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Byahe Na!

Magazine published for



104th and 50th

Anniversary



Christmas Boodle Fight Challenge

On Being Called Captain

Practical Ways to Clean Your Kitchen and Bathroom

Day Trip. Batangas. 5 Things to Enjoy

Travel Tips

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Byahe Na!

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 and get a surprise gift from
 JAM, Philtranco and FastCat.



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The EDITORIAL TEAM is composed of:

Christine B. Guevarra
Executive Editor

Rica Jean Dugaduga
Joanne Maris A. Solito
Roy San Juan
Menchie Lubang
Joe-Ann Doroja
Christine Rayos
Writers

Alvin Cariño
Graphic and Layout Artist

Joie Taylo
Abi Beratio
Graphic Artists

Nancy Reyes Lumen
Editorial Consultant

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SERVICE WITH A HEART

Illuminada D. Lubang
Marketing Services Manager
JAM & Philtranco

The transport industry might be mistaken as an all-male post but it's not. In these times of stiff competition, and high expectations of the commuters, it takes a "soft heart" to consider the social service aspect of transportation. My 27 years in the transport industry of a male-dominated job has taught me that the basic work ethics still work: kindness, honesty and trustworthiness. In addition, I value punctuality, that is, developing it as a habit to be on time or better, being early for meetings, reports and presentations. Time runs so fast, therefore, we need to use it wisely and avoid procrastination. My work habits developed in me to be positively aggressive and to always strive for the best, as well as take criticism professionally, accept my mistakes and learn from them.

As the Marketing Services Manager of JAM Liner, Inc., I belong to the income generating support group where we reach out to our commuters, to let them know that they are special and we care for them in many ways. We create promotional activities like Byahe Na! magazine to keep our commuters entertained, informed and to develop brand loyalty to be at the top rank of the industry.

In the process of our everyday work, we are challenged to enlarge our market reach by launching new products and services, while still focused on giving superior customer service when they travel with us. Our team maintains relationships not just with our passengers but with media partners, allied companies, the Local Government Units (LGU's) as well as Non-Governmental Organizations (NGO's). For our Corporate Social Responsibility (CSR) activities, we engage in sponsorships for various community projects.

The year is almost done, but we have so many exciting plans mapped out for 2019... it's a continuous round of sharing goodness with the riding public. Just you wait and see. But for now, let us pause in thanksgiving and worship our Lord - the real reason for **Christmas**.

Happy New Year to all the passengers of JAM, Philtranco, FastCat and (our new family member) DyipKo!

ON BEING CALLED



CAPTAIN

Being called "Captain" is something **Capt. Lestin Laher** loves the most in his job and it's not for ego-tripping either. The prestige of reaching the position he has worked for, reminds him of the tough times he faced in reaching it.

As a humble maritime cadet in June 2014, he strived to face the demands of the training, being very detailed in taking notes even to the miniscule ones. While in training, he was away from family and had to prove his fitness on two occasions to the other aspirants because he was considered "too young". As he gained more knowledge and skills, he kept on with his goal in mind. At times when he was sad, he called home and friends for good vibes. Home and family was where he got his inspiration especially from his mother, Leticia dela Cruz Laher who told him that nothing in life will be handed to him easily – that he needed to work for it. And true enough, he is grateful for the job because it has benefitted his family financially as well.

From being a cadet, Laher moved up to be an Able Bodied Seaman to Second Mate, to Chief Mate to his achieved goal as Captain of FastCat. He proved himself trustworthy to his "FastCat family" because he kept pushing forward in managing vessel operations with sharp thinking and detailed work. Being in such a responsible position requires fast thinking,

continuous study and reflective decisions while heading his team. He constantly reminds himself that, "hard work will bring one far in life. I stay focused and at duty, I don't play around". But it's not all hard work and everyday challenges for Capt. Laher. He has time to chill out and do what he claims to do well, he remarked, "I am good at cooking. I don't know if that counts but yeah, I'm really good at it!" (Editor: Captain, you now have to prove yourself in this--- when do we eat?)

As a parting shot, Capt. Laher shares good words with the cadets who aspire to reach the same goal – to be a Captain of FastCat, "Keep pushing forward. Develop good working habits that will help you achieve your goals. Have a dream and then work hard for it and strive for progress, not perfection".

To all passengers, please continue to support FastCat as we are committed to the best service that a seafarer can do. We vow to provide you a FerrySafe, FerryFast and FerryConvenient journey with us.



TRAVEL TIPS



1

Download travel applications, it might be useful.

2



Bring tote bags. They will come in handy when you suddenly need extra to carry.

3



When traveling, keep some cash in different places: secret pockets on your clothes, handbag or luggage.

4



Don't flash or show off your valuables to avoid being a target of thieves.

5



Before leaving your house, make sure to unplug electronic devices/appliances.

DAY TRIP. BATANGAS.

5 THINGS TO ENJOY



By Kheryss Gacuma

These days, travelers are embracing the idea of taking the Roll-On Roll-Off (RORO) ferries from Manila to Visayas and Mindanao. This is especially true after Archipelago Philippine Ferries Corporation (APFC) has connected the major islands of the country through its RORO passenger and cargo ferry called FASTCAT. The trip will take around 15 to 20 hours. However, you can also do a lot of sightseeing along the way and get a chance to interact with the locals.

Before heading to the port, make a short stop in Batangas. The province is huge and has a lot to offer. Here are some places to visit and things to do:

Padre Pio Shrine, Santo Tomas, Batangas

Built in 2003, it is a pilgrimage destination for devotees of Padre Pio. It is regarded as a sanctuary of mercy, where one can pray for petitions and blessings. The practice is to write down one's prayer request and the priests and nuns will pray for you.



Lomi – in different food stops and restaurants of Lipa

"Fully loaded" is what you'd describe a bowl of Lomi – fat noodles, thick sauce, topped meat bits, kikiam, quail eggs, pork liver and vegetables. Lipa food is associated with Lomi so you can't stop in Lipa without downing a bowl! And that can keep your tummy full for the rest of the day! Try Liam's Lomi house!



Casa de Segunda, Lipa City, Batangas

For a taste of history, visit the Luz-Katigbak House named after Segunda who was Jose Rizal's first love (among the 13 women he courted).



Of her he wrote "... I have not met another more alluring and beguiling". The Casa is a "bahay na bato", and by that, belonged to a rich family. Segunda married into an equally rich family, Don Manuel Mitra de San Miguel-Luz.

Thus, this heritage house-museum became known as the Luz-Katigbak House. **Trivia:** The Katigbak clan got their wealth from trading coffee beans. Imagine how it would have been if Jose Rizal married her... Hmmm.

Casa Rap, San Jose, Batangas

This is a homey restaurant in a residential garden, located in San Jose, Batangas. Visitors dine alfresco in a garden house setting. The menu offers home cooked slow food... so be patient for good food worth waiting for. Make room for their Halo-Halo to end your meal— it is a treat! Instead of shaved ice, they serve it with Buko Sherbet! It's a must try!



Kapeng Barako

Kapeng Barako is a coffee drink that was first brewed during the Spanish Era. Batangas became a coffee bean plantation and trading center. Many families got rich from this precious bean. The Barako variety was cultured to be strong in flavor and aroma, and it easily fits into the reputation of Batanguenos to be "matapang".



Shopping for Pasaubongs

You should not leave without bringing home some local Batangas goodies. Even if you find these goods in Manila, it is more enjoyable to find these goodies at the local shops, stores, streets and mingle with the Batanguenos. While buying souvenirs like Barako coffee beans, Balisong (jack knife), breads, sweets, condiments, bagoong, dried kamias, fresh fruits, Lomi-to-go, you might pick up new friends, trivia and more than 5 reasons to go back.



Gloria's Fantasyland

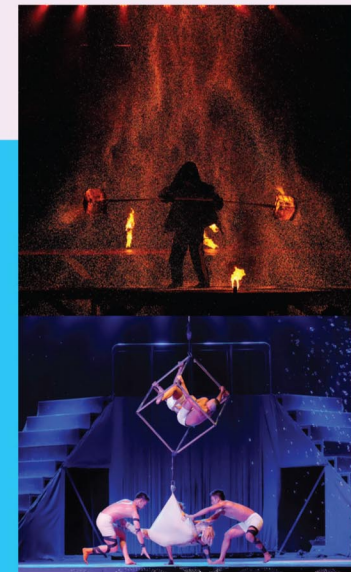
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Christmas Grocery Shopping Tips

By Carmen Joan V. Algara

Every time I hear this phrase in a Christmas song "Tis the season to be jolly!" I would immediately replace the word "jolly" with "shopping"! Because Christmas season is the busiest time for buying groceries, gifts, decors, Christmas tree, clothes and so many other things that we can only think of during Christmas season. If we are not careful, we will be over our budget in just a couple of ATM withdrawals. Di ba, mga Byaheros?

So, to make sure that we have money to spare at the end of Christmas Season, I'd like to share with you shopping tips when buying groceries for your Noche Buena, Christmas Day, New Year's Eve, New Year's Day and for other gatherings in between, like reunions!

Start making your menu:

Your menu should include: how many people will be joining you during these occasions, how many dishes will you prepare, what dishes are you cooking yourself and dishes you will order from a restaurant, caterer, baker and/or a specialty cook. Your menu should include drinks too!



Plan your shopping:

Planning ahead gives you time to prepare what you need, schedule your shopping date and your budget for your grocery.



If you have ordered dishes or cakes from a restaurant or bakeshop, be sure to include the date and time of pick up.



Make it a family affair; distribute the list to your family members according to category so that your shopping is organized and faster. Agree where and what time to meet before check out.

As much as you want to bring your children, it should be age appropriate. Younger kids can stay at home and just bring them treats from the grocery or you can bring them along but make sure they are accompanied by another adult, or their Ate or Kuya.

Create your grocery list:

When making your grocery list, organize it by category: Fruits, Vegetables, Deli (i.e. cheese, cold cuts), Meat/Fish, Dairy, Frozen Food, Baking items, Condiments/Spices, Canned Goods, Pasta/Rice, Beverages and Bread. You can also add "Others", for items that do not belong in any category mentioned above.

Specify your budget, where to purchase these items and a column for you to check when you have completed them.

Now that I have shared with you some tips for grocery shopping this Christmas season, let us all remember that Christmas is a celebration of the Gift of Life, Love and Family.

"... behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary as your wife, for that which is conceived in her is from the Holy Spirit. She will bear a son, and you shall call his name Jesus, for he will save his people from their sins." - Matthew 1:20-21

Merry Christmas and a Prosperous New Year to you and your families!



CORPORATE EVENTS



Batangas: Your Nearest Perfect Destination (Media & Bloggers Tour)



Celebration of Philtranco's 104th Anniversary



50th Year Celebration of JAM Liner

WAW... ANG KINTAB!

Practical Ways to Clean Your Kitchen / Bathroom

By Nancy Reyes Lumen



Two of the busiest spots in a house are the kitchen and bathrooms. Any home benefits from a clean kitchen where insects will not survive because there is not a particle of food on the floor and the aroma is fresh and clean. As for the bathroom, it goes without saying that this is the most challenging to clean because of user-traffic, especially kung 10 is to 1 bathroom ang available.

But there are many ways, practical suggestions on how to clean these rooms. Nowadays, many houses have no household help so the people in the house have to do their own cleaning. Those who are just new to living in a condo or townhouse may not even know how to clean a house. A clean house welcomes guests with open arms!

Clean-up Tips for Kitchens:

Use cheap microfibers or used towels for wet and dry cleaning. Do not make your kitchen a library, study room, laundry room or bodega. Leave a good space for clean-up of stoves, cabinets, dining table and working table. **DO NOT PILE THINGS IN THE KITCHEN** that don't belong there. Kitchen floor? Use a steamer (if you have one) or hot towel to remove dirt caught in the grouts, underneath ovens (pati na yung loob ng oven-linis na rin), refrigerator and waste can area. Once a month, clean each and every appliance and store properly when not in use. Before going to bed wipe the kitchen table after use and dry the sinks after dishwashing. Wet sponge with baking soda can remove grease in doorknobs, handles and work table. If you want – buy ammonia and put in a sprayer and use this for grime na naipon sa mga gilid-gilid. After spraying with ammonia, wipe with warm water using a soft sponge. Dapat para kang si FPJ- may hawak na wet towel in one hand and a Swiffer in the other. A Swiffer (a disposable hand-held duster now available in supermarkets) is a good investment to buy because it has a sticky surface such that when swiped, it picks up dust, small bits and crumbs.



Clean-up Tips for Bathrooms:

If you want a quick way to clean the banyo – plan your "attack". Flush the toilet bowl and pour ¼ cup bleach. Let it stay there for a while. Remove ALL things that are on top of the toilet, bath tub, racks and cabinets; place them somewhere else muna. Ayan, ready na for cleaning ang surfaces. Fill a sprayer with equal parts of white vinegar and water and spray all over faucets, mirrors, dresser and the toilet bowl surface itself (don't forget the back of the toilet bowl). Now you can clean up the inside bowl and over and under the toilet seat. Make sure you also brush the undersides of the bowl



rim, may mga nakatagong dumi rin doon! Then you can clean up the bleach in the bowl itself with a good brush! Take out the rug or mat from the floor and clean it outside. Take out the balde (be sure to clean this – pati underneath kasi baka may molds na rin!) and other water containers and shampoo caddies. Sweep the bathroom floor. If without swipper, use a wet tissue to gather fallen hairs. Wipe the floor wet and then dry with a towel and let the whole room air dry before putting on the rugs or mats. Oh yes, before we forget, make sure the shower curtain is also clean (wag naman sana puro lumot na!). Spray it with the bidet kung aabot, if not, then wet with soap and then rinse and wipe it also dry or change to a new one. Give your bathroom a new "dress".

Remember:

A clean house invites happy and good vibes.

HOW TO SLEEP BETTER...



By Nancy Reyes Lumen

Panahon ni Lola, they still knew the word "siesta" every afternoon, a short nap. Wala na sa vocabulary natin ito because of our modern lifestyles, but it's true! Siestas are good for the health and for long life. Sana maibalik natin ang habit na ito, even in the office, a 15 or 30 -minute nap or what they call "power nap" can revitalize work energy. Good sleep is crucial to being productive, creative and feeling good.

How then, can we go back to the habit of a good sleep? Kung mamarapatin nga lang eh, some people, especially insomniacs, will be willing to pay good money for hours of sleep. Don't we all wish we could have the sleep of a baby? Himbing na himbing, nakangiti pa! **Hmmmm...ZZZZzzz.**

Here are some suggestions from a sleep specialist in LA, Dr. Michael Breus, PhD. He said the average sleep cycle is 90 minutes long and an average person has 5 cycles so that's 450 minutes or 7 ½ hours of sleep. So, if you sleep 7 ½ hours before your alarm wakes you up, that would be your natural sleep habit.



But it's not as if it's so easy to sleep. Some yes, they have the gift of sleep—the moment their head hits the pillow... tulog na! What about those whose minds and body are still very much awake and will not let the body sleep? Maybe these suggestions can help:

- A cooler temperature to chill out. When body temp drops, the body gets sleepy.
- Natural cures like herbs is believed to induce sleep, same goes for kale, magnesium-rich veggies, some tisanes or a glass of red wine.
- Wear socks to warm cold feet.
- Limited siesta time (30 minutes power nap) can make up for 2 hours of lost sleep.
- Blackout lights, even gadget lights. Do not look at the screen 45 minutes before your bedtime. Artificial lights tells the brain to stop producing melatonin, which is needed for good sleep.
- Aromatherapy for better quality sleep.
- No gadgets near you, no gadget sounds because the brain "hears" and can't sleep.
- A warm soothing bath/shower but do not sleep with your hair all wet.
- A soft massage wherein you do not have to take a bath afterwards --- straight to sleep na dapat.
- Prayer and meditation on how lucky you are to have wakened up for that day and prayer that God will wake you up again tomorrow.

CELEBRATING TWO OF THE MOST PRESTIGIOUS TRANSPORTATION COMPANIES OF THE PHILIPPINES



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Being in the transport industry for 50 years and going is an indication of success based on public trust. And **JAM Liner** lives up to its motto: "**Jampacked sa Serbisyo, Jampacked sa Saya!**" It is committed to continuous sincere service for the convenience of the Filipino commuter in mind.

JAM boasts of serving 15 million passengers annually, with terminals in Laguna, Batangas and Quezon. **JAM Liner, Inc.**, is part of a bigger combined vision with **PHILTRANCO** which is to expand and invest in 1,000 more units with continuous upgrades for the next 50 and more years to come.



PHILTRANCO Turns **104** Years in Service!

The oldest and first bus transport company in the Philippines as well as in Asia is still continuously at the service of the Filipino traveler. Established in 1914, **Philtranco**, with its longevity of success reflects an era when the country was proudly the most advanced in the region. The glory is back!

Without a doubt, **Philtranco** is one of the country's most recognizable – and loved – heritage brand trusted by generations of Filipinos. It also established the country's first-ever archipelago-wide transport network that connected Luzon, Visayas and Mindanao.

"**Byaheng Masaya, Serbisyonag Subok Na.**" is its guiding motto. And in pursuit of this progressive commitment, **Philtranco** continues to invest in brand new units in support to the transport modernization project of the government.

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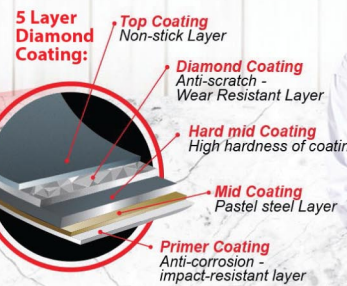
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Christmas

Boodle Fight Challenge

By Nancy Reyes Lumen

Maligayang Pasko! What are your plans for the Christmas meal? How about a different style this year?

Alam nyo naman ang mga millennials natin sa pamilya iba ang type na interaction. So make the Christmas meal (whenever that will be) a real fun treat— how about doing a Christmas Boodle Fight?

What is a boodle fight? Well, before I define it, I must say that this kind of eating together is trending right now among the Fil-Ams in Texas, Chicago, etc. Fil-Am restaurants offer it for parties and you know what? It's clicking! So let's join in.

Boodle fights originated in the American Military among cadets and officers. It's "kamayan" (no forks, spoons & knives), no plates, no chairs and drinks are taken later. You are not supposed to leave the table until the table is all cleaned up and everyone has eaten. You stand shoulder to shoulder while eating and stay standing up with best effort to eat without a mess.

Di ba great idea ito for having the olds and young ones together, eating at the same time and sharing the same food? Wow! No cellphones, iPads, gadgets on the table... just lots of food and rice. It will also be a close form of bonding because everyone has to eat shoulder to shoulder. Even the person who cooked and the hosts can join in. Everyone starts at the same time and waits for the feast to finish. It can be

messy but fun and environment-friendly kasi wala nang huhugasang dishes. Plus, a natural food liner, banana leaves is used!

Here are some items you can include in your Christmas Boodle Fight: Ham slices with some sauce on top, small longganisa, tapa, embotido slices, cut up daing na bangus, halabos na prawns, baked mussels, pancit, lechong manok already cut up, adobong pork belly (Uhhmm sarap!), inihaw na talong, chopped red kamatis, sliced manggang hilaw, binagoongan, steamed rice, sinagang or achuete rice or fried rice and atsara. WOW! Fiesta talaga!

And here are just a few tips: As much as possible, boneless lahat ng meats and cut into easy to handle sizes. Don't make food items too saucy. Keep the rice slightly hot but easy to hold kamayan style. Soup, soda and drinks served on the side. Desserts served after boodle fight.

Ok, alright... before the boodle fight assign a "Commander" who will shout out: "Ready on the left? Ready on the right? Commence the boodle fight!"

Pag busog na ang lahat... Mag-caroling na kayo!

NEGROS VOLUNTEER FOR CHANGE

By Betsy Gazo



This Christmas, some special gifts you can consider for yourself are Negros-made products that not only fill your need for retail therapy, but also fill your need to make a difference in other people's lives. This may sound like the "same old, same old" spiel for the season, but, hey, guys, if we need to celebrate the coming of our Saviour, let's celebrate it truly, unselfishly, magnanimously and generously. Now, let me tell you how.



The mission of Negros Volunteers for Change, a non-stock, non-profit organization established in August of 2010 is "Nutrition, Education, Livelihood". This group of private citizens believes "that by pooling the energies, resources, talents, and skills of individuals, we can bring about a better future for Filipinos." So, how do we contribute to assuring a better future for Filipinos?



In the area of nutrition, Mingo meals are distributed to undernourished infants, toddlers and young children as complementary food for 6-30 months in communities that do not have access to nutritious food. A Mingo meal is instant food powder that one mixes with water to make a porridge. And not just any porridge. Three powerful ingredients - malunggay, rice and monggo - provide protein, carbohydrates, vitamins A, C, B1, B6, potassium, iron, calcium and zinc. Better nutrition means higher intelligence scores BUT studies show that this benefit applies when good food is given to children starting below 3 years old. We really want to raise a nation of bright kids and adults, but, of course.



Through NVC's Christmas cards, tiny stomachs are filled and young bodies are given better chances in life. These Christmas cards feature drawings made by children from a remote mountain village in Bukidnon, Mindanao. It might break your heart to know that these children do not often celebrate Christmas because there is no food on the table. The cards cost P250 each and will provide these children with tasty and nutrition supplements. Please go to www.nvcfoundation-ph.org to know more about NVC's Mingo Meals.



Aside from cards, NVC Foundation also has the School Support Project that provides classrooms and learning tools to public schools in partnership with various foundations and groups. NVC also solicits used books for distribution to these public schools.



And for livelihood, NVC partners with artists and trained artisans to create gorgeous world-class products so that these artisans may be able to help out with the family incomes. Poor families are helped, at the same time, funds are raised for the nutrition program. Skillful hands produce really beautiful crocheted pieces, ceramic tile mosaic products (trays, tables, screens, framed art) and eggshell mosaic products (religious and nativity sets). These are delicately made and painstakingly created requiring a steady, dexterous, experienced hand before they reach one's homes.



There is still time to both shop for Christmas and make a difference. By doing so, you make many people happy - a growing kid, continuous livelihood for craftsmen, friends and relations who receive your gifts, and yourself.



14 Byahe Na!

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Jingle Bells

Ay naku! Diaper change! Miss, may I go out?

By Nancy Reyes Lumen

Nangyari na ba ito sa inyo?



Sa lakas ng tawa mo, na-wee-wee ka na.



Suot mo ay 4-inches high heels, konting kembot lang— ayun! Na-wee-wee na.



Ang yabang mo pa, nagsho-show off ng work out routine, tapos ayun! Biglang na-wee-wee.



Matindi ang colds and cough mo, sa bawat ubo— may kasabay na wee-wee.



May binubuhang kang balikbayan box or lifting a barbell, pilit mong kinakayang buhatin— oo nga, nabuhat mo, pero... ooops! Wee-wee.

Ang tawag sa kondisyon na accidental wee-wee or "Jingle Bells" ay Urinary Incontinence. Marami sa atin at least once, naka-experience na nito. The Philippines probably has the most number of toilets per hectare because we, especially Pinays, always need to go. This is called Urge Incontinence. 'Wag nang mahiya— human nature yan. Iba-iba lang ang degree nang incontinence. Some may be nervous or over-excited.

Minsan sa biglang init o biglang lamig na tubig sa shower, ayun—jingle bells! Kaya hindi ko masyadong feel maligo sa mga swimming pool na puno ng swimmers, sigurado at least 5 out of 25, nag-jingle bells na! By the way, nakakatuwa yung isang sign sa swimming pool, "There's no "P" in our _ool!" ("P is for pee-pee or wee-wee.).

Kinds of Urinary Incontinence: Mayroon "Overflow Incontinence" - constant dribbling of urine. "Functional Incontinence" - hindi na umaabot sa toilet. Often times, people who drink too much liquid have to go dozens of times to the toilet. Kung napansin nyo na madalas kayong nagji-jingle at night or you drink too much caffeine or alcohol, then that's a developing case of incontinence.

Causes of Incontinence: It could be diuretics - in chocolate, coffee, tea, alcohol, and heart and blood medications. Or old age-due to weakened muscles and poor bladder control. Urinary Tract Infection (UTI) is also a possible cause, same with weak or over active bladder muscles. Heto pa— constipation, being overweight and smoking!

By middle age, menopause in women and enlarged prostate in men can cause incontinence. Mayroon ding family history factor of diabetes, or Parkinson's disease or multiple sclerosis and those who had stroke or spinal injury.

CURE? If it's abnormal in someone to have incontinence, one can have surgery. Otherwise, those who have drinking and smoking habits should quit! More often than not, incontinence could just be a wellness concern so have a lifestyle change or if all else fails... adult diapers!



104
Years of Service



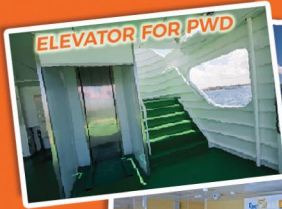
SERVING DAILY

✓ ANTIQUE ✓ DAET ✓ DAVAO ✓ ILOILO ✓ IRIGA ✓ LEGAZPI
✓ MINDORO ✓ NAGA ✓ TACLOBAN ✓ CAGAYAN DE ORO
✓ SUBIC/OLONGAPO ✓ MANILA ✓ PAMPANGA



✓ Fully air-conditioned
 Business Class and
 Premium Economy
 sections

- ✓ On-board Snack Bar
- ✓ Capacity: 275 passengers,
34 cars, 7 trucks / buses
- ✓ On-board Entertainment
- ✓ Elevator for Persons with
Disabilities



- ❖ BATANGAS - CALAPAN
- ❖ SAN CARLOS - TOLEDO
- ❖ BULALACAO - CATICLAN
- ❖ CEBU - TUBIGON
- ❖ ILOILO - BACOLOD
- ❖ MATNOG - SAN ISIDRO
- ❖ DUMAGUETE - DAPITAN
- ❖ LILOAN - LIPATA