

January-March 2019

# Byahe Na!

Magazine published for



## Happy New Year!

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**DyipKo:**

## Your Modern Public Transpo

Destination:  
**Isla de Gigantes**

**First  
Things  
First**

Trending Now...  
ePinoy, eTindahan, eServices...  
**Your Own eBiz**

**10** Values for  
**Kids** to Learn



# Serving Daily

**BALIBAGO • BATANGAS • BIÑAN  
BUENDIA • CABUYAO • CUBAO • LEMERY  
LIPA • LUCENA • TURBINA**



# Byahe Na!

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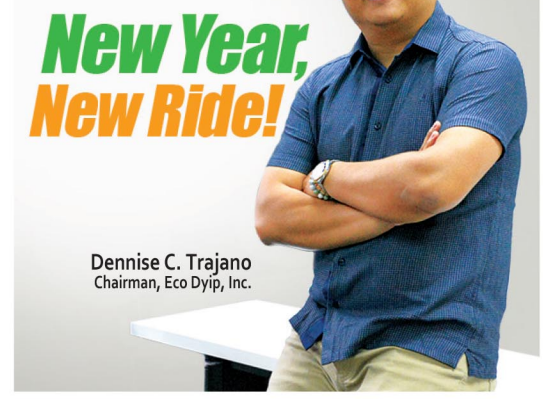
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Byahe Na! is a quarterly publication of JAM, FastCat and Philtranco and is distributed free to its passengers.

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ISSN no.: 2362-762X



Our group of companies (JAM LINER, PHILTRANCO AND FASTCAT) have been leading in the transport industry all these years and we're not slowing down!

We continue to cover all land and sea travel lanes in tandem with the progressive aims of President Duterte's "Build, Build, Build" Program.

In 2009, JAM Liner began its bus re-fleeting program, followed by Philtranco in 2013. Today, we have a combined fleet of 700 buses serving the transport needs of the Filipinos from Luzon, Visayas and Mindanao. In the next two years we expect to achieve our target of at least 1,000 bus units.

For a more efficient transport of people and goods and to complete the connectivity within islands, we also partnered and invested in FastCat, a state-of-the-art Roll-On Roll-Off Ferry fleet, each with a capacity of 300+ passengers, 8 trucks or buses and 34 cars and to date, a total of 12 brand new vessels plying the key islands nationwide. We target to have 30 ferries by 2020.

Our latest addition to the "family" is the most exciting for us as well as the riding public --- the **DyipKo!** It is a modernized "jeepney" that is safe and efficient, comfortable and professionally managed. This new venture of our brand new, modern, air-conditioned fleet aligns with government's initiative to upgrade the transport system of the country.

With the support from our local government, specifically the Department of Transportation, our aim is 1,000 DyipKo units in the next 3 years... more routes, more rides with one thought in mind: traveling convenience of the commuting public.

**Maligayang Bati, PILIPINAS!**

## Your Modern Public Transpo

Eco Dyip was incorporated last March 28, 2018 with a vision of providing efficient and comfortable transport services to the Filipinos through its modernized jeepneys called, DyipKo.

In partnership with the Land Transportation Franchising and Regulatory Board (LTFRB) and the Department of Transportation (DOTr), DyipKo's introduction of brand new and modern fleet is in line with the government's initiative to upgrade the transport system of the country and with President Duterte's "Build, Build, Build" infrastructure plan.

In addition to that, the collaboration also aims to hire existing jeepney drivers, train them on the technicalities of driving, safe measures, and proper etiquette in dealing with passengers so they can have a comfortable and safe ride experience while supporting the implementation of government programs and policies. All these modernization and expansion is for the convenience of the commuting public in mind and is Eco Dyip Inc.'s sincere way of serving the Filipino people.

### ROUTE 1

Eastwood to Capitol Commons



The routes will be further expanded but as of this launch, Eco Dyip has 50 DyipKo Supro for Route 1-Eastwood to Capitol Commons and 50 DyipKo Transmover for Route 2-Lawton to Parañaque Integrated Terminal Exchange (PITX). With the support from the local government specifically DOTr, Eco Dyip aims to serve more routes as they expect to complete their target of 1,000 DyipKo units in the next three years.

### ROUTE 2

Lawton to Parañaque Integrated Terminal Exchange

Eco Dyip, in collaboration with Mahindra, came up with a vehicle that meets and is suitable to the current needs of the Philippine commuter market – one that is safe, efficient and with modern features.

L-R: From Eco Dyip, Inc., Mr. Ken Martin Gardiola (VP for Operations), Mr. Dennise C. Trajano (Chairman) & Mr. Richard S. Rosales (President) with Land Transportation Franchising Regulatory Board (LTFRB) representatives, Atty. Zona Rusette Tamayo (Regional Director), Atty. Martin Delgra (Chairman), & Atty. Samuel Jardin (Executive Director)



To know more about DyipKo, visit <http://www.dyipko.com.ph> or contact Eco Dyip Incorporated at (02) 8363189.

# First Things First

By NANCY REYES LUMEN

There are things that NEED to be taken care of once you step into 2019 and every New Year at that. It's a form of discipline that makes the start of the year productive. It will leave you feeling good and assured of a smooth year ahead. It's always the first step that matters most --- it is the first step that will carry you through. Here are tasks that you HAVE TO DO starting on Day 001 of 2019. Are you ready?

Get a new calendar. Mark all the birthdays, long weekends, anniversaries that matter in your life. Mark also tax payment dues, and other due dates.



Read the mileage of your cars, check oil needs, change of seat covers, condition of the tires and check the spare tire too!



Get a new "cedula" as soon as you can, to avoid the long lines. And while you're in City Hall, check other certificates, licenses, realty taxes & cards that you need to update.



Open up your ref and separate the leftovers from the new items. Get rid of the very old stale items and make a note to use up all the Christmas leftovers. It's recycling time!

Weigh in right after you are done in the bathroom and record it. Do you need a diet program? Measure your height too... who knows? You might still be growing taller! Weigh in all the family members. (If you have pets, do the same for them).



Check your fire extinguishers, aircon filters, water filters and the fuse box.

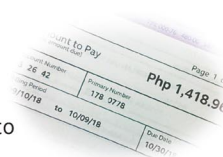


Check your medicine cabinet and throw out the expired meds.

Check your life, non-life insurance, bank balances and other financial balances.

Check your life, non-life insurance, bank balances and other financial balances.

Record all the payment deadlines in your calendar/appointment book. I know this is not a happy task... but it has to be done. Pay on time!



Check up for yourself: your eye sight, heart rate, blood sugar and start your exercise regimen.



And when you've accomplished these tasks (and more) treat yourself to a facial, new haircut, massage, pedi-mani, and all the pampering you need to feel good. Starting the year with a good feeling is a gift for yourself.

**MOST IMPORTANT OF ALL:** Thank God for the year past and pray for guidance in the year unfolding. In every decision (big and small), ask GOD for guidance.



Iloilo has a natural treasure it boasts of; Isla de Gigantes which means "Island of Giants". It was said that during the Spanish colonial era, they discovered coffins that contain enormous human skeletons inside the caves. Hence, the Spanish word gigante (giant) came to be applied to the island's modern name. It is a chain of islands that has become popular with budget travelers and backpackers. Often said to be the next Boracay, it also has a stretch of white sand and turquoise waters but has a more intimate calmness and quietness --- perfect for those who are not into the party scene.

## DESTINATION: ISLA DE GIGANTES

By KHERYSS GACUMA

There are 10 islands in the chain and that being said, get ready to go island hopping and look up some of these places.

### Tangke Saltwater Lagoon

This lagoon is enclosed with cliffs and limestone rock formation. It can well compare to the Lagoons in Palawan. As part of a tour leg, you can linger in the lagoon enclave for a limit of 15–20 minutes before the next batch of tourists are in line to come in.



Come visit Gigantes Island, Iloilo's untouched gem, a true paradise on its own.

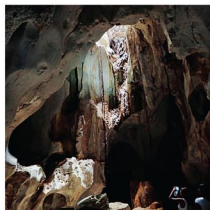
### Cabugao Island

Behold the most instagramable island in Gigantes. It is surrounded by coral reefs, the beach is pristine white and the waters are so clear to swim in. From a vantage point, the other islets come into view – a panoramic scene that is relaxing and inviting. Fall in love with nature at its finest here because it is the perfect place to unwind and enjoy the tropical life.



### Bakwitan Cave

Only one of the few accessible caves of the island's 57 caves -- Bakwitan Cave. Its name suggests a place to evacuate (as the locals would say it – "bakwit", get it?) This cave was an evacuation center during typhoons. Inside, the stalagmites/stalactites' huge caverns and natural light peeking from crevices will wow even the most jaded tourist. For sure, this is a must-go!



### Antonia Beach

Camp out in style in Antonia Beach. If you are on a budget, this camp out site is a good alternative to the pricey hotels. For Php 100 – Php 150 per person, you can pitch your own tent or rent tents at Php 200 per person/night. At daytime, tourists flock over for lunch when one can buy fresh seafood (crabs, scallops, squid, fish) and grill them. Do not miss out on tasting the local oyster Wasay-Wasay which is shaped like an axe.



MANILA - ISLA DE GIGANTES   ESTIMATED TRAVEL TIME (18 1/2 HOURS)			
Manila - Batangas	3 Hours	Land	
Batangas - Calapan	1 1/2 Hours	Sea	
Calapan - Bulalacao	4 Hours	Land	
Bulalacao - Caticlan	3 Hours	Sea	
Caticlan - Carles Port	5 1/2 Hours	Land	
Carles Port - Isla de Gigantes	1 1/2 Hours	Sea	
BACOLOD - ISLA DE HIGANTES   ESTIMATED TRAVEL TIME (5 1/2 HOURS)			
Bacolod - Iloilo	1 1/2 Hours	Sea	
Iloilo - Carles Port	2 1/2 Hours	Land	
Carles Port - Isla de Gigantes	1 1/2 Hours	Sea	

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# TRENDING NOW...

## ePINOY, eTINDAHAN, eSERVICES... Your Own eBIZ

By NANCY REYES LUMEN

**Wake up people...** digital age na! Late na tayo kung hindi pa nag-iisip ng online business. **WHY?** Kasi this is the way business is happening now. Better start re-thinking how to run your business.

Imagine a business na wala ng cash, no need to check kung fake yung Php 500.00 bill or manakawan ng cash, imagine hindi na magbabayad ng rent sa store space--- plus 10% increase every year and plus, plus, plus! Imagine at home ka, you can work in your living room while taking care of the kids or doing house work. Imagine hindi kailangan ikaw ang magdedeliver ng products mo sa traffic, hindi na male-late or tatakbuhan ng buyer. Talagang online na nga ang ideal business of this time.

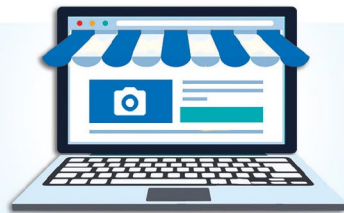
**So, are you thinking of going online?** Of course dapat may capable computer ka, connection to WI-FI and have a site, at least Facebook. Okay... GAME! Here are some guidelines but do more research because trends change so fast and you have to always catch up.

**The best thing is to apprentice in an existing business.** Get a job that is online. Learn and make mistakes while your risks are still small. Get used to working from home. Establish a good relationship with your bank, at least 2 banks as well as your cellphone server. Also, have an insurance so that you can protect your business.

**1st:** Have a business plan, business model. Study the business you want, study the competition. Study the top 10 successful online businesses like Grab, food delivery, eBay, Alibaba, Amazon, Services.com, etc. ANG DAMI NANG ONLINE BUSINESSES!

**2nd:** What is your product or service? Is it unique? Can you add on bonuses or extras, promos, coupons? Is it affordable? Make it only a single product to start with. What is the shelf life? How big is your stock pile? Can you work/store/produce/pack from home? Choose a trusted delivery service provider.

**3rd:** Design your eCommerce Website or study other sites or hire someone to design or maybe start na lang with Facebook. Make it easy to read, happy, fun, affordable in appeal, straight forward talk, entertaining and with lots of nice photos.



**4th:** Upload and sell na agad! Post good photos of your product and your services. Be sure what you show in your photos is what they'll get. Plan a marketing strategy like have an endorser or gather good reviews. Learn who is your target audience.

**5th:** Who is on board? Ikaw? Then start with services if you have no capital. Offer your online services then when you know the ins and outs of online business, slowly get into retail.

**WORD OF CAUTION:** Do not buy the "get rich quick" style of making money. It is not the right way to start. Be truthful, sincere and professional in your dealings and even if you are just an avatar to the cyberworld, your goodness will shine out.

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Wala pa kaming panalo sa Lotto so "feeling mega-rich" na muna until maging totoo na yung feeling ko! Hahaha!

# FEELING MEGA RICH

By NANCY REYES LUMEN

**Maraming attitudes, habits, lifestyles ang mga rich na mabuting pag-aralan at kuhanan ng life lessons.** First of all, when I talk of mega-rich, sila yung hindi maingay, mabongga at mayabang na rich. Hindi nagpapasiklab ng signature bags or nakakasilaw na alahas. Sila yung simple lang, hindi mo nga makikilala agad na mega-rich until makakita ka ng ebidensya such as pagsakay nila sa Benz or Lexus or sa kulay ng credit card nila (Platinum pala) or naka-Rollex or Omega. Alam niyo na'yon!

## So, to feel mega-rich and be successful like most of them, here are ways how to do it and be like them while waiting for the BIG BREAK!

- Talk less, listen more. Communication is important for business success but listening is a good skill and good decision when dealing with people.
- Get out of the workplace. Makiramdam sa pulso ng bayan. Mag-commute and mingle with the middle class sa palengke, tapsilogan, ukay stores, etc.
- Choose friends wisely. Those who lift you up, not those who drag you down. Be wise & discreet.
- Know when to stop. Don't overwork like a "cohholic". Avoid late night work and take time to rest.
- Never stop learning. Education is the best teacher. Read, read, read, not always TV. You must learn real facts because you are not a robot with AI (Artificial Intelligence)! Learn from the young, the old, the techies, the pros and from the streetwise.
- Plan for the day, for the month, for the years. Plan so that you feel useful, you have something to do and look forward to. Plan so that you can feel productive. Plan to make others feel loved. Most important of all--- Plan for your next life.
- Have a source of sleeping income. Invest in something that you can harvest after 10+ years. And then it will be like a retirement fund or a pension. Real estate, dividends, investments, etc.
- Value time. Time is a gift. Have a quiet/prayer time. Time to exercise. Time to sleep and eat well.
- Read every day. At least 30 minutes. Read newspapers, magazines (Byahe Na!), paperbacks, history books, nutrition books, cookbooks, how-to books. Iwas sa chismis, read na lang ng ibang bagay.
- Care for yourself. Kailangan pa bang i-memorize ito? Stay healthy, alert, friendly, HAPPY. Bawal ang depressed or stressed. You can't love others if you do not know how to love yourself.

8 Byahe Na!

## FastCat Gears Up for Growth with the Construction of New Vessels



L-R: From Archipelago Philippine Ferries Corp. (APFC), Ms. Mary Ann I. Pastrana (EVP - Treasurer), Mr. Dennis C. Trajano (Chairman), & Mr. Christopher Pastrana (President & CEO) with Asia United Bank (AUB) representatives, Mr. Andrew T. Yap (Senior Vice President) & Ms. Karla Andrea M. Ubalde (Asst. Vice President)



L-R: From Archipelago Philippine Ferries Corp. (APFC), Ms. Mary Ann I. Pastrana (EVP - Treasurer), Mr. Christopher Pastrana (President & CEO), & Mr. Dennis C. Trajano (Chairman), with United Coconut Planters Bank (UCPB) representatives, Mr. Higinio O. Macadaeg Jr. (President), Ms. Carina C. Uy (Corporate Banking Group Head/FVP) & Mr. Ramon L. Fernandez Jr. (Corporate Banking Team Head/VP)

*AUB and UCPB greenlights loans for construction of 2 new FastCat ferries each.*

In line with its goal to bridge the country's 7,000-plus islands through reliable vessels, **Archipelago Philippine Ferries Corporation (APFC)**, the shipping company that operates **FastCat**, inks a \$12.7-million loan with **Asia United Bank (AUB)** for the construction of two new ferries, and a \$ 13.28-million loan with **United Coconut Planters Bank (UCPB)** for the construction of two more new ferries.

The shipping company aims to provide safe, fast, and convenient sea transport of goods and passengers by offering efficient vessels designed to withstand the country's extreme weather conditions. With four new vessels underway, FastCat targets to open additional routes such as Batangas to Marinduque, Lucena to Marinduque, Cebu to Masbate, Cebu to Leyte, and Mindoro to Palawan, to name a few.

"We are grateful to have the support of AUB and UCPB as we strive harder to modernize the shipping industry and move closer to achieve our ultimate mission of "30 FastCats by 2020", says Christopher Pastrana, Chief Executive Officer of FastCat.

The upcoming four vessels are set to be improved iterations of the existing APFC's fleet which will have better amenities such as reclining seats with food tray provisions, a snack bar, and a toilet at the economy section, new design for better sea handling and passenger comfort, a special area for persons with disability at the main deck, environment-friendly engines, and so much more.

Coupling with their upgraded vessels with quality crew training and great customer service, FastCat continues to raise the bar in maritime safety and sea transport.

Learn more about FastCat by logging on to [www.fastcat.com.ph](http://www.fastcat.com.ph).





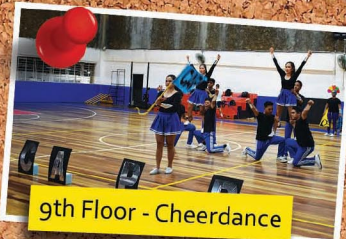
Overall Champion (Blue Team)



5th Floor - Cheerdance



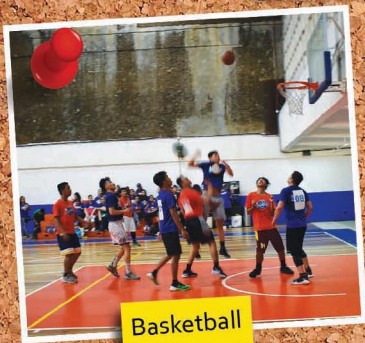
4th Floor - Cheerdance



9th Floor - Cheerdance



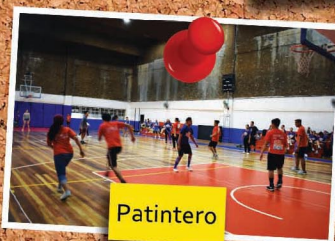
The Blue & Orange Team



Basketball



Volleyball



Patintero



Dodge Ball



Tug of War

# 10 VALUES FOR KIDS TO LEARN

By CARMEN JOAN V. ALGARA



**Hello Byaheros!** Happy New Year to you and your families! New Year is always the best opportune time to "reboot" ourselves, start anew and continue the positive things in our lives. And our chance too, to improve ourselves.

For our kids, the start of the year can be a good time to teach values that they can carry on the rest of the year and the rest of their lives. In this modern age, what can we parents teach our kids today as we start this New Year?

## Here are 10 things to teach our kids:

### Start your day with a small prayer.

Encourage your kids to pause for a moment and think of the things they look forward to, being thankful for all the good things that came their way in a small prayer.



### Treat other people with respect.

How they look like, what family background they come from, what they like or dislike, who they are as a person.

### Remember the magic words... "Please" and "Thank You!"

Saying Please and Thank You are words of respect and of being grateful to one another.



### If you want to learn, ask a question and listen.

Kids can learn also by being curious, by asking what they do not understand; listen to what others have to say.

### You have to give yourself time to rest.

With the fast pace life that we have today, we have to teach our children to just slow down, rest their mind and body from the routine that they do, from the gadgets that they have, from always being out of the house.



### In everything, be honest, tell the truth and do not tell lies.

Lying is like riding a roller coaster, it goes up and down, left, right and when the roller coaster stops you will still end up to have to tell the truth.



### Love your parents, love your family.

Let's tell our kids that their family embraces them with the love and care that is unconditional. Dad and Mom will always have their back no matter what. So it is just as it should be to embrace that love, and love their parents and family back.

### Save your money.

When you get your allowance, set aside a portion and save it. Make it a habit and before you know it, you will have money to spend for the things that you need. If you receive P50.00 for your allowance save P5.00 and keep it in a jar!

### Do not hurt others with either actions or words.

Hurting another person does not just come physically; it can also come in what you say to another person. Hurting is a two-way street, because you may have caused hurt to another person, but you will also not feel good about it.



### Be happy with what you have.

Let's teach our kids to be happy, to appreciate and take care of what they have been given. Be patient for the things that they aspire for. And also share what you can to the person that needs it most.



I am writing this, I also believe that when we talk to our kids about things we want to teach them, we too can learn and make a positive change in our life.

**So here's to a new and better us this New Year, Byaheros!**



# TRAVEL TIPS



**1**

Try to visit the local Tourism Office, they have free maps and travel guides.

**TICKET**

**2**



Book your ticket in advance para mas makamara and iwas hassle pa.

**3**



Remember to ask for a receipt to track your travel budget.

**4**



Iwas na tayong gumamit ng plastic, use a reusable straw.

**5**



Always practice trash segregation.

## LIFESPAN ng

# BASURA sa LANDFILLS



By NANCY REYES LUMEN

So many things go fast in time: work, sleep, TV shows, food, gimmicks but there are also things that can last for 100's of years and still be around— isa na dyan ang mga materials that stay forever in the landfill. #1 na ang styrofoam so we do not even have to discuss that because it is the most common material we throw na basura.

Just to give you an idea, here is what happens in landfills and what you throw in them:

- 🗑️ Face wipes, cosmetics made of synthetics that are not biodegradable - (100 years na andyan pa rin).
- 🗑️ Cardboard boxes, cotton materials, paper, light wooden items (like popsicle sticks), newspapers, magazines, phone books, greeting cards, tissue, folders, paper bags, junk mail and garden trash - they are compostable in about 3-6 months.
- 🗑️ Plastic bottles, plates, glasses, cups, food containers, tubes, plastic hangers, straws, diapers and all kinds of hard and soft plastics – there are different kinds but in general they are not compostable and not recyclable (100's of years din but some can be recycled depending on the type of plastic).
- 🗑️ Glass bottles, de lata like canned goods, wire hangers, lumang kaldero, tools, foil, ceramic plates (hindi plastic) yero and other things made of glass or any kind of metal scrap – hindi dapat tinatapon sa landfill. They can be recycled.
- 🗑️ At iba-iba pang materials na hindi styro, plastic, wooden materials, chemicals, perishables – may mga recycling centers for specific materials. For example: Mga gulong ng sasakyan ay ginagamit sa coral reefs or recreationals or made into basurahan.

Now that alam na natin ang lifespan ng different items sa mga landfill, here are a few but GOOD tips on how to be earth-smart and do your share for the environment.

- 🗑️ Put an extra waste basket or cardboard box in the busy rooms in the house (kitchen, bathroom, garage, etc.) dedicated to recyclable items.
- 🗑️ Bring your own drinking bottles, utensils or plates para less ang gamit ng mga disposable plastics, styro and even paper. Naka-save ka na sa cost, nakatulong ka pa sa environment.
- 🗑️ Read labels about the materials used. Some labels hide the word "plastic" like in ("microbeads" for face scrubbers). Some sunscreen labels that contain oxybenzone and oxinolate are harmful to coral reefs.
- 🗑️ Do not just recycle— better, reuse several times. Ang sosyal na tawag sa ganitong gawain ay "repurpose" items or reuse them. For example, yung mga styro trays of frozen goods from the supermarkets can be used as trays when you prepare ingredients to be cooked (mise en place). After re-using that styro tray several times, it feels better to throw without guilt. Your impact on the environment is good, not harmful!
- 🗑️ Save water! Yes, binabaha tayo (and that's happening all over the world now) but we still waste water. Tuwing naulan, mag-ipon ng panligo or panghugas ng gamit. Pag nagtu-toothbrush, isara ang faucet ng sandali. Heto ang statistics: Letting the water run 5 minutes while washing the face = 10 gallons a day. Brushing teeth = 5 gallons. Shower = 5 gallons every minute.

Oh pano na? Dehins goli na lang? Hahahaha!



# 5 Minute Music Therapy

By DAVID REYES

**Why are Pinoys considered a happy people?** Lahi tayo ng masasayahing tao. Ano ang secret natin? They say it's because we like music... totoo nga ba? **Byahe Na!** invited a musician/electric guitarist/psychology grad/marketing whiz to give his 5 cents worth about music therapy. (NRL)

**Hi Byahe Na!** readers/music lovers like me. Yes, I took up psychology and I'm also a musician. It's true! Music can help people feel better. May mga theories and proofs that prove it. It's known as music therapy. So put DO and RE together and you have MI for the next 5 minutes to share with you what I know.

## (Medical) Disease Vs. (Mental) Disorder

In Psychology, it is very basic to differentiate (medical) disease from (mental) disorder, though both are normally interchangeable. Basically, a medical disease is any sickness like having cough, fevers, colds. Ang mental disorder naman has to do with human behavior and how he behaves day to day. Kung may mental disorder (like autistic, depressed or hindi maka-control ng anger like road rage) it is possible to add in music therapy to help lessen the disorder.

Imagine people playing bongos, flutes or a tabla (Google this instrument, it's really cool). Nasa-chillaks zone sila. This can be a scenario of music therapy but it goes deeper than that... talagang may medical/scientific studies involved.

Before undergoing music therapy, dapat ma-screen yung patient kung bagay sa kanya yung treatment. There are different kinds of music therapy like:

- 🎵 **Guided Imagery and Music (Bony Model)** - isang grupo will listen to music then interpret it through drawings, sculptures or poems
- 🎵 **Analytically Oriented Music Therapy (The Priestly Model)** - a group or individual freely plays "guided" musical improvisation
- 🎵 **Creative Music Therapy (Nordoff-Robins Model)** - a group plays music, but it is structured (pinili ng therapist) and guided by their moods and emotions
- 🎵 **Free Improvisation Method (The Alvin Model)** - a therapist is the only one who performs songs according to the needs of his/her listener
- 🎵 **Behavioral music therapy** - mga awit or music na nakaka-trigger ng tamang reactions, like behaving well and getting rid of undesired ones. This model is the most useful for people because it could calm road rage (make them listen to classical music) or stir up yung mga tamad (make them listen to Eye of the Tiger).

You, yourself, may not even know it, but you might already be providing your own therapy. **That playlist in your Spotify or phone?** Those are YOUR songs. Those are YOUR memories. And you chose them because they make YOU feel happy, feel in love, hopeful, sad, be inspired or as simple as stay AWAKE.

**So... get started!** Play soothing music for someone who needs it (maybe your Lola/Lolo who are lonely or a kid having a tantrum.) Music can alter moods. Hum a happy tune to yourself and give me your best smile. Hopefully, the five minutes you spent reading this was informative and that you will have something new to share at work or at home, aside from that new song you heard on the radio. **Hmmm... La la la...**

14 **Byahe Na!**



## sans rival

LAYERS OF MERINGUE MIXED WITH GROUND CASHEW HELD TOGETHER BY THE CREAMIEST OF BUTTER MOUSSELINE WITH A GENEROUS SPRINKLING OF CHOPPED CASHEW NUTS ON THE TOP OF THE FINAL LAYER.

MEANING "WITHOUT RIVAL" IT MERELY CONFIRMS WHAT EVERY BAKESHOP HABITUE KNOWS, THAT AMONG THE PASTRIES, IT IS ONE THAT INSPIRES AWE, DEMANDS RESPECT AND WHEN PERFECTED LIKE WE HAVE DONE DESERVES ALL THE ATTENTION AND FOLLOWING IT HAS.

## our specialties

WHOLE	MINI	SLICE
P345	P210	P35



SILVANAS (BUTTER)  
PACK      PIECE  
P165      P20

SILVANAS (CHOCOLATE)  
PACK      PIECE  
P195      P23

## silvanas

OUR VERY OWN VERSION OF THE MELT-IN-YOUR-MOUTH SILVANAS. THIN MERINGUE WAFERS SMOTHERED WITH BUTTERCREAM FILLING THEN ROLLED IN COOKIE CRUMBS.

OUR SILVANAS HAS BECOME SYNONYMOUS TO DUMAGUETE CITY MAKING IT A CHOICE PASALUBONG, HAND-CARRIED TO DESTINATIONS NEAR AND FAR.



\*SANS RIVAL AND SILVANAS IS BEST STORED IN A FREEZER.

# MONGGO

## From Yagit to Level-Up Sosyal

By NANCY REYES LUMEN

**Twing Friday, ano ang ulam? Di ba Monggo?** Ito yung naging traditional Friday ulam as told to me by someone from Quiapo. In this area, it is almost predictable that you would be served Monggo on a Friday specially around the church area. Memories of Monggo come back to me --- naaalala ninyo ba na monggo beans ay isang paraan ng parusa sa mga makulit na estudyante... "Luhod ka sa munggo!" ang punishment ni Teacher. Ewan ko ba kung bakit masarap pa rin ang Monggo Soup kahit yun ang unang ala-ala ko sa kanya...

Kahit hindi Friday, Monggo Soup is always welcome. Comfort food, ika nga. Madaling kainin, melts in your mouth kasi malambot na malambot na ang beans sa pagkakulo ng ilang oras. Tapos, ma-umami pa yung lasa, bagay sa kanin with patis at konting suka panlaban sa alat. Ang Monggo Soup ay source of protein, so vegetarians love this. In fact, Monggo Soup is related to a lot of Indian food, vegetarian food and Middle Eastern Food. Mga kapatid nating OFW hindi maho-homesick kasi mayroon nang instant Monggo Soup Mix.

Ang pagluto nitong soup ay standard lamang: gisahin, lagyan ng seasoning (MSG o iba pa), pakuluan sa tubig or soup stock ng matagal hanggang malambot yung beans. Sabay dagdagan ng mga pa-extrang masasarap at pares sa Monggo gaya ng mga iba't ibang talbos like sa ampalaya or sayote or dahong sili, daing, tinapa, beef tapa, leftover lumpiang prito... welcome yan (basta wag matamis, hah...).

But for the sake of Monggo Soup addicts like me heto ang iba pang ways of leveling up this favorite Friday soup ng mga Pinoys. Heto...

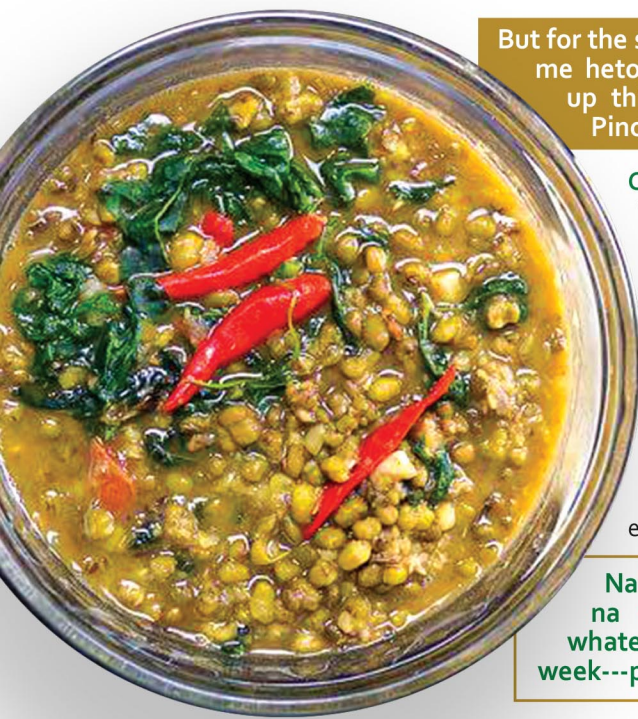
**Cream of Monggo Soup** – masabaw na version tapos add all purpose cream or sour cream to make it creamy.

**Leftover Monggo Soup** – drain the monggo and add to chopped hard boiled egg with some mayonnaise. Sarap. Top with chopped onion leaves or Wansoy.

Serve Monggo Soup with olive oil and apple cider vinegar---na Peninsulares ang dating!

Top with Angus Beef Tapa.  
Cook with Salmon... smoked salmon even better.

**Naku, marami pang ibang style na sosyal for Monggo Soup---but whatever it is, and whatever day of the week---paborito natin lahat ito...**



16 Byahe Na!



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