

July-September 2016

Byahe Na!

Magazine published for



**Lipa: A Historical City
Things You Can Do in
15 minutes**

Salamat!... from Isabel, Leyte

**The Big Push for
Competent Bus Drivers**

**Back to School Guide
for Mommy and Daddy!**

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Happy Reading!**

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12:00 AM	2:30 AM	3:00 AM	3:00 AM	8:00 AM	5:00 AM	5:00 AM	2:00 AM	12:00 AM	12:00 AM
1:30 AM	6:30 AM							3:00 AM	3:00 AM
6:00 AM	8:30 AM	10:00 AM	10:00 AM	2:00 PM	11:00 AM	11:00 AM	8:00 AM	6:00 AM	6:00 AM
9:00 AM	12:00 PM							9:00 AM	9:00 AM
11:00 AM	2:30 PM	3:00 PM	3:00 PM	8:00 PM	5:00 PM	5:00 PM	2:00 PM	12:00 PM	12:00 PM
2:30 PM	5:00 PM							3:00 PM	3:00 PM
5:00 PM	7:30 PM	10:00 PM	10:00 PM	8:00 PM	5:00 PM	11:00 PM	8:00 PM	6:00 PM	6:00 PM
8:30 PM	11:00 PM							9:00 PM	9:00 PM
Travel Time: 1 1/2 Hours		Travel Time: 3 Hours		Travel Time: 1 1/2 Hours		Travel Time: 2 Hours		Travel Time: 1 1/2 Hours	

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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 are the must-see places in Lucena?

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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Greetings to the readers of Byahe Na!

It's almost 6 years that I have been in the transport industry— particularly in trucking, public utility jeepney operations, and with a bus company. I bring along with me my work experience in Jam Liner and Philtranco, guided by three important work habits that I want to share with you now – specially with the youth who wish to join the mass transit labor force.

These three work habits can apply to any kind of work. They are my inspiration in providing the best engineering/ maintenance service I can render. The coverage of these work habits target skills development, co-employee relations and most importantly, customer relations. They are the following:

Love your work and work well with others. The only way to do great work is to love what you do. Enjoy it and learn the art of cooperation.

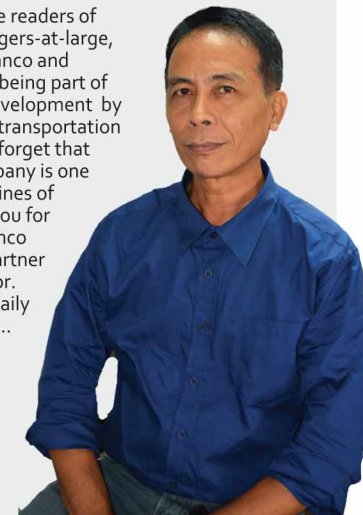
Strive for continuous improvement. As the saying goes: "Stay hungry... stay foolish". It is good to learn from one's mistakes and commit to do better and aim for the best.

Take care of your customers... or somebody else will.

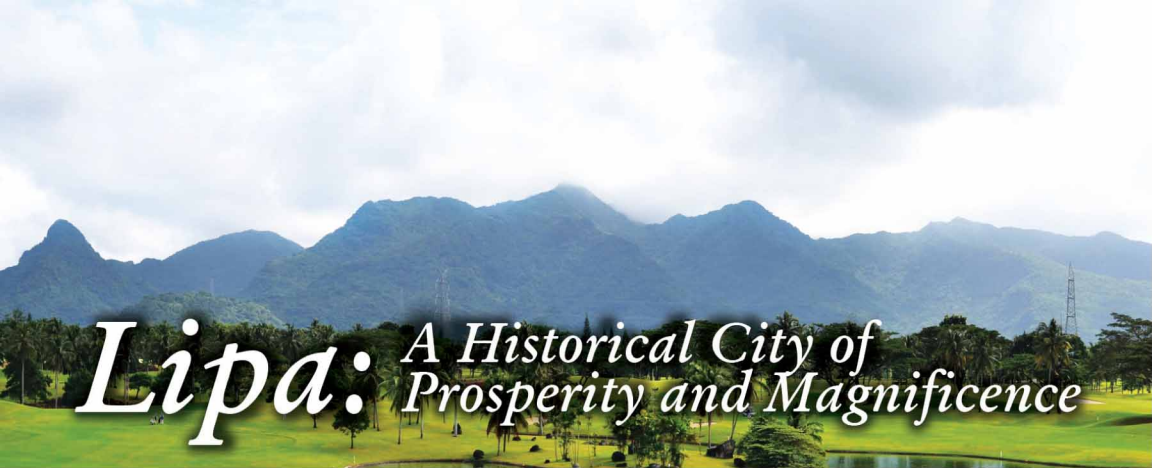
The relevance of the above work habits are applied to my current job as VP for Engineering and Maintenance in JAM Liner and Philtranco. My Department has to ensure the safety and satisfaction of the passengers through continuously maintaining and improving our buses. We achieve this by using technically proven standard maintenance procedures and innovative solutions. We are committed to transport the passengers safely and on time to their destinations.

From time to time I remind myself that my job should meet 3 major goals of the company. Foremost is to consistently provide sufficient number of buses in good working condition to the operations group. Secondly, it is to provide highly dependable buses that are economically maintained, and lastly – to always have safe, reliable units on time - everytime! And there's good news: JAM and Philtranco passengers can look forward to more new, reliable units in the coming months.

Let me conclude to the readers of Byahe Na! and passengers-at-large, that JAM Liner, Philtranco and FastCat takes pride in being part of nation building and development by becoming world class transportation companies. We never forget that a good transport company is one of the essential bloodlines of our economy. Thank you for choosing JAM, Philtranco and FastCat as your partner in this worthy endeavor. Make us part of your daily grind! Happy Reading... Happy Riding!



Geronimo B. Quizon
Vice President-Maintenance and Engineering
JAM and Philtranco



Lipa: A Historical City of Prosperity and Magnificence

By Jemarie L. Camba

Rainy days are here again! But if you are a kind of person who prefers to travel and learn new things than snuggle under your sheets during the cold days, well Lipa, Batangas is a great place to visit!

Lipa is an interesting family getaway destination. No need to pack too much as it is just 1-2 hours away from Manila which makes it a good choice for a day trip. You can easily get here by riding a JAM Liner Bus from either Cubao or Buendia terminal for P132.00 per head. Experience a worry-free ride to Lipa with their NUBUS, that's equipped with an advanced passenger information technology and Global Positioning System (GPS) which provides helpful information on your travel including up-to-the-minute news, dynamic entertainment content, and WiFi connectivity.



Our Lady of Miraculous Medal Chapel



Casa de Segunda



Luz- Katigbak Ancestral House

After two hours of smooth travel... Alright! Get ready to explore!

A great way to start your escapade at Lipa is by visiting their historical churches. Drop by, pray and be amazed by some of these remarkable religious structures: **The San Sebastian Cathedral, Our Lady of Mount Carmel, Divino Amor Chapel, Our Lady of Miraculous Medal Chapel** (and a lot more!). Because of the plentiful number of churches that you will find here, it's no wonder this City is coined as the "Little Rome of the Philippines."

Next on the list is to relive the rich and colorful culture of the early Lipeños at the Museo de Lipa and have a glimpse of the past at **The Luz-Katigbak Ancestral House or the "Casa de Segunda."** This ancestral house is one of the surviving stone mansions of the glorious Lipa which is named after **Segunda Solis Katigbak** who is known as the first love of **Dr. Jose Rizal**.

After your visit at Lipa's religious and heritage destinations, it's time for some recreation and adventure! Lipa is also blessed with unique places that you shouldn't miss. Some of their best tourist attractions are **The Bluroze Farm Parks and Wildlife, The Farm at San Benito, Milea Bee Farm, and Mt. Malarayat**. If you are looking for some relaxation, there are also a lot of resorts, spas and malls within the city.

Lipa indeed is a wonderful place to pay a visit with its rich history and magnificence! Oopps! Don't forget to take a sip of their famous 'Kapeng Barako' to sum up your trip. Ala eh!



The Farm at San Benito



Our Lady of Mount Carmel



San Sebastian Cathedral

THANK YOU FOR CHOOSING US ABOVE ALL ELSE!

PHILIPPINE PROPERTY AWARDS 2016

"Best Commercial Development (Philippines)"

"Best Retail Development"

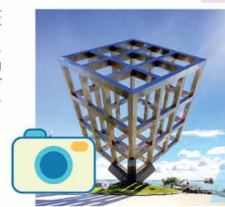
"Best Retail Architectural Design"



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.



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.



SPIRAL STAIRCASES

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



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.



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.



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.



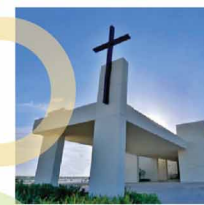
THE UNPARALLELED VIEW

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.



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.



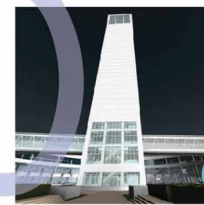
PLAYGROUND

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



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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Caring for your **KALDEROS AND KASEROLAS**

Pwede ba... ipamigay or ilibing nyo na yung mga lumang kaldero nyo na nakatengga sa kusina. Okay sana kung heirloom ito from Lola --- ang mahalaga ay alagaan at 'wag hayaang maging kawawa! May mga kalderong wala nang hawakan, o may butas, o bungi na, maitim pa dahil hindi nalilinis ng tama. Mayroong sira na ang cover, o tabingi na kaya't hindi pantay ang tayo sa lutuan (kaya hindi rin pantay ang luto, may portion na hilaw o overcooked!)

For the love of cooking... please lang, bigyan ng alaga ang inyong mga kaldero. There are several kinds of kalderos or kaserolas:

Type of material - ceramic, aluminum, anodized aluminum, stainless steel, cast iron and copper.

According to use in cooking - frypan, casseroles, stock pot, soup pot, skillet (frypan din ito), pasta or frying double pan (yung may mga butas yung top pot pang drain ng oil or water).

Type of cooking surface – non-stick, merong hindi non-stick.

Source of heat: may pwedeng gamitin sa open flame, induction or halogen.

Here's a cooking secret:

Pag okay na okay ang kondisyon ng mga kalderos at kaserolas ninyo--- happy ang kitchen! Pag happy ang kitchen--- ang sarap magluto--- feeling good cook/chef ka or feeling TV cooking show host ka... feeling celebriteee! **NRL**

Different kinds of pots and pans are sold to us and many of us have a collection--- but there are only a few ways to really keep them well and still be useful even after many years--- pwedeng ipamana sa apo! We got these tips from the biggest distributors of pots and pans – Masflex. Their brand is in almost all department and kitchen stores. They are a big company so they know their products well and know what they are talking about in sharing how to care for their merchandise.

Here are their tips on how to wash them:

- For non-stick pans, use the soft sponge. Use a good dishwashing liquid but be sure to dilute in plenty of water para madaling i-rinse.
- When cleaning, first wipe off the dirt with paper or rag, then rinse with water – warm water, if possible. If the food is sticky or hard to wipe off, leave it with some water to let the food get soft.
- After rinsing, sabunin, then rinse again.
- To dry, use dry cloth (magastos kung paper towels). Huwag iwan ng basa kasi magkakaroon ng water spots at mawawala ang shine.
- To store – better bottoms up para walang alikabok, or store vertically kung malalaking pieces.

4 **Byahe Na!**

CORPORATE NEWS BOARD

Amihan New Buses

Last April 2016, Amihan Bus Lines launched its **brand new Premium Deluxe and Luxury type of buses (Executive Coach)** for the Bicol region route.

Amihan is also serving at the Araneta Center Bus Terminal side by side with Philtranco.



JAM QRS (QUICKRELIABLE COURIER SERVICES, INC.)

JAM-QRS initiated a basketball program projected to train hundreds of kids in the field of basketball within a very transformative environment. It aims to send the kids to regional or metropolitan-wide sporting competitions such as the Batang PBA and the D-League.

Last January 2016, the UP QRS-JAM basketball team first played in the PBA D-League Aspirants Cup. It was held at FilOil Flying V Arena in San Juan where they won against NU-BDO.



JAM, Philtranco and FastCat now in partnership with Kabayan Hotel



Kabayan Hotel and transportation giants Philtranco, JAM Liner, and FastCat have signed a memorandum of agreement with the aim of providing the best hotel and transport services to inter-island travelers in the Philippines. The signing was held last May 12, 2016 at Kabayan Hotel, Pasay City.



HAAAAAAAAY!

Ito ang expression natin pag traffic victims tayo. We waste 3 minutes, 15 minutes, 30 minutes, one hour, minsan nga 3 hours pa... just waiting for the traffic to move... napaka aksaya sa oras natin. That's why it will be a good practice to value time... even in just 15 minutes, marami nang magagawa.

Thanks to traffic, we realize the importance of doing things while waiting. Whether nasa kalye, sa bahay or sa waiting room, one can make good use of time. Totoo nga ang kasabihan – time waits for no one... you can never get it back once it passes you.

Here are things you can do in 15 minutes. Just to get you started: ang average time ng traffic light ay 3 minutes. Ang average time ng isang awit ay 3 minutes. Ang average time ng commercial gap ay 3 minutes. Gamitin tong basis in using the 15 minutes of your time.

READY? SET? GO!



If you have 15 minutes:

- Mag-google ng magagandang places to travel
- Prepare an emergency kit (medicines, flashlight, water, etc.)
- Clear your desk of clutter, cut scrap paper into scratch paper
- Read the Bible. Pray for all intentions – praise, worship and give thanks
- Wash pots and pans, tanggalin ang mga stains

- Delete old texts and Viber messages, organize your phone directory
- Delete ugly selfies or arrange photos
- Fix school or office bag, arrange files, books or lessons
- Clean trash. Wrap basura tightly and replace with new plastic bag
- Call the pets, pat them, talk to them or feed them
- Water your garden plants
- Wash face, floss, brush teeth or better yet take a shower
- Read phone/email messages, reply and delete trash
- Fix your bed neatly (pagpagin yung mga unan at bedsheet)
- Have a nice chat with a loved one, especially those who are far away. Call home --- Hello Mama, Hello Papa, Hello Anak
- Shine your shoes
- Sing 5 songs – pwede mo ring i-record
- Solve Sudoku or Crossword Puzzles
- Pack your clothes for the next gym day
- Organize your clothes in the cabinet
- Magwalis, mag-mop, mag-dust ng alikabok
- Prepare exact small change, tickets or bus fare to ride

**TEKA... TEKA... TEKA LANG...
NAKA 15-MINUTES KA NA
JUST READING THIS! KITA MO NA?**



DOUBLE DRIBBLE, BASKETBALL... NO TROUBLE!



Sa mga communities natin, wish ko lang may public space for sports activities. Idle youth need to flex muscles to prevent laziness and idle minds. It's true – "sports" is a good antidote to crime kasi the body is active, at pag nagpapawis, na re-release ang toxins. Also it promotes teamwork and wholesome competition. Plus, the hours it takes to play several games means they are occupied and therefore are not out in the streets looking for other kinds of activities. This is the ideal set-up for a community sports or activity area.

Basketball is one ideal activity that can fit into a community plan. It can be half court or full court. And the space can be multi-purpose when not used as a basketball court. It can be used for badminton, volleyball, and other sports. It can also be used as a "plaza" for community gatherings. In fact, basketball games are the most popular activity in the provinces... and not only are the players involved – there are those "fans" watching, aspiring players, elders and community leaders around. Being a public sport, one will not try to do anything wrong or bad so as not to be reprimanded. Happy-happy and good sports lang talaga!

The logistics of having a basketball activity can be organized at the barangay level. Here are some tips on how to go about an orderly way of putting it up:

- 1** Solicit funds from the barangay and/or other sponsors – but be sure to acknowledge them. All funds must be based on a budget, and approved by the authorities.
- 2** When the basketball court is done, there must be "house rules" on good sportsmanship. Also, scheduling of games so that the court can be used by everyone equally. It's just a matter of scheduling.
- 3** The teams that will play have to clean up BEFORE and AFTER the games. Kiosks, banners, etc. used during the games must be removed after to give way and space for other users.
- 4** Good lighting is a must! This is a cost that can be covered by barangay funds or a sponsor – but there must always be good lighting – for the sake of security, and good play.
- 5** In several spots, trash bins must be provided so that littering can be controlled.
- 6** Good sound system is also necessary for public announcements – but only for official use. Iwasan yung pag –gamit nito for karaoke lalo na pag late evening... if the budget is low, a megaphone will be good enough.
- 7** Network with fellow communities to set up leagues and tournaments--- and divide into several age groups para from bagets to forgets – may chance maglaro. This can develop community spirit.
- 8** Official and inspirational signages of good moral values are needed such as "No Littering – Bawal Magtapon ng Basura", "No Smoking", "Teamwork works!", at marami pang iba.
- 9** The balls, and other game accessories needed will be care of the teams, not barangay owned. But an air pump can be provided for everyone's use.
- 10** Make the games a semi-annual event na mayroong awarding, para ma-inspire ang kabataan na maglaro.

**Ayan, simple tips lang but can go a long way for the good of the community.
Let's get physical... let's get into SPORTS!**



Crossing San Isidro, Samar to Matnog, Sorsogon via FastCat



Salamat!... from Isabel, Leyte

SALAMAT MR. MONCHING TAN, Mahindra Philippines, Philtranco, FastCat, PASAR, PHILPHOS, NDC, Glencore, PLDT, Smart, PBA, Fersal Hotels and the Araneta Group of Companies!

Locals of the town of Isabel, Leyte are very grateful for the sports program of MR. MONCHING TAN together with its partners in the Leyte Industrial Development Estate (LIDE), an ecozone in the municipality of Isabel, Leyte and some major sports sponsoring companies. This sleepy town of Isabel becomes one of the luckiest municipalities in the country when the companies such as Mahindra Philippines, Philtranco, FastCat, Philippine Associated Smelting and Refining Corporation (PASAR), Philippine Phosphate Fertilizer Corporation (PHILPHOS), National Development Corporation (NDC), Glencore, Philippine Long Distance Telephone Company (PLDT), Smart, Philippine Basketball Association (PBA), Fersal Hotels and the Araneta Group of Companies (AGC) extended their full support to the sports program of MR. MONCHING TAN for his beloved hometown.



First batch of Isabelanons to watch live PBA game.

The sports program is geared towards the elimination of ILLEGAL DRUG USE in the community. As we all know, the community is the backbone of the industry. It is the source of its manpower and professionals. The threat of the illegal drugs is becoming a serious concern both for the industry and the community. The program is designed to utilize sports through the discipline of basketball, tennis, badminton and volleyball in enticing the youth and divert their time and attention to physical sporting activities.

The exciting part of the program is the bringing of the locals from Isabel, Leyte to watch the PBA live game in Metro Manila. Aside from that, community visits and sports clinics will be held with the special participation of the professional basketball players to encourage and inspire the young people and

enthusiasts alike. These activities not just bring the youth to sport but will surely make a lot of dreams a reality. Many young people in the province, both in age and at heart, dream of watching the PBA games live and becoming a PBA professional player!

The program has started and the first trip left Isabel, Leyte on the dawn of April 2, 2016. The first 20 persons has been transported by PHILTRANCO and ferried by FASTCAT, crossing the San Isidro Port of Samar to Matnog Port of Sorsogon. The PBA game tickets were given by the Araneta Group of Companies, which is owned by the family of Mr. Mar Araneta Roxas. Additionally, they were accommodated to a very relaxing overnight stay at Fersal Hotel.

The journey of these Isabelanons is just a beginning. This sports program together with the strong leadership of MR. MONCHING TAN, will make the youth and the younger generations of the Municipality of Isabel stay away from ILLEGAL DRUGS.

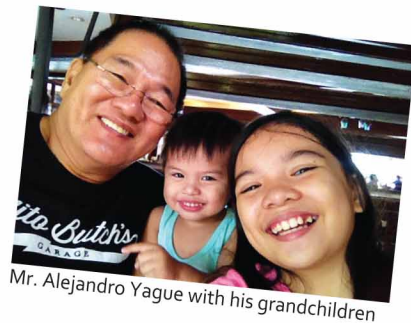
Mahindra Philippines, Philtranco, FastCat, PASAR, PHILPHOS, NDC, Glencore, PLDT, Smart, PBA, Fersal Hotels and AGC have pledged its continued support for the Sports Program of MR. MONCHING TAN for the MUNICIPALITY OF ISABEL, LEYTE.



Tickets on hand, game time!



THE BIG PUSH FOR COMPETENT BUS DRIVERS



Mr. Alejandro Yague with his grandchildren

Did you know that of the more than 8M drivers' license holders in the country, only 30,000 are bus drivers? Due to the current increase in demand for land travel, the demand for buses has more than tripled. The country's major provincial bus companies responded to meet this need and modernized their bus fleet by buying brand new, low emission buses in order to improve its commuter services to meet global standards in passenger comfort and safety. In line with this bus fleet modernization, there is a need to develop highly trained professional bus drivers. This is in conjunction with the statements of Mr. Alejandro Yague Jr., Executive Director of the Provincial Bus Operators Association of the Philippines (PBOAP).

Mr. Yague was a former President of the country's first bus company, Philtranco. He emphasized the need to standardize and elevate the competence and skills of our bus drivers to a global level.

Such standardization of the labor force qualifications were made stricter in compliance with the PBOAP's initiative to promote professionalism, competency and discipline through training and certification. Yague commented: "If you want to become a bus driver, it's no longer enough to just have a few years of driving experience in heavy equipment and a professional driver's license. First, you need to undergo training at TESDA (Technical Education and Skills Development Authority) and if qualified, be certified. Then, you need to apply as a non-driving apprentice in a bus company for familiarization of the bus specifications and routes while attending its training sessions on Defensive Driving and Road Safety. And when you are finally allowed to drive, you will be required to attend the Customer Relations Course of the company".



GETTING THE JOB

A bus driver applicant must be between 28-35 years old with a minimum certified driving experience of five years, willing to undergo drug and psychological tests and series of training on traffic rules and regulations, road etiquette and safety, passenger emergency response, bus emergency quick response, and basic bus maintenance procedures. "After the test and training, an applicant becomes eligible for non-driving apprenticeship under the tutelage of the company's top drivers for bus and route familiarization. This could take one week or more depending on the assessment of the trainer-driver," he added. Familiarization is an important skill because it builds driver's confidence. Shuffling of route assignment also impacts on driver's behaviour.

PBOAP member bus companies conducts daily on-the-road check on drivers driving performance (real time) by the use of on-board CCTV cameras, global positioning system (GPS), and computerized monitoring. PBOAP member bus performance are also monitored in NLEX and SCTEX thru a Memorandum of Agreement with Manila North Tollways Corporation (MNTC), including feedback mechanism through the internet. Bus companies then reward their respective drivers thru a Merit System that recognize Zero Accidents and Zero Passenger Complaints. On a positive note, Yague concluded: "We see to it that we uphold the Driver's welfare by paying them living wages that are way above Industry Standards and make them responsible to their families, employers and passengers."

THE TESDA NC III

A National Certification (NC III) issued by TESDA is required before drivers can drive a bus. The three-day program evaluates and tests driver's proficiencies for defensive driving skills including full comprehension of road safety, courtesy, traffic rules and protocols of road safety, courtesy, traffic rules and protocols oral and written assessments, and a practical driving examination. They have to pass all these before they can acquire TESDA's NC III accreditation which is required by the Land Transportation Franchising and Regulatory Board (LTFRB) for bus drivers. In addition, this NC III is renewed yearly. If a bus driver is continuously apprehended for traffic violations, or is involved in road crashes or accidents, his license and TESDA certification may be suspended or revoked.

In getting a renewal of the NC III, a certificate of employment is required. If he was dismissed/suspended for criminal offenses, or neglect and recklessness in the line of duty - no NC III! The bus company can also be held liable, may be questioned and could lose the franchise if and when its bus driver is involved in road accidents. Drivers if found negligent will be included in the LTFRB and PBOAP database of undesirable drivers. This sanction is one of the procedures of PBOAP to rid the industry of scalawags and reckless drivers.



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REQUIREMENTS

- **BUS CAPTAIN**
Male or Female, 28 - 45 years old
High School Graduate
5 years driving experience - Passenger bus or truck
National Certificate III for Driving - TESDA NCIII Passer
Professional Driver's License - Restriction - 123
- **BUS DRIVER/CONDUCTOR**
Male or Female
28 - 45 years old
5'3 in height
High School Graduate
5 years driving experience - Passenger bus or truck
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GROOMING YOUR PET DOG AT HOME

By Marian T. Reyes



Dogs, or other pets bring happiness to people who have the care and skills to keep them healthy and clean. Beloved pets become part of the family--- like a baby, so love them like your own.

These are my special tips on how to do your own grooming on your pets. The money I save from grooming services, I spend for treats for my dearest princess Achilles Shih Tzu, now 7 years old...Tasia.

The following grooming tools are available in the supermarket and in any pet shop and these are my tools for keeping my dog Tasia clean and healthy.

I bathe her daily but I use a gentle cleaning soap- Perla Original. I make sure she soaks in a bubbly bath to draw out any ticks or fleas that might cling to her when she goes out to poop walk. So far, so good- she is free of ticks, fleas and mites.

Use tap water when bathing and rub the fur deep to dislodge any insect that might cling to the fur, taking extra care to wash the paws very well.

Clean the ears after drying your dog using firm - stemmed cotton buds, dig in low, slow and deep very, very, carefully. After cleaning the ears put ear drops daily and Miticide in the ear canal 2 times a week. The age of your dog is equal to the number of drops you apply.

Trimming the nails involves lots of hits and misses. If your dog is jittery, entrust cutting of nails with your dog groomer and he would be more than willing to teach you how to trim the nails.

When your dog is dried, apply eye drops – 2 drops per eye once a day except during hot summer days when they need their eyes lubricated twice a day.

My dog stays indoors with me and sleeps in my bed. I have to make sure she is clean inside out, so please make sure your dog gets annual shots for pneumonia, rabies, parvo, deworming, canine distemper, etc.

Brush the teeth of your dog- I use a few drops of coconut oil and not toothpaste. Five drops of coconut oil in her daily food intake truly helps keep your dog free of bacteria in her mouth and in her system.

“I love my dog much as I love myself!”

Suggested food for your dog, aside from dog food, are the following:

- Boiled and mashed kalabasa - for healthy eyes
- Boiled and sliced malunggay leaves - for healthy digestive system
- Boiled litid - pork or beef, for healthy gums and this serves as their weekly collagen intake
- Milk
- Boiled and sliced cabbage, kangkong, green beans, and sitaw

My dog goes out of my room, runs to the kitchen when she smells tilapia or salmon being cooked- she loves these omega-rich seafood.



Please note that the following foods are a NO-NO'S:

- Chocolates
- Onions
- Garlic
- Nuts
- Chicken, turkey and duck bones



Keeping your dog clean and healthy will make them happy. I know, my Tasia is a happy dog... and in turn, she gives me so much joy!

A BACK TO SCHOOL GUIDE

for Mommy and Daddy!

By Carmen Joan Algara

Summer is over and it's back to school. Back to waking up early like 5 am, to multi-tasking routines and sending the kids to school. So, naka-set na ba yung alarm clocks nyo? Gising na! It's time to jumpstart their schooling. Surely the kids are excited and maybe, so are the parents. Doesn't it feel like you're also "back to school"? As a parent, let me share some practical and important reminders about their daily needs in school.

Student I.D.: On the first day of class, some schools may have not issued the Student I.D. yet. What to do? You can buy one from the school supplies store and fill in all important details: Name, Grade & Section, Name of School, Parent's or Guardian's name and their contact numbers. Home address is important too. Blood Type can also be included. Make sure your child has an ID inside their pocket or pinned to their clothes whenever they are out of the house.



School Supplies: Our children are not yet that keen on their school supplies. They might go to class with only crayons and no pencils at all! I remember my child came home telling me that I forgot to buy pencils for him and his teacher just lent him her pencil. So, it is also prudent to stock basic school supplies in the house. These are pencils, pencil sharpeners, erasers, ballpens, crayons, pad paper (make sure you have the right kinds per grade), colored/oslo/construction or bond paper (long and short) and other supplies commonly asked by the teachers. Train your children to do their own checking too! Start them early about being prepared.



Lunch Bag: Children look forward to recess and lunch break. Therefore, it's important that we send them food to sustain them through the day. A sandwich is good for recess. Make it filling and substantial so they don't get hungry before lunch time. You can make one with loaf bread or pandesal. Sandwich fillings can be as simple as a slice of cheese or butter spread. Don't forget to provide drinks – children need to be hydrated to stay healthy. As for the lunch "baon" – this has to be a heavy meal. Rice is a staple, we just need to pair it with one or two viands. Avoid too much of processed food, put variety in their meals. My pediatrician's advise is to make sure that our children can experience different tastes and flavors in food -- this will develop their sense of taste, maybe even give them a healthy appetite. Study the Food Pyramid. It is a good guide on the right food to eat in right amounts.



School Transport Service: Working parents need to juggle work with school schedules five days a week for 10 whole months! It is really challenging. For most of us parents who have work, the school transport service is a necessity. Choosing the service provider is not easy. There are many things to consider, and safety of our children is topmost priority. You have to diligently determine the best choice from the school's referrals. Check their background and service records, confer with other parents, study the routes taken to and from school. Make sure to record the contact numbers of the driver/conductor/helper/ and vehicle details. Make it a habit to call home and check if the children have been brought to their destination. Build a good relationship from the owner of the bus service to its helpers. Make sure you also know the security personnel assigned at the school gates. Get their contact details too. Network with other parents.



Parent-Teacher Relationship: Building good relations with the teachers of your children starts on the first day of school. Make time to get acquainted with them. As parents, we will have to initiate getting to know our children's educators. Appreciate their efforts and patience and keep communication lines always open. You need to do this for several reasons: to know the development of your child's schooling and behavior in class and with classmates; to call in case your child forgets to write down an assignment or an activity; and getting feedback on the over-all assessment of the child's learning and skills development. Since my children have started going to school, I have always made it a point to reach out to their teachers. In fact, some teachers have become my friends and they have come to be more than just teachers to our kids.



Education is one of the best gifts that we can give to our children. As parents, we strive to build them a better future in the home and when we send them to school. Be it a private or public school, what's important is --- our children received the proper education that will develop in them values, skills and knowledge to guide them through life.



Nancy Reyes Lumen

My sister-in-law Lydia Lumen bakes this dessert for her art classes and porcelain club and it is always a big hit! She brings it in a big Pyrex and she comes home with a clean bowl.



CHOCO-MOCCA FLAN MAGIC

It's so easy to make if you have a blender... but even without one, you can do this magic. Magic? YES! Kasi you are actually making 2 recipes in one. One is a chocolate cake from a cake mix and the other is a Leche Flan. Put them together in one Pyrex and you get a two-layered "Flan." I call it "magic" because the two layers separate during the baking process. The cake goes on top, the Leche Flan at the bottom. Then you have to invert it so that the Leche Flan is on top and the cake is underneath (Look at the pictures na lang... step by step).

Step 1

Make a caramel with 1/2 C sugar and 2 tbsp. water. Cook it on low or medium heat, use a heavy pan. Dapat ingatan ang paggawa ng caramel. It is very hot and can burn easily. Do not leave this alone, dapat bantay salakay ka!



Step 2

When the caramel is done, quickly pour it on oven-proof bowls like Pyrex. Let the caramel harden. Leave it alone. No need to spread it out.

Step 3

In a blender or in a bowl, combine: 4 eggs, 2 cans evaporated milk, 1 can condensed milk, 1 tsp. vanilla and 1-2 tbsp. instant coffee or if you prefer, unsweetened cocoa. Mix very well 'till smooth.



Step 4

Salain ito para smooth ang flan.



Step 5

In another bowl, make the chocolate cake mix according to the instructions on the box.

Step 6

If you will add chocolate chips, mix first in some chocolate batter para hindi mag-sink sa bottom during baking. You can change chocolate chips to caramel bits din to make "Decadent Choco-Caramel Flan Magic". Bongga!

Step 7

First pour the flan mix to the Pyrex. Then pour the cake batter. Don't worry, they will not get mixed up.



Step 8

Bake in 350 F oven for about 25 minutes, check if the cake is done by inserting a toothpick - if it comes out dry the flan cake is baked!

Step 9

Let it cool slightly before inverting it. The caramel will be on top, the flan next and then the cake.

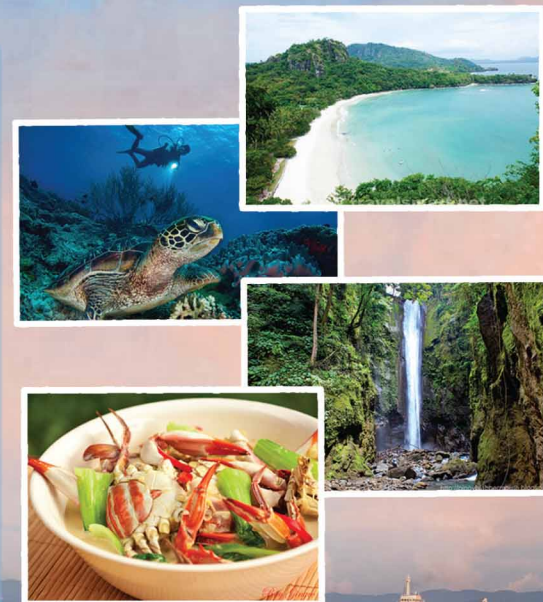
Magandang dessert na, masarap, not-so-sweet and two cakes in one pa--- Magic!



SOON TO SERVE!

DUMAGUETE TO DAPITAN

Gusto nyo bang sumisid sa diving sites ng Dumaguete and experience a soothing shower in Casaroro Falls? Pwede ring tikman ang ginataang alimango ng Dapitan and have a nice walk along their beautiful beaches. If that sounds good to you, then sakay na sa FastCat which will soon serve the Dumaguete - Dapitan route.



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MAGTANIM NG SITAW

SITAW NA NAMAN?

(Opo, galing sa sarili nating tanim)



Look ka sa mga kalde-kaldero ng karinderias. In one lunch time alone, hindi mawawala ang sitaw, either guisado o' sa sinigang, kare-kare, o' ka-partner sa giniling na baboy. Napaka popular ng sitaw ... sa lahat ng palengke at talipapa – may sitaw. Hindi naman kamahalan sa presyo (sumasabay lang sa pagtaas at pagbaba ng presyo ng ibang gulay), matipid na sangkap kaya't madalas itong ulam sa lutong bahay.

Manamis-namis ang sitaw lalo na kung sariwa. Bagamat parang leather ang balat ng sitaw, malutong kahit ginisa na, maganda ang dark green na kulay, looking farm-fresh, eka nga. Madali pang i-prepare. Hugasan ng mabuti, check kung may mga maliliit na butas (ibig sabihin, may nakatirang something doon or medyo bulok na yung parteng iyon). Pag nahugasan na, putulin into 2 or 3 inches at alisin din yung mga dulo.

In English ang pangalan ng Sitaw ay... "Yard Long Beans". Naks naman! Sosyal pakinggan! Hindi alam ng mga Kano na pang everyday and every-all itong gulay nating ito! Napakaswerte natin – abundant tayo sa fresh gulays. And... there's more! Instead of buying sitaw from the palengke, why not plant your own sitaw? Napakadali at masarap ang talagang sariwang tanim. Ibang klase ang linamnam.



Magtanim ka na ng sitaw... here's how:

1. Alamin kung saan magtanim. Dapat full sun.
2. Ihanda ang lupa, dapat basa but not soggy. Make sure hindi matutuyo ang lupa.
3. Humukay ng ½ inch deep at ilagay ang mga buto ng sitaw.
4. Lagyan ng patpat or trellis sa tapat ng tanim na pang gapang ng sitaw.
5. Kung several sitaw plants ang itanim, dapat may space na 4-6 inches ang agwat.
6. Wait ka nang mga 2 weeks at uusbong na ang tanim.
7. Pag mga 12 inches na ang sitaw, maari nang lagyan ng pataba. In 60-70 days may "garden-to-table" sitaw ka na! At remember: always harvest the sitaw para tuloy-tuloy ang pagbunga nito.

Oo nga pala... wag naman gawing everyday ulam ang sitaw kasi nakaka-gout ito. Once or twice a week of sitaw is okay. Heto ang iba't-ibang paraan para enjoyin natin si...si...sitaw!

- Deep-fried with giniling
- Hilaw (not cooked), in a salad – Thailand style with Bagoong Rice
- Guisado with Bagoong
- In Fried Rice
- In soups, even noodle soup
- In pancit or pasta
- Add to Potato or Russian salad (in place of Baguio beans)
- Adobong Sitaw

Kung masyadong dumami ang inyong home-grown sitaw: itago sa ref, ipamigay sa kapitbahay (puede ring i-swap for another gulay), o itanim ulit. Sitaw forever!

16 Byahe Na!



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