalo na kung fresh and natural juices ang inumin.

Fresh fruits and vegetables are always available. These may not be cheap but at least they are better than taking vitamin supplements or medicines for maintenance. Did you know you can also make nut juice like Almond milk? Soya milk? Cashew milk? Rice milk? Healthy pa rin!

For fruits – you can even combine several kinds to balance texture and sweet-sour tastes. Green mango, ripe mango, papaya, pineapple, grapes, apples, pears, oranges, melons... and then the vegetables for juicing... ay napakarami! Colorful na— healthy pa!. There's cucumber which is the best base vegetable juice to mix with many others. Meron ding carrots, tomatoes, malunggay... anything goes! Do you want to try ampalaya, lettuce, corn, sugar beets, or adding some fresh chili to the juice?

Combining natural vegetable juices with fresh fruit juices are the fad these days. You can have ampalaya-mango or pineapple, carrot-apple, pineapple-chili, cucumber-carrot-mango-apple... its excitingly nice to experiment on your own "cocktails".

### Here are some good tips in juicing:

- Best to use alkaline water in juicing because it brings out the best flavors of the natural ingredients.
- Try to get the ingredients as fresh as possible.
- If you clean the veggies very well, you can juice them with the skin on.
- Invest in a durable and strong juicer--- it's like a life insurance for wellness, good health and energy! Do not look for a cheap bargain and then regret it later.
- If you can afford organically grown produce, go for it!
- When choosing a juicing machine – check out the wiring (Is it thick? good enough for high wattage?). How are the blades? Is it easy to clean? Can you easily dismantle the parts? Can parts be replaced? Is it portable?
- Lastly – when you juice, there will be pulp left. Try to find a way to use the pulp since this is 100% fiber just waiting to be used. You can make it a meat extender, or use for soups or sauces, salad dressing, croquettes, add to mashed potatoes or fried rice --- just don't waste it. Pets can eat it too... or if you find no use for it – practice the "bokashi" method of composting from food (look this up and maybe in the next issue of Byahe Na, we can talk about this method of recycling food).



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# A MOTHER'S LETTER TO HER SON

Dear Anak (Joey),

In a few months, it will be Election Day. I want to know what it means to you. I want to know if it means something important to you --- I want to ask if you think it is worth exercising your vote instead of going out of town on that long weekend. Yes, voting is a God-given right and must be used. Voting is a privilege and a responsibility. It is a civic duty. You must vote.

When I was still a young mom, I was not too hot on my voting rights. But I would see you, a toddler then, taking your baby steps with care, stumbling and then pulling yourself up again. Your future became a vision to me and I imagined you as a successful someone in your chosen career living in a healthy environment. At your 2 years of age, I was already plotting your future and praying about it. The word "future" meant so much to me--- I wanted you to have a good life, a good future.

That thought carried me through Election Day and I voted with the conviction that I was doing it for your future because - if my candidate won and really kept his good promises to make our nation great again, then I would have made a good decision for your future. And now you are a father to a 3-year old.

Why not take to heart the following considerations in voting for the good of the country, for the future of your son. If you exercise your vote wisely, and everyone did the same thing, then chances are the good candidates will win. And if the right candidates win, then they can work on bringing solutions to the bottomless problems of our country: crime, corruption, poverty, traffic, terrorism, lack of education, lack of censorship in media, brain drain, illegal gambling, smuggling, human trafficking, cultural famine, weak nationalism... and more. You do not want these woes to beset your son's future... just as I did not want that kind of dangerous life for you as you were growing. I used my one precious bullet that would help remove these fears -- I voted. So should you.

Love, Mom



## Traveling this summer? Here's a checklist!

By Carmen Joan Algara



Just the idea of planning a trip this summer is already exciting – it's looking forward to the days that you and your family will enjoy together in a beach, on a road trip, island hopping or even touring abroad! But such trips need planning. Here's a checklist of things before that family "vacay" starts happening:

**Medicines.** Sometimes this small detail is not in the priority list when packing your things. Make sure you have a small bag for over the counter medicines --- Paracetamol, anti-bacterial or antiseptic creams, disinfectants, bandages and cotton for treating wounds. Maintenance medicines for asthma, hypertension, diabetes, etc. are also important.



**Sun block.** This is not only applicable for the beach trip; it is applicable to all types of "vacays". Make sure that the SPF (Sun Protection Factor) is at least 30 and choose a brand that will not stain your clothes. I have a couple of beach wear that turned orange when it got wet. Apply sun block 30 minutes before swimming or traveling and when you and your kids want to swim again, re-apply sun block.



A small traveling bag will come in handy to hold a wash cloth to freshen up the kids, hand soap or hand sanitizer, insect repellent and a small pack of tissue. Make sure this bag is not filled so that you have space for stuff that you'll "collect" along the way. You can also put in a couple of handy reading materials, coloring books, and crayons for the kids.



**Identification Cards.** Make sure you have all your ID's before leaving. Those of your kids should be in their pocket not in your traveling bag (having a laminated duplicate is also good). You may use their school ID for this purpose or make one if you feel that you need to put in more information.



**Confirm / reconfirm your accommodations.** Days before your trip schedule, take time to confirm your reservation --- date, room accommodations, agreed rates and who to look for upon arrival. It's always best to reconfirm. At one time, I didn't -- this was my mistake. Just before arriving at our destination, I called the hotel to inform them that we will be late in checking in --- oooops, we were told our reservation date was still the next day! Worse, there was a city-wide celebration and almost all hotels were fully booked! We hopped from 3 hotels before we got a room!

**Luggage and Travel Tickets.** Before you leave, count the number of luggage that you will bring in case they get misplaced in transit (Good idea: take a photo of each). Properly tag them all. How about tying a bright-colored ribbon or making a unique marking on them? Make sure that your travel tickets are complete and have photocopies. Count the tickets, check the spelling of each name (should be the same as your passport) and double check the travel details: destination, date and time of travel. These details are important! You don't want to miss your trip.



**Charge all your gadgets and devices** before you leave your house. One time, I was so engrossed with packing and checking on details that I was the only one who did not charge my mobile phone! Imagine the frustration when you must sparingly answer a call or read a message and not be able to take some photos because your battery is about to go empty!

If you follow a trip checklist like mine, you can relax and enjoy your "vacay". Summer trips are great for being together with family, to create memories and bond with your kids. Take lots of photos (it is so easy nowadays). Create fun days and try to make it memorable for each family member. Be spontaneous! Such "vacays" are a good break from the daily grind. Take this fun chance and get going! Bye Na!



# Kape pa more! GISING NA!



In the past few years... anong agricultural product ang naging hit na hit sa mga farmers and consumers? COFFEE --- KAPE --- "JAVA JOE" --- Decaf --- Latte --- Espresso. Whatever style it comes in, this is arguably the most popular beverage in the world.

**C**OFFEE --- pagdilal pa lamang ng mga mata, ang unang salita ng marami ay..... Kapehhhh! Whether one drinks it to wake up, stay awake, get energized, clear the mouth, cure a hangover, help in toilet rituals... or just a morning habit, coffee is part of one's daily life. And even more so nowadays, because it has become a status symbol to be sipping coffee from a "grande" cup of "fancy coffee houses".

Maliban sa mga flavor features ng coffee drinks, ano pa ang mga interesting facts about coffee? For one thing, it has become a popular type of farming for both traditional and hobby weekend growers. Many coffee farmers are passionate about their product and take lots of care to produce and process the best beans to make the best roasted coffee. In fact, coffee drinks can range from Php5.00 per cup to Php250.00 per cup.

## Here are the good news and bad news about coffee:

- Coffee can help prevent liver cancer because it has antioxidants like chlorogenic acids. Coffee is one of the top sources of antioxidants. But just remember this: do not take too much caffeine when you are taking Tylenol--- it is bad news for the liver!
- Coffee is also said to lower the risk of ovarian cancer.
- Coffee does cause heartburn or even heart failure if taken too strongly, too often.
- Coffee helps balance glucose and prevents diabetes. Two cups of decaf are good (of course, just drink your coffee without sugar and cream).
- Coffee can cut the risk of Alzheimer's especially for those who like to eat fatty and high cholesterol foods. Best practice: lessen your cholesterol intake and enjoy a daily cup of coffee.
- Coffee can stain your teeth, affect your throat if it's too acidic, and gives you a "nicotine" breath.
- Coffee and cigarettes form a bad combination. These two "pleasures" can become a bad habit--- drinking coffee as an excuse to smoke. Bad yan!
- Coffee, if drank too much in a day, can make one's body jittery from caffeine overload.
- Coffee can make you lose sleep, and keep you awake the whole night through.
- Coffee may or may not cause constipation - it depends on how your body reacts to caffeine.

Now that we know some good and not-so-good things about coffee, we can still enjoy a "cuppa" with friends or a good book to read, a nice movie, music, or with a round of chismis!

14 Byahe Na!



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## HINDI "CUTE" ANG SUNBURN OR SUN TAN

Many years ago, on my trip to New Zealand, I was told that the highest incidence of skin cancer was in their region because of the "Black Hole" phenomenon in the sky. The rays of the sun are too intense thus, it affected a lot of New Zealanders who liked to stay under the sun to get a tan or just to get "hot" and red. In fact, the whiter your skin, the more you are prone to skin cancer (also known as melanoma).

Skin cancer is caused by over-exposure to ultraviolet rays coming from the sun in temperatures much higher than normal. But in this modern age, skin cancer has spread as a medical problem in other countries with as many cases known, not just in New Zealand. In fact, one of the major causes has become evident --- global warming.

Over-exposure to the sun happens in the modern lifestyles: 1) maraming naging popular outdoor activities like skiing, water ski, open air ball games, swimming, climbing, marathons and tri-athlete runs... and many other open-air sports. 2) pollution: the ozone layer that is supposed to protect us from the sun's rays has thinned down because of the pollution we have caused like burning plastics and styrofoam. 3) popularity of sun tanning for style, vanity or fashion. White-skinned fashionistas want to achieve a tanned look for exotic appeal. 4) work requirements to be under the sun (field work, construction, traffic control, etc.) 5) road and sea travel, tourist activities or open-air events.

16 **Byahe Na!**

### HOW TO BE PROTECTED FROM THE SUN

- Salamat sa Diyos, He created trees to give us shade (kaya nga't hindi tayo basta-basta puputol ng mga puno!). Trees provide much needed shade from the heat and rays of the sun which are harmful, specially at certain times of the day. May kasabihan: "Watch your shadow. Short shadow... seek shade!"
- Clothing and sunglasses-- wear a hat and light clothes that will not absorb heat. Go for light shades of brown, beige and even all white. Wear hats--- pa-uso na ang wearing baseball caps, salakot, sombrero or bandana. Good quality sunglasses are important because over-exposure to sun can cause cataracts or poor eyesight. Gumamit nito lalo na pag nagbabahe.
- Wear sunscreen -- maraming skin whiteners that also have sunscreen. BUT NOT ALL SUNSCREEN ARE EFFECTIVE ALL THE TIME... yes, not 100% all the time. So remember, it is really more important to find a shade away from the sun, specially in the high noon times. Natural protection is best.
- Limit sun exposure specially from 10am to 4pm. In the Middle East there is a law that workers outdoors have a rest period during the high noon sun to prevent them from getting sunstroke and sun burn.
- Sunscreen (SPF=Sun Protection factor) -- apply SPF 15+ to the body before swimming, playing, golf, tennis, etc. Then repeat applying every two hours. Just remember sunscreen does not protect your skin 100%.
- Do not go under sun tan lamps... pa-cute lang ito para maging sexy or exotic but it is bad for the skin -- abusive! Awat na sa pa-sexy!
- Help the earth -- by not burning plastics, tires, etc. to lessen the harmful effect on the ozone layer... be aware of the bad effect of global warming.
- Remember: even if you are underwater -- the sunlight can still burn you.



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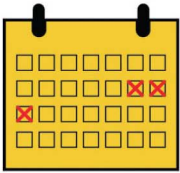




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