

July-September 2018

Byahe Na!

Magazine published for



Discovering and Loving ARMM Cuisine

Historical Dapitan

Awat Na! Mga Bagets sa Gadgets

Dealing With Stress

Things I Wish Were Invented

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Byahe Na!

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Did you enjoy your ride with us? Send us your photo with caption and get a surprise gift from JAM, Philtranco and FastCat.



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Marilou Mercado Jagonoy is married and a mother of 2. She has a Masteral Degree in Shipping Business Management. Marilou loves to sing and cook!

Time goes so fast. This is the 18th issue of Byahe Na! and it coincides with my 18th year in the transport industry. As a woman in a male-dominated industry, it has been both challenging as well as fulfilling. My work in accounting and finance in FastCat is fast-paced, thanks to the increased volume of passengers throughout the country.

In our day-to-day work, we are guided by 3 work values: To do our best, it is better to ask than to assume (in this way one learns more) and don't wait for your superior to ask you to do something. If you're done with your task, find other productive things to do.

Aside from connecting the major islands, we have a higher goal which will soon be in place: an electronic/online ticketing portal that will be integrated to the accounting system and other departments. This system, when in place, will make it easy and convenient for our passengers when buying their tickets.

To our passengers and readers of Byahe Na! thank you for patronizing FastCat. Our company took a bold step in modernizing the sea transport system in the country --- 12 FastCat brand new and modern vessels in 9 major routes and we are being acknowledged by the happy and satisfied public. Soon, FastCat will be present in almost all the major islands of the Philippines, with no less than 30 vessels and everyone can enjoy a FerrySafe, FerryFast and FerryConvenient travel.

Furthermore, in partnership with JAM Liner & Philtranco bus lines, commuters can now experience a seamless travel by land and sea.

Safe travels everyone!



HISTORICAL DAPITAN

By Kheryss Gacuma

Dapitan is nationally known for being the historic city of the south. I am sure most of us read about this in our history or Sibika books as the place where our national hero, Jose Rizal, was exiled. He is the star of this city since he has contributed to its development during his four years of stay. But aside from the rich history of Dapitan, there are also other places to explore.

Here are some of the places you can visit:

RIZAL SHRINE

The structures here are made of bamboo and nipa, and are exact replicas of the old houses that were there decades ago. In the shrine there were casas or houses that Rizal built.



Casa Residencia- Rizal's own home, the largest of them all.

Casa De Salud (health houses)- being an ophthalmologist, this was where he checked-up his patients from different places.
Casa Redonda- served as Rizal's clinic where he did his operations.



Also in the shrine is a museum and the "Mi Retiro Rock" which is where he was said to be sitting while writing his poem "Mi Retiro".

RIZAL LANDING SITE

Situated along Sunset Boulevard, it is where Rizal's ship docked when he first arrived in the city. Feel the breeze as you walk along the boulevard and wait for the nice sunset view.



DAKAK BEACH RESORT

Who cannot be familiar with this beach resort? It's commercial is being played every afternoon in a noontime show! Dakak is a white sand beach resort surrounded by mountains. Surely you will also enjoy different water sports like scuba diving, kayaking and sailing.



GLORIA'S FANTASYLAND

One of the best theme parks located outside of Luzon. You can avail of unlimited rides as well as watch the locals perform fire and thunder show. There is a parade that showcases colorful lights and floats. The night ends with a spectacular fireworks display. Fantasyland opens Tuesday - Sunday from 4pm-12 pm.



ST. JAMES CHURCH

Another historical site: there is a little area inside the church where Rizal would hear mass. The Unique pink ceiling is one of the reasons why tourist visit it as well.



If you are someone with a love for history, culture and would want a relaxing vacation, come and visit Dapitan.

CEBU - DAPITAN ESTIMATED TRAVEL TIME (10 1/2 HOURS)			
Cebu - Toledo	2 Hours	Land	
Toledo - San Carlos	1 Hour	Sea	
San Carlos - Dumaguete	4 1/2 Hours	Land	
Dumaguete - Dapitan	3 Hours	Sea	
BACOLOD - DAPITAN ESTIMATED TRAVEL TIME (8 1/2 HOURS)			
Bacolod - Dumaguete	5 1/2 Hours	Land	
Dumaguete - Dapitan	3 Hours	Sea	
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TRAVEL TIPS



1

Mag invest sa Aqua shoes para ready ka mapadagat, falls o lake man ang pupuntahan.



2

Call or text your family from time to time, lalo na pag nagbabyahe sa malayo, para updated sila kung nasaan ka.

3



Keep a face mask. Gamitin para protection sa mga polusyon, sakit o hindi kanais-nais na amoy.

4



Have a tumbler that keeps the water cool up to 24 hours. Be hydrated all the time.

5



Always have a prepared hygiene kit, para ready for any eventuality.

DISCOVERING AND LOVING ARMM CUISINE

(Autonomous Region in Muslim Mindanao)

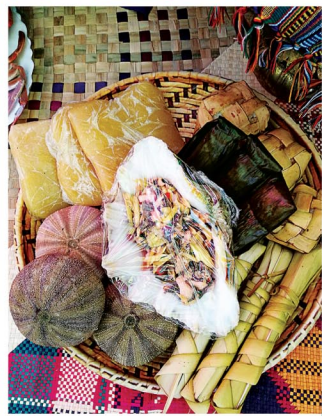
By Nancy Reyes Lumen

By the invitation of the Office of the Regional Governor Hon. Mujiv S. Hataman, through Ms. Rosalind Sampulna (who later became a good acquaintance and friend), the bounty of Bangsamoro and its culinary culture unfolded and delighted me and Ige Ramos (food writer, graphic artist and food historian). Our taste buds were introduced to the intricately prepared dishes for their Fiesta – Dhariff Kabunsuan Day.

The ARMM region is composed of 5 provinces: Lanao del Sur, Basilan, Maguindanao, Tawi-Tawi and Sulu. When we got a tasting tour of the different cuisines per province there were many similarities in ingredients and cooking styles. Maraming ginataan, masagana sa seafood (specially lobsters, kuracha, sugpo at shells). Ang main meat ay chicken and beef.

Kung sa lasa naman – in general it is medium salty, not bitter, not so sweet and definitely not sour. Tayong mga taga-Luzon ay maninibago sa lasa at maghahanap ng patis. Rice is bland, meant to be a background to the rich creamy sauces. Hindi lahat na ulam ay maanghang... ngunit most have lots of spices like turmeric, pepper, curry, coriander and palapa.

Some popular foods are lobster, fried chicken, inihaw na isda, sea urchin, seaweeds, sea mantis and more. Their grand show of dishes are like Christmas trees!!! And all colors of royalty are present. All I can say for now is WOW!!! One visit is not enough to savor the culture of this region. Here are some of the photos we took plus Ige and me being treated as special guests of the Fiesta. Thanks to Ms. Rosalind.



4 **Byahe Na!**



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**HINDI TAO, HINDI BABOY,
HINDI BAKA, HINDI KAMBING...**

MANOK!

By Nancy Reyes Lumen



Sa lahat ng hayop ang kilala natin since bata pa tayo ay ang manok, aka chicken. "Why did the chicken cross the street?" ay isa sa pinakagamit na joke sa mundo. Ang walang kamatayang fried chicken ay one of the 5 most popular dishes in the world. Young and old alike enjoy fried chicken--- winner talaga ang manok overall!

In diets, yung mga pihikan at takot sa cholesterol- they look for the chicken breast as their main protein meat source. Other people are afraid of eating the dark meat, they remove the skin, remove the fats and eat the meat only steamed or boiled... eh, ba't ka pa kumain ng manok? Nasaan ang flavor? Nasaan ang sarap at saya at lasap ng rich finger lickin', crispy, crunchy chicken skin na sinitcharon sa mantika?

Okay, so there's fried chicken breast, drumstick, wings, and yung mga spare parts ng chicken which we buy every 4pm sa kalye. The best street foods you can ever find. But wait... there's more. Na-try nyo na ba yung chicken feet? This is one of the most flavorful parts of the chicken pero hindi lahat agree. Take it from the Chinese cooks - this is one of the cheaper parts and yet the best for chicken broth. Why not buy a kilo, bring it home and follow this simple recipe for chicken broth.

The BEST Chicken Broth

- 1 K chicken feet
- A little luya
- Peppercorn
- Little toyo
- Some onion leaves or ginger
- 8 C water

Wash chicken feet well. Remove the nails and any excess skin.
Boil water. Drop the chicken feet.

Lower the heat and boil till the meat is very, very tender. Remove the chicken feet.
Ibadad agad sa malamig na tubig till it is not hot anymore.
Drain and dry.

Tikman yung broth... di ba't mabango?

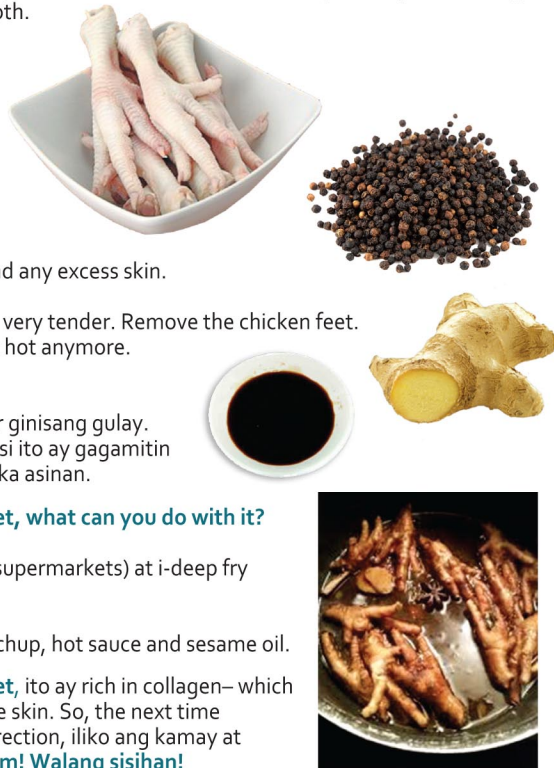
Gamitin na ito pang soup base or sa sauce or ginisang gulay.

Take note: hindi dapat maglagay ng asin kasi ito ay gagamitin as broth. Pag lulutuin na as soup or sauce saka asinan.

Now that you have boiled chicken feet, what can you do with it?

- I-adobo with black beans.
- I-dip sa flavored breading (mabibili sa supermarkets) at i-deep fry
Gawing tempura
- Lutuin as sarciado or afritada.
- Gawing perfect pulutan - boiled in ketchup, hot sauce and sesame oil.

Maliban sa budget friendly ang chicken feet, ito ay rich in collagen- which is good for the bones, for the hair and for the skin. So, the next time you reach out for chicken... oops, change direction, iliko ang kamay at i-direct sa chicken feet. **Yum... sarap ng ulam! Walang sisihan!**



Mga Bagets sa Gadgets!

By Nancy Reyes Lumen

My GAD! 2 years old pa lang adik na sa gadget.

Tantrum in public kapag hindi maka-game sa iPad. Ayon o, naglulupasay sa cement floor ng mall. Heto naman si 5 year-old, walang ganang kumain... nung inabutan ng gadget kumain habang nanonood sa screen at kumekendeng-kendeng pa. Ano ba yan? 6 years old pa lang- sabi ng eye doctor kailangan nang magsalamin... myopic na yung bata. Eh bakit hindi? Kahit sa dilim gumagamit ng iPad.

Ano ba talaga? Nakabuti ba ang digital tech sa mundo o hindi?

Kung sa bagay yung apo kong 5 years old nakakakanta ng Japanese (Voltes 5). Mga estudyante may extra knowledge, trivia na hindi naming (mga seniors) ma-gets kundi hinanap sa encyclopedia... eh sila, isang click lang, na-Google na nila.

So what's the score?

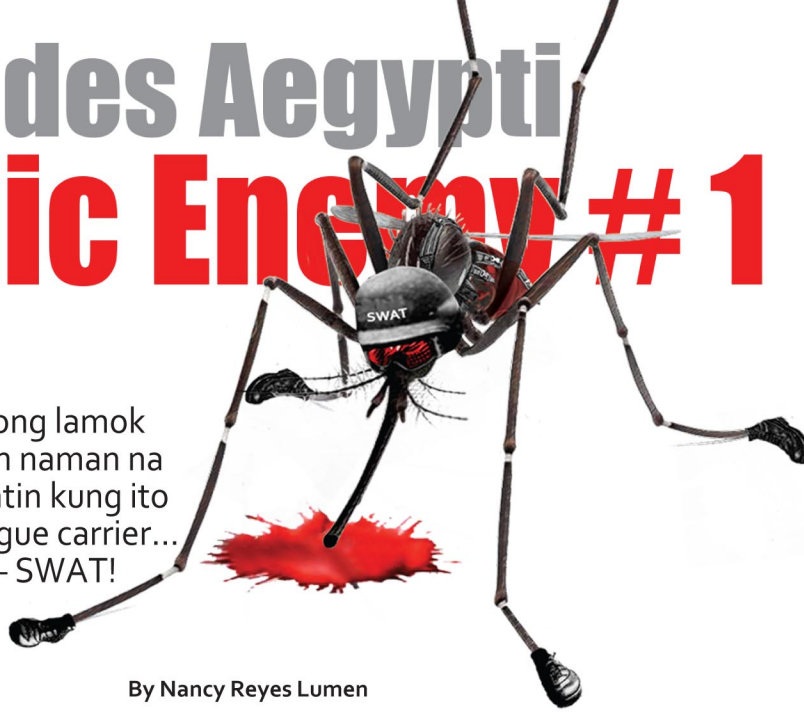
Is the internet/digital tech a curse or a blessing? Sagot, mga magulang! Kung ako ang tatanungin- it is a weapon to lure people into a trap. Our children lose their innocence at an early age - they become adults overnight with artificial intelligence. What do we do now?

There's a way to this new wave of global technology and the internet. It is by due diligence of us elders, parents, guardians, teachers, media to **LIMIT USE OF THESE GADGETS** especially among children whose minds can still be shaped by bad influences. Here are some tried and tested ways that were shared by parents worldwide. This means that the problem is not Pinoy only--- it is a "pandemic" situation.

- ⚡ Set a time limit in using gadgets.
- ⚡ Encourage wholesome friends/barkadas. Be a good host to their friends- so they will stay at home and not out of the house.
- ⚡ Bring them/show them other entertaining ways: movies, books, plays or events.
- ⚡ Be positive to them- especially when you see that they are self-limiting their use of gadgets.
- ⚡ Converse with them eye to eye. Do not just get answers- get stories from them.
- ⚡ Be a good example yourself- no cellphones or gadgets on the table. During eating, quiet time, family time, homework time, rest period--- talk to each other, touch, hug and feed them comfort food.
- ⚡ Lessen their self-consciousness (or vanity) by making them perform or learn acting, dancing or singing.
- ⚡ Teach them games like patintero, luksong-baka, tagu-taguan or tumbang preso that will encourage them to interact with their neighbors or other children.
- ⚡ Sports - divert their idle time to activities in which they will sweat - to release tension, toxins and mental baggage.
- ⚡ Pray together as one unit (family, group or one-on-one) - not the automatic prayers but from the heart.

TO PARENTS: Wala tayong magagawa kung kakalabanin natin ang "Age of Technology" but we can keep our children, loved ones and friends from losing their identity to the internet. **How? LOVE!**

Aedes Aegypti Public Enemy # 1



Hindi ordinaryong lamok ito, pero alangan naman na iche-check pa natin kung ito na nga yung Dengue carrier... basta lamok- SWAT!

By Nancy Reyes Lumen

Marami nang "issues" ang Dengue sa ating bayan, hindi nakakatulong ang politika sa Dengue prevention- so mabuti pa, dito na tayo sa Byahe Na! magbasa. Here are important info about Dengue everybody should know and share with others.

- Dengue (D) is a virus infection from the female AEDES AEGYPTI mosquito bite. It causes flu-like symptoms. There is a bad version of D known as Haemorrhagic Fever or Severe D. Ito ay mas mapanganib at maaring fatal, lalo sa children. And guess what- sa Pilipinas ito na-recognize for the first time.
- ½ of the world is affected by D whether tropical, subtropical, urban or semi urban- the D mosquito is there.
- Mga related diseases na dala rin ng D mosquito ay Chikungunya, Yellow Fever and Zika Infection. Bakit nagkakaroon ng D sa isang country or area? Isa dito ay ang rainfall, temperature at yung over construction ng area without planning for good environment/ecology.
- Matindi ang spread ng D sa buong mundo. Noong 1970, according to WHO (World Health Organization), 9 countries lang ang nagka-D. Ngayong year, 100+ countries na ang affected.
- Yung Aedes Aegypti mosquito, kapag nakakagat na ng tao, ito ay carrier na ng D for life. Kaya't kung hindi ito ma-SWAT, marami pang ibang tao ang mabibiktima nito.
- IMPORTANT: Kung takot kayong makagat ng lamok- avoid being in a place where they will be during the early morning hours and during night just before sunset. Parang nag-ooopisina itong lamok na ito- active during 4-7 am and 5-7 pm.
- Ang pinaka-favorite breeding area nitong lamok ay mga used tires and bamboo o mga containers na may stale or stagnant na tubig.
- Dapat kung feeling may flu, i-check na rin for D. In 3-7 days lalabas na yung sintomas... why wait? Agad uminom ng maraming liquid, lalung-lalo na't may lagnat na. More importantly, magpa-check up na sa Doctor.
- There is really no absolute cure for D. Better ang prevention by vaccine.

Hindi biro ang ma-infect ng D. Nakakatakot talaga maospital dahil sa D- walang gamot para dyan, lalong nakakakaba habang bumababa ang resistensiya. But GOD the Creator of all things is Almighty, hindi tayo papabaya. Mayroon tayong natural plant that can raise the good blood cells to counter D--- TAWA TAWA!

Hahahahaha... magpasalamat tayo sapagka't ang Tawa Tawa ay isang halaman- regalo sa atin ng Diyos. Sige na, find Tawa Tawa sa mga bangketa, paramihin sa inyong bakuran. Kapag may nangangailangan, kunin pati ugat, hugasan ng mabuti, then make a TAWA TAWA tea: boil water, when already boiling, add the Tawa Tawa leaves, roots and all. Kapag nag-boil na ng 5-10 minutes, let cool. Store in glass and drink as many times as can be. Body has to hydrate and Tawa Tawa helps in that. GOD IS GOOD.



CUSTOMER TESTIMONIALS



Kevin Rbni reviewed JAM Liner, Inc. — 5★

Thank you Sir Ramon Magbitang driver ng bus no. 1622 and sa conductor ng bus. Dahil sa pagsauli niyo ng phone ko na doon ko pala nalaglag. Thank you very much sa inyo mga Sir! God bless!



Shem Min Ah reviewed JAM Liner, Inc. — 5★

Sobrang ang babait ng drivers at conductors ng JAM Liner kaya tuwing luluwas ako ng Manila sa JAM ako nasakay. Sobrang ganda ng treatment nila sa tao. Pwede ka pa mag-charge sa ilalim ng upuan mo. Hehehe! Thanks JAM.



Gerry Pillo Gebela reviewed JAM Liner, Inc. — 5★

Kudos to JAM! You've got honest and helpful bus attendants and staff, especially Roger Aguilera.



Melita Villaverde reviewed Philtranco — 5★

Simula pagkabata hanggang ngayon na may mga apo na ako Philtranco pa din kami.



Emmanuel Marcos Flores reviewed Philtranco — 5★

1. First encounter yung baggage boy sa check in very courteous at well trained.
2. Bus driver and conductor kind and patient sa pasahero.
3. Management - very organized at systematic yung pag-assist at payment sa baggage mura!



Cathy Madrigal reviewed Philtranco — 5★

Thank you for the fast and excellent customer service thru social media and Pasay office. Highly recommended.



Arnel Blanco Juco reviewed Fast Cat — 5★

Safety, comfort and efficiency not to mention competitive fare rates. FastCat simply delivers.



Alvin Crofts reviewed Fast Cat — 5★

Excellent service I prefer FastCat over all others.



Gerry Malixi reviewed Fast Cat — 5★

The fastest and cleanest roll on/roll off vessel in the Philippines today!

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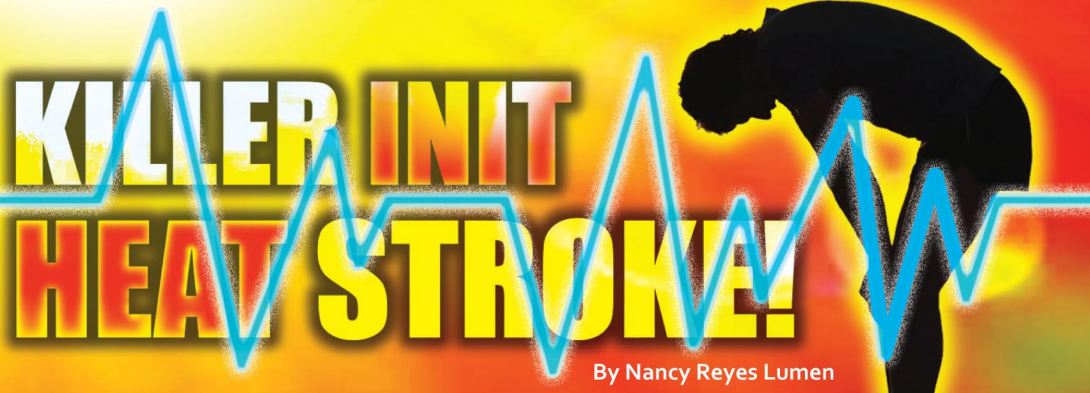
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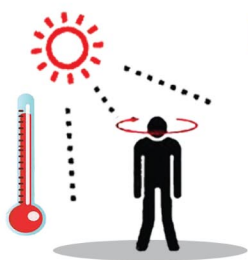
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Ramdam na ba yung init? Kung hindi pa tayo naniniwala sa effects ng global warming- eh, heto na ang true proof that it is happening. Sobrang init... hindi matiis. May mga countries where you can literally cook an egg on the hot sidewalk. It could get hotter till we humans cannot bear it anymore and we all suffer heat stroke. If the heat stroke gets worse, it might lead to death in rare cases. Wag naman sana. In the meantime, let's know more about heat stroke.

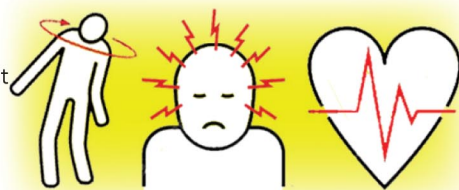


By Nancy Reyes Lumen



Take it from the word "stroke". It is like having a heart attack or a mild stroke where the body suffers from extreme body heat. There are several terms related to heat stroke. The milder episode of high body heat is "heat exhaustion". The symptoms are like when you feel very hot and tired: fatigue, fever-like feeling, fainting, want to vomit, restlessness (hindi mapakali), dizziness and thirsty feeling. But the more serious kind is "heat stroke" which is also known as hyperthermia – extreme high body temperature (lampas pa ng temperature ng high fever). Sun stroke is a kind of heat stroke from over exposure to the sun rays. In both cases dehydration happens and makes it more dangerous.

The symptoms of heat stroke are: dizziness, hindi mapakali, fatigue – sobrang nanghihina, disoriented and confused. Also vomiting and fainting, cramps and extreme headache and fast heart rate. At most important of all – kahit sobrang high na yung temperature, hindi pa rin nagpapawis or nauuhaw. Kung tutuusin – heart stroke na nga. This kind of heat stroke requires emergency treatment. Gradual cooling of the body ang treatment sa heat stroke but has to be medically done to prevent it from getting serious.



In desert countries like the Middle East, workers are not allowed to work outside from noon to 3 pm at the hottest time of the day. Others who suffer from heat stroke are athletes, people in hot work places like kitchens, laundry, air field or construction areas. Babies, elderly, even animals can die from heat stroke. We have heard of babies, children who died inside a closed car. Being near a fire can also cause heat stroke and also staying outdoors where there is no shade.

How do we prevent heat stroke? Drink A LOT of water specially in the summer heat, wear loose clothes, avoid humid weather and physical activities outdoors if not used to it and stay in a shaded area if outdoors. Stay cool, spray water on your face, etc. Bring a fan with you to keep cool... sabi nga ng mga nagpapatawa: "It's more fans in the Philippines" --- damihan mo ang abanico mo!



10 **Byahe Na!**

FastCat ANNOUNCES P 1.1 BILLION FUNDING FOR CONSTRUCTION OF 3 BRAND NEW FERRIES

Archipelago Philippine Ferries Corporation (APFC), the shipping company that operates FastCat, recently announced the roll-out of its modernization program after receiving P1.1-billion in funding from the Rizal Commercial Banking Corporation (RCBC) to finance the construction of three brand-new FastCat ferries.

Identified as Numbers 15, 16, and 17, the vessels are set to be improved iterations of APFC's existing fleet of 10 FastCat ferries, which were secured during a re-fleeting program in 2010. The vessels are designed for the Philippines' unique weather and sea conditions. The three new catamarans are expected to be operational by the first quarter of 2019.

"We are fortunate that RCBC saw our vision, the need to modernize the shipping industry, to connect the Philippines through 'moving bridges,' and to ensure safer, more comfortable, and reliable means of sea transport," said Christopher Pastrana, Chief Executive Officer of APFC, during the ceremonial signing for the three vessels at the Manila Golf Club.

As the country's first and only catamaran Roll-on/Roll-off (Ro-Ro) ferries, the move is also part of the APFC's goal of achieving "30 FastCats by 2020". The APFC, led by Pastrana, has continuously pushed for the domestic shipping industry's modernization—a necessity for an archipelago made up of over 7,000 islands.

FastCat recently opened the Jagna (Bohol) - Balbagon (Camiguin) - Opol (Cagayan de Oro) routes and is also slated to link the routes of Bulalacao (Mindoro) - Coron (Palawan) - El Nido (Palawan) within the year.

As part of the company's long-term extension of services from domestic to regional destinations, preparations are also underway for a Buliluyan (Palawan) - Kudat (Malaysia) route.

Besides offering passengers numerous routes on world-class ferries that adhere to strict international safety standards, APFC has forged partnerships with bus companies JAM Liner and Philtranco to add to the seamless and convenient travel experience APFC aims to give passengers. According to Pastrana, "The synergy between Philtranco, JAM Liner Inc., Philports, and Quick Reliable Services Logistics enhances passenger service, seamless connectivity and efficient movement of goods all over the country."

In time, APFC will enhance that travel experience even more when its land transportation partners field additional buses and jeeps to accommodate passengers. And opening a chain of budget hotels called By The Sea (BTS) in key destinations along its routes will make APFC a true comprehensive travel solutions provider.

Learn more about FastCat by logging on to www.fastcat.com.ph.



(From left to right) Archipelago Philippine Ferries Corporation (APFC) Chairman Dennise Trajano, President and CEO Christopher Pastrana with Rizal Commercial Banking Corporation (RCBC) Executive Vice President Michael de Jesus and Senior Vice President Angela V. Tinio.

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DEALING WITH



By Betsy Gazo

You can run, but you can't hide. If there is any factor that we cannot avoid, it is stress. Stress was as commonplace in ancient times as in modern times. Hunter-gatherer breadwinners had to deal with rounding up bison for food or protecting their families from ferocious wild animals. Where, once, women were relegated to taking care of the children and home full time, there was the stress of trying to make ends meet in a single-salary household. Now that women contribute to the household income, there is still the stress of having to juggle home, family and career.

Stress can be a good thing since the adrenalin rush keeps us on our toes, but constant stress can significantly affect physical and mental health and strain relationships. Stress can rob us of our joy for living. Here are a few tips to deal with stress:

- Make a "to-do" list everyday to encourage focus on the day's priorities. This gives you a goal to achieve each day. Keep the list short so as not to overwhelm you with too many concerns.
- Do not overspend. Live below your means. Save for a rainy day. Do not keep up with the Joneses. Money concerns, like health issues, are top causes of stress.
- Be on time. Prepare what you need for tomorrow the night before to avoid rushing. "On time" means being at your appointed venue fifteen minutes before call time.
- Keep a clear conscience by doing what is right at all times. Ask for advice from a Godly confidante.
- Do not procrastinate. When tasks pile up because you prefer to dilly-dally somewhere rather than to tackle them head on, there would be no one to blame for an increase in your stress level but yourself. Tip #1 is meant to curtail procrastination.
- Do your best, then, let God take over. You cannot control everything. Proverbs 6:34 says "Do not worry therefore, in view of tomorrow, for tomorrow will have its own anxieties. Each day's peculiar troubles are sufficient for it."
- Allow time for recreation. Even machines are given a rest. Remember, health is wealth and this includes mental health. Make time to get away from it all for a while. Why not hop on a Philtranco bus or sail away on Fastcat for the nearest possible destination?

Now, inhale... exhale... Take a step backward and view your situation from a dispassionate point of view. Maybe things are not so bad at all. Other people have it worst, you know.

"Wherever you are, be there totally. If you find your here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it or accept it totally." -Eckhart Tolle



By Carmen Joan V. Algara

In an age where technology is accelerating at light speed, so to speak... what more can humans invent at this time. Just watching Sci-Fi Adventure Super Hero movies, we might think that the gadgets and equipment they use might not be fiction in the future anymore. Jets on vertical take off, Nano bots, computer graphics on suspended animation and many more that I feel are so real.

It is an evolution of sorts. One example would be that bulky mobile phone that was invented in the 80's. Now it's a camera/phone/music player/computer in a small gadget we still call a "mobile phone".

But if I were to use my imagination, it always reverts back to the different Sci-Fi futuristic adventure movies that I have watched through the years. So let's go back and reminisce on one movie that made me say, "Well that would be cool, if it were invented!" Let's talk about the movie Trilogy of Back to the Future.

Back to the Future during the 80's tells a story of a DeLorean futuristic looking car that can travel through time. Dr. Emmet Brown invented the "Flux Capacitor" that makes time travel possible. With the accidental help of his friend Marty McFly, both men traveled through time. Watching this movie made me say, that it would really be amazing to experience how it was then and will be in the future.

Through the trilogy, we watched how some ordinary things become extraordinary.

In the 2nd installment of this movie Dr. Emmet Brown, gave Marty the clothes of the future. A red leather jacket, high cut tennis shoes, so that he'll look like his son in the future. All were oversized; Dr. Brown pressed something on the jacket, air came out and suddenly auto fitted itself to

Marty's size! Same thing with the tennis shoes, when Marty closed the strap, it also adjusted to his shoe size! Can you imagine not waiting for your size at a department store and just pay for it, because it will adjust by itself?

There was another scene where Lorraine, now an old lady, while preparing dinner for her family, took out a small box (like the size of your palm) with frozen pizza inside. She put it in a microwave oven-looking appliance, after a couple of minutes, viola! A huge pizza came out of it--- enough to feed the whole family.



And let us not forget the Hover Board! It looks like a skate board but without the wheels, because it just hovers above ground. Similarly, you need to push yourself using one of your feet and it will move to the direction that you want and as fast as you want. Imagine our kids riding on the hover board with excitement, while we parents pray that they will not fall from it.

Human imagination is incredible--- how it can create and make things extraordinary. I want to be optimistic... that what we will invent in the future will be used for the great good of humankind. Just look what the KARAOKE (which was invented by a Filipino, by the way) did to us!



FAVORITE LINE OF LOSERS "PASENSYA NA"

By Nancy Reyes Lumen

Scenario #1: You're eating nicely in a resto and then find a strip of plastic in the soup. You call the waitress and show the "evidence". She replies: "Sorry po. Pasensya na", smiles, exits.

Scenario #2: Someone is habitually late for meetings and uses traffic as the excuse. On the 5th time of being late, you hear the same line – "Pasensya Na."

Scenario #3: Someone borrowed a book from you... after 1 month, hindi pa rin binabalik. When you remind the person... reply: "Ay sorry. I forgot. Pasensya na ha? hihihi!"



Marami pang scenarios of
"Pasensya Na."

Isn't it annoying to hear this line?

(May dagdag pang "hihihi"... GRRRRR!)



What does it show of a person who is a serial "Pasensya Na" user? It is a loser's attitude. By using this line, one is putting the burden on the offended party to be patient. Instead of saying sorry and trying to correct the situation or to **NOT DO IT AGAIN**, the offender shows a lazy, non-caring or insincere character. Some causes of this lame excuse are: ignorance, habitual mistakes (not corrected), laziness, uncaring attitude, selfishness, pride, not serious or diligent, spoiled brat or low self-esteem.

This usually happens to an employee-employer relationship which would likely end in the employee getting low evaluation or getting laid off. Before being given the last chance, here are ways to REALLY stop this bad "Pasensya Na" habit:

- Focus. Focus on the job, on the task at hand. Prioritize it and keep your mind alert on the situation so that you can be prepared well.
- Equip yourself with helpful gear: alarm clock, notebook and pen for reminders, read Bible sayings for the day to serve as inspiration, small change in your purse, eyeglasses if needed, a handy handbag for your things, etc.
- Take extra effort. Don't just try once, then that's it. Keep improving your craft, assignment or job. Add extra skills so you can be relied on more than others. Report to work earlier. Do more than what's asked of you.
- Keep on learning, adding to your skills, learn an extra language. Learn to cook, swim, dance or sing while having fun!
- Do not be dependent on others. Wag maging parasite! Learn to stand by your own strengths of character and talents.
- Enjoy **LIFE!** Wake up early, go on a diet. Buy new clothes to make you feel and look good. Watch a good movie, eat out and share experiences that are positive.
- Behave. Be respectful. Show right conduct. By having respect for others, you will not burden them with "Pasensya Na" scenarios.
- Make a decision to change! In Romans 12, you can pray for a transforming of the mind to get rid of this type of "Pasensya Na" attitude.
- **LOVE** yourself and others. Present yourself in a wholesome pleasant way – well groomed, smiling, ready to face the day by having a positive attitude, you get rid of "Pasensya Na" situations.
- Lastly get an **ERASER** and erase that line "Pasensya Na" from your vocabulary! Your best day starts **NOW!**

Montaño

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As of May 4, 2018

BATANGAS	CALAPAN	BULALACAO	CATICLAN	ILOILO	BACOLOD	LILLOAN	LIPATA		
12:00 AM	2:30 AM	10:00 AM	3:00 AM	8:00 AM	5:00 AM	4:00 AM	12:00 AM		
1:30 AM	6:30 AM			2:00 PM	11:00 AM				
6:00 AM	8:30 AM			10:00 PM	3:00 PM	8:00 PM	5:00 PM	12:00 PM	8:00 AM
9:00 AM	12:00 PM	8:00 PM	5:00 PM			2:00 AM	11:00 PM	8:00 PM	4:00 PM
11:00 AM	2:00 PM								
2:30 PM	5:00 PM								
6:00 PM	9:00 PM								
8:00 PM	11:00 PM								

Travel Time: 1 1/2 Hours

Travel Time: 3 Hours

Travel Time: 1 hour & 40 mins

Travel Time: 2 Hours

MATNOG	SAN ISIDRO	DUMAGUETE	DAPITAN	SAN CARLOS	TOLEDO	CEBU	TUBIGON
3:00AM	3:00AM	6:00 AM	10:00 AM	1:00 AM	3:00 AM	1:30 AM	5:00 AM
6:00AM	6:00AM			5:00 AM	7:00 AM		
9:00AM	9:00AM			2:00 PM	6:00 PM	9:00 AM	11:00 AM
12:00PM	12:00PM	1:00 PM	3:00 PM			1:30 PM	5:30 PM
3:00PM	3:00PM						
6:00PM	6:00PM						
9:00PM	9:00PM						
12:00AM	12:00AM	10:00 PM	2:00 AM	5:00 PM	7:00 PM	8:00 PM	10:30 PM

Travel Time: 1 1/2 Hours

Travel Time: 3 Hours

Travel Time: 1 Hour

Travel Time: 1 1/2 Hours

JAGNA - BALBAGON		BALBAGON - OPOL	
9:00PM	11:45PM	3:00AM	6:45AM
OPOL - BALBAGON		BALBAGON - JAGNA	
9:00AM	12:45PM	3:00PM	5:45PM

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