

**They're
'Binay-izing'
VP Sara**

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ETERNAL VIGILANCE IS THE PRICE OF FREEDOM



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AN ELDERLY woman risks her safety as she begs for change from vehicles stopped at Crossing Toril, Davao City, on Saturday, Oct. 7. The City Social Welfare and Development Office has launched a campaign intensifying the PD 1563 known as Anti-Mendicancy Law, which prohibits individuals, particularly the use of children, for panhandling in roads and establishments. The law also covers people giving alms to beggars, which is also against the law. BING GONZALES

Stop giving alms

• *City intensifies Anti-Mendicancy Law to prevent child exploitation on the streets*

BY NOVA MAE FRANCAS

THE CITY Social Welfare and Development Office (CSWDO) has ramped up the enforcement of the Anti-Mendicancy Law to minimize rampant street begging, particularly those who exploit children and infants.

CSWDO head Julie Dayaday said they must intensify their efforts with the coming holiday season, which brings the deluge of indigenous peoples from the uplands and from neighboring towns looking to spend Christmas in the city.

Dayaday revealed that most of the visiting IPs are from Laak, Davao de Oro, Kapalong, Talaingod,

Davao del Norte, and Badjaos from Davao del Sur roaming the streets of Toril. She coordinated with the DSWD XI and other local government units to discourage IPs from visiting the city during the holiday season.

Unfortunately, street beggars risk their safety, especially when they carry their infants and kids around to elicit more sym-

pathy.

Caroling in the streets is also prohibited. However, they would much prefer that the IPs do caroling in neighborhood areas as it is much safer than competing with vehicles in the streets.

"Mendicant" refers to any person who has no visible and legal means of support and has to resort to begging as their means of living.

Section 4 of the Presidential Decree No. 1563 of the Anti-Mendicancy Law of 1978 states that any infant or child 8 years old and below found begging or exploited by a mendicant for the purpose of begging shall be seized and considered as a neglected child. They will be rescued and placed in the custody of the Department of Social Welfare and Development (DSWD).

The law also penalizes mendicants with a

fine not exceeding P500 or imprisonment not exceeding two years. A habitual mendicant shall pay a fine not exceeding P1,000 and imprisonment not exceeding four years.

Meanwhile, a person who will be caught giving alms shall pay a fine not exceeding P20.

On Oct. 6, the CSWDO handed out pamphlets to PUJ drivers and passengers to remind them against giving money to children and beggars handing out empty

envelopes at stop lights. Dayaday stressed that mendicants will continue to beg so long as people keep on giving.

"Wala mi naga ingon nga dili ta motabang pero didto lang gyud sa proper na agency, proper na mga partners nato nga naga-extend pud og help sa atong mga beggars," Dayaday said.

Councilor Wilberto Al-ag, the committee on social services chair, also

(📞 / STOP / 10)



CITY Social Welfare and Development Office officer-in-charge Julie Dayaday leads the distribution of reading pamphlets and posting stickers in public transportations along San Pedro Street, as part of their campaign to intensify the Anti-Mendicancy Law in the city. BING GONZALES

60 nabbed, P800-K worth of drugs seized in simultaneous operations

BY RHODA GRACE B. SARON

Berserking trike driver face raps

A TRICYCLE driver faced three charges after he flew into a rage and broke the window of the City Transport and Traffic Management Office (CTTMO) satellite office on Wednesday, Oct. 4.

Captain Hazel Tuazon, spokesperson of the Davao City Police Office identified him as Emerson Alaton Aductante, a resident of Phase 7, Barangay Tugbok

Proper, Tugbok District.

Tuazon said they filed a case of malicious mischief, alarm and scandal, and Batas Pambansa 881 (Omnibus Election Code of the Philippines) against Aductante because he was caught with a 19-inch machete.

According to the report, the suspect armed with a bolo went wild and broke the glass window

of the office along San Francisco Street, Barangay Mintal.

The suspect confessed that he saw red after a traffic enforcer impounded his motorcycle with a sidecar. He also sustained injuries as a result of his violence.

For now, the driver is under the custody of Tugbok Police Station. *By Rhoda Grace B. Saron*

THE DAVAO City Police Office (DCPO) arrested 60 suspects and seized more than P800,000 worth of illegal drugs in its simultaneous anti-criminality and law enforcement operations from Sept. 21 to 30.

DCPO chief Col. Alberto Lupaz said their 55 operations yielded substantial results, including the seizure of 116.1120 grams of shabu and 135.7400 grams of marijuana, with an estimated street market value of P805,850.40.

"In our unwavering pursuit of justice, DCPO achieved a significant milestone in the campaign

against wanted persons by apprehending 112 individuals with outstanding warrants," he added.

Authorities also launched 31 anti-illegal gambling operations resulting in the arrest of 89 violators and the confiscation of P17,864 in bet money.

Additionally, they arrested three individuals

and confiscated two guns in the campaign against loose firearms. Also, police seized 11 firearms on top of one surrendered gun during 38 operations.

"These exceptional achievements are a testament to the unwavering dedication of DCPO and the tireless efforts of each PNP personnel," Lupaz

(👉 / 60 NABBED / 10)

Davao's air quality remains 'fair to good'

DAVAO CITY (MindanaNews) – The Environmental Management Bureau (EMB)-Davao assured the residents in the region that the air quality index (AQI) is still at the "fair to good" level amid concerns about the possible impact of massive forest fires in Indonesia on the area's air quality.

In a statement released on Tuesday, EMB-Davao regional director Alnolfo

M. Alvarez assured the public that the bureau is "monitoring the situation and is well-prepared to respond to any changes."

"We understand the concerns of our community members regarding the forest fires in Indonesia and their potential impact on our air quality," he said.

Alvarez said the air quality is generally satisfactory, posing little or no risk to health despite

concerns about a possible transboundary haze across countries in the Southeast Asian region.

He added that the agency is closely monitoring the air quality to ensure the "well-being of the residents."

"Our dedicated team of experts is working diligently to keep track of the air quality data and take necessary actions to safeguard the public health,"

he said.

The EMB-Davao urged the residents to stay updated on the air quality status through (<http://ambientair.emb.gov.ph/>) and take the necessary precautions, especially for individuals with respiratory conditions.

"It is advisable to limit outdoor activities and use masks if ever the AQI deteriorates," it said.

(👉 / DAVAO'S AIR / 10)

Davao Int'l airport security tightened

BY RHODA GRACE B. SARON

SECURITY was heightened for Francisco Bangoy International Airport (DIA) following the bomb threat post that spread on social media.

Rex Obcena, manager of the Civil Aviation Authority of the Philippines Davao (CAAP-Davao), said they implemented target-hardening measures

since they take all threats seriously, whether issued as a joke or prank.

Obcena asked for the understanding of the public, especially since they will undergo tighter screening and more layers of personnel before boarding.

"CAAP Davao has a series of collaborations (👉 / DAVAO / 10)

60-40 law hinders foreigners from investing in city: DCIPC

BY NOVA MAE FRANCAS

THE 60-40 constitutional restriction is the leading factor that stops foreign investors from fully committing their resources in the city, Davao City Investment and Promotion Center (DCIPC) revealed.

During the iSpeak forum last week, DCIPC chief April Marie Dayap recalled that in 2019 an investor from Qingdao, China, who owns a beverage company, expressed interest in opening factory

in the city.

However, the investor's enthusiasm dampened after hearing about the

restriction.

"Dili man siguro nato matanggal ang restrictions pero somehow we will give more leeway to the foreign investors, I think daghan gyud ang mo-invest sa

Davao city and also in the Philippines," Dayap said.

"Of course, if i-allow [sila] to own majority sa investment, mas komportable sila," she added.

The 60-40 equity

rule supposedly regulates foreign investments and businesses in the country through the Foreign Investment Act (R.A. 7042, 1991, amended by R.A.

(👉 / 60-40 LAW / 10)



IT'S STILL OCTOBER, but a department store in Malaybalay City is already displaying Christmas decorations for sale on Oct 3, 2023. The Philippines is known as the country with the longest Yuletide celebration. MindaNews photo by H. MARCOS C. MORDENO

Improved infra needed to woo tourists to Davao City

DAVAO CITY—Private tourism stakeholders in Davao said there is a need for more public and private infrastructure investments in Davao to attract more foreign tourists to the region.

"Infrastructure talaga ang isa sa mga challenge natin," says Pia Partoza Montano, the owner of PAR Travel and Tours and the current external vice president of the Davao Travel Agencies Association (DTAA).

Montano cited the need to improve Francisco Bangoy International Air-

port considering that it is the gateway to the region.

"As the gateway, our airports are very important. It is a good impression when we have a good airport," Montano said.

She hopes that the Davao International Airport Authority will become operational as it would greatly help in improving and expanding the facility. She cited that Cebu and Clark have beautiful airports worthy of international recognition.

We really need the boost na talaga Cebu has

(👉 / IMPROVED / 10)

The benefits of rabbit farming

PORK, fish, chicken, and beef are the most common meats consumers find in public markets and grocery stores in the country.

But rabbit meat is a growing livestock industry in the country, with many Filipinos venturing into rabbit farming to supply an increasing demand for this healthy alternative meat.

Also, the debilitating

effect of the African Swine Fever (ASF) has opened the doors for rabbits as an alternative and healthy source of meat. Its utilization as an alternative meat can be traced to post-World War II when rabbits were brought into the country by the United States Peace Corps to help alleviate food scarcity.

However, many Fili-

pinos considered rabbits as adorable pets, not as a food source.

A few years ago, with the ASF causing devastation to the hog industry, then Department of Agriculture secretary William Dar, during the International Farmers Summit in 2020, said they were looking at rabbit meat as one of the "baskets of options" to fill in the gap and committing to provide the necessary backing to increase rabbit meat production in the country.

Healthy meat

Rabbit, aside from being an excellent source of protein, is also good for the heart as it has negligible cholesterol levels. It is also rich in vitamins B12 and E.

Vitamin B12 helps keep blood and nerve cells healthy, while vitamin E helps maintain good vision and skin health.

Boy Jale, a rabbit farmer from Panabo City, mentioned that his customers prefer rabbit meat because of its low cholesterol properties.

"Mao prefer nila ang rabbit meat kay healthy

(👉 / RABBIT / 10)



BOY JALE, rabbit raiser from Panabo City



Candy Carnival Trick or Treat

October 28, 2023
Lower & Upper Veranda

1PM	Registration
	Coloring Activity
2PM	Fun Games, Magic Show
	Fashion Show
3PM	Snacks, Open Booths
	Trick or Treat Activity

Php 600.00 per Kid

Inclusive of

- Plated Snack**
- Trick or Treat Loot Bag**
- Magic Show**
- Cotton Candy Booth**
- Ice Cream Booth**
- Fun Games & Coloring Activity**
- Fashion Show**
- Costume Contest**

Category A: 5 years old and below
Category B: 6 - 12 years old

Per DTI Fair Trade Permit No. R11-Dav 224, Series of 2023.

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Japan embassy turns over new sky gym hall to MKD

BY MAIMONA WANDA LAO

THE MINDANAO Kokusai Daigaku (MKD) recently opened its newly renovated sky gym hall with the support of the Grant Assistance for Cultural Grassroots Projects (GCGP) of the Japanese Ministry of Foreign Affairs Office.

The improvement of the hall enables the MKD to continue its efforts through activities such as cultural exchanges for the school's stakeholders and the local community.

"Indeed, we have significant roles to play in order to ensure the continued progress, development, and harmonious relationship between Japan and the Philippines, as we are the leading bridges, who should help connect our two beloved countries," Dr. Ines Mallari, MKD school president said.

The renovation started on April 17 and was completed on Aug. 24.

Consul General Ishikawa Yoshihisa of the Consulate General of Japan in Davao shared that the Embassy of Japan provided a grant amounting to US\$80,542 for its renovation under the Grant Assistance for GCGP in March this year.

"We hope this project will be another testimony of the longstanding friendship and cooperation between Japan and the Philippines in promoting cultural exchange and education, as well as enriching the Nikkeijin community," Ishikawa said.

On behalf of the city government, Councilor Pilar Braga, committee on education, science and technology, arts and culture chairperson, also emphasized that the hall symbolizes peace between the Filipino and Japanese people, as well as being a partner of the growth and development of Davao City.

The ribbon-cutting ceremony was also attended by Dr. Laura Cespon, MKD vice president for academic affairs and dean of college, retired Judge Antonina Escovilla, MKD chairman of the board, faculty, and students, among others.

The GCGP aims to facilitate cultural exchanges by providing assistance that directly benefits the grassroots through support for non-government organizations, and local public bodies.

Photo Courtesy of Mindanao Kokusai Daigaku



Defense chief pushes fight vs loose firearms in Bangsamoro

KORONADAL CITY (MindaNews) – Defense Secretary Gilberto Teodoro Jr. stressed the need to intensify the campaign against loose firearms in the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM), noting that “internal security is as much a priority as external defense.”

Teodoro made the pronouncement during the launching of the Assistance for Security, Peace, Integration and Recovery for Advancing Human Security

(ASPIRE) in the BARMM in Isabela City, Basilan on October 5.

He described the Japanese-funded project as “a proactive and innovative

way of reducing the proliferation of illegal weapons in society.”

“Kaalinsabay ng ASPIRE project, kailangan ang police and military

visibility to deter any form of aggression, *para sa mga magsu-surrender, mararamdaman nila na safe sila* (Together with the ASPIRE project, there is a need for police and military visibility to deter any form of aggression, and for those who will surrender to feel

they are safe,” he said in a statement.

ASPIRE aims to reduce small arms and light weapons (SALW) in the Bangsamoro region and to provide livelihood support to former Moro combatants and members of private armed groups, as well

as raise awareness of the negative effects of possessing SALW.

Office of the Presidential Adviser on Peace, Unity and Reconciliation (OPAPRU) Secretary Carlito Galvez Jr. said the initiative is part of the nor-

(👉 / DEFENSE / 10)



Twenty-eight former rebels get a new lease in life after completing training and receiving livelihood packages from Tesda-Surigao del Norte.

28 former rebels receive livelihood items in Surigao

BY RHODA GRACE B. SARON

TWENTY-EIGHT former rebels received agricultural tools from the Technical Education and Skills Development Authority (Tesda) during the agronomics toolkits distribution at the 30th Infantry battalion headquarters in Barangay Mahanub, Gigauit, Surigao del Norte on Oct. 3.

First Lieutenant Ian Lemuel Lalata, civil-military operations officer of the 30IB, said the equip-

ment for each beneficiary consisted of 28 pick mattocks, knapsack sprayers, rakes, post hole diggers, and pruning shears.

The toolkits are part of the agronomics training package implemented by Tesda-Surigao del Norte intended for the former rebels to integrate them into mainstream society.

Engr. Edwin C. Lanquino, administrator of the Provincial Training Center

(👉 / 28 FORMER / 10)

Samal earns ‘Hall of Famer’ status during Regional Red Orchid Award

DAVAO DEL NORTE- The Regional Red Orchid Award validating team recognized the Island Garden City of Samal as the “Hall of Famer” at the end of evaluating the city’s anti-smoking ordinance implementation on Oct. 5, 2023, at the Rural Health Unit, Peñaplata, Samal District.

The Samal Island Information Office, however, said that the awarding ceremony to confer the award

will be made on November 23, 2023.

Team validators were from the Department of Health (DOH) and the Provincial Health Office of Davao del Norte.

The island received the Red Orchid Award in 2017, and 2018. It was supposed to be declared the 2019 Hall of Famer, but it was canceled due to COVID-19.

The “Hall of Famer”

status acknowledged the city’s long-term commitment to a smoke-free future. It solidifies the city’s reputation as a trailblazer in the fight against tobacco use, promoting cleaner air and improved public health.

The LGU’s exceptional performance in compliance, enforcement, public awareness, community engagement, and health

(👉 / SAMAL / 11)



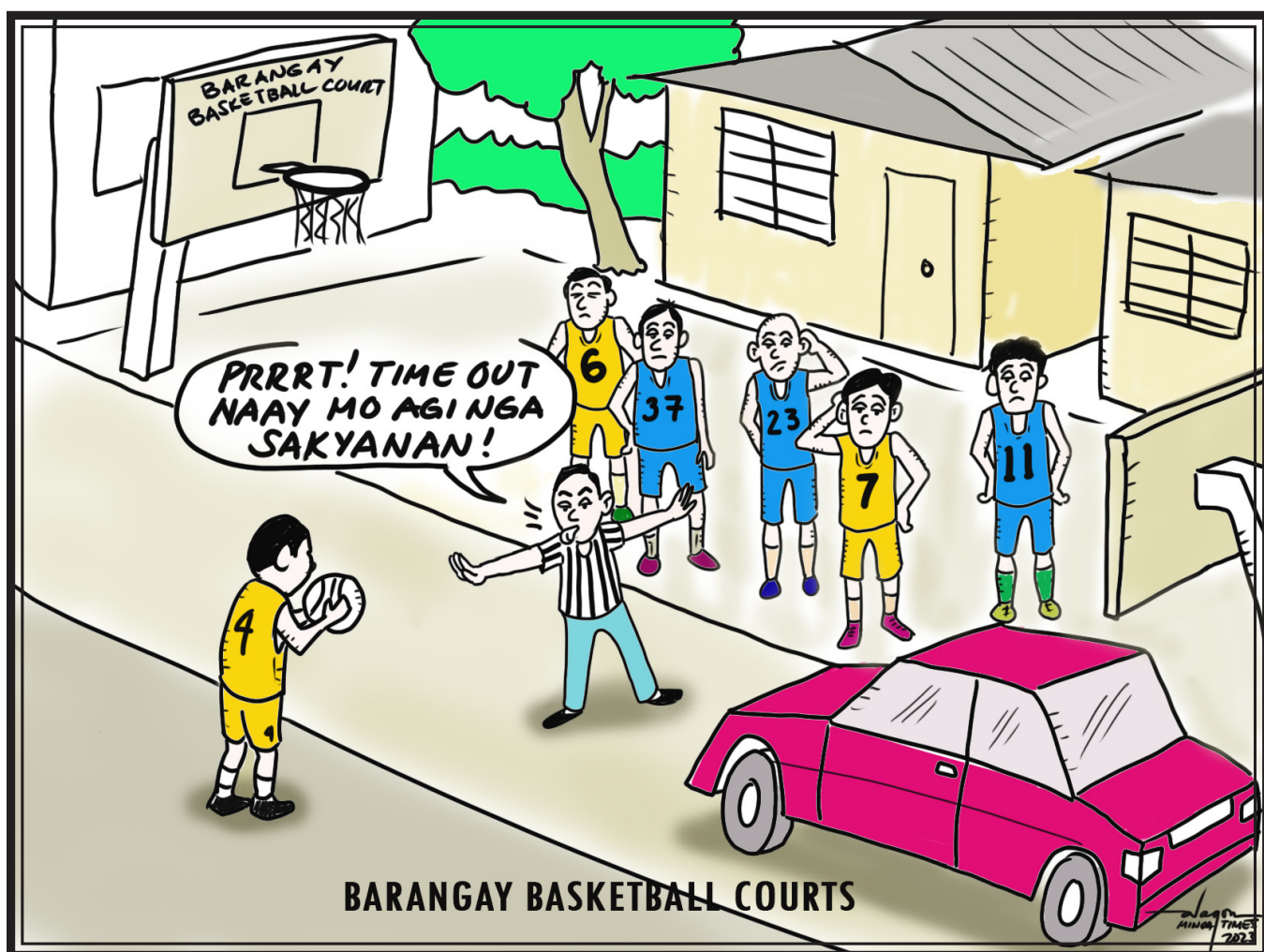
THE Island Garden City of Samal achieved “Hall of Famer” status in the Regional Red Orchid Award as health evaluators recognized its anti-smoking drive on Oct. 5, 2023. IGaCoS LGU

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There's Maharlika, Confidential and then there's Tambay-yayong

DAVAO CITY (MindaNews) – Pinoy's are the world's top Facebook users. It is a portal to veer one's mind away from news of sex, scandals and political antics, and into endless reels of, well, sex (of the hip-swaying kind), scandals (of kabits exposed and fighting) and antics from 'digital creators' often loaded with innuendos. But once in a while, we get meaningful content on social media. There's one Davao vlogger who has posted skits taking on the administration's fascination with funds.

Sarge Steps and Styles, a video blog by the original Boy Isog Sarge Roweno, has run a storyline in the past months where he makes a scheme of pooling meager cash from fellow tambays to help fellow tambays. His character is an out of work soldier, who survives with gigs, or styles and steppings as he calls it, such as betting on sabong and sports, which typifies the character of some urban poor people who resort to this vice for a quick fix.

But as the public was caught up with the news around June of the Maharlika Investment Funds, purportedly to raise money for meaningful investment, and which was scrutinized in Congress, Sarge also came up with a parallel effort.

In his skits, Sarge decides that rather than helping himself alone, he needs to help fellow tambays. He tells his partner, the strong jealous Inday, that he pities fellow tambays who are in need of money. Where would they turn to when they get sick? He thus set up a fund, and with the pooled collection, the poor can have money to run to for emergencies.

He even coined a catchy name for his endeavor: **TAMBAYAYONG FUNDS**.

In a later episode, the characters run into an incident

TYBOX

TYRONE A. VELEZ

community.

Communities survived through the pandemic lockdowns, inflationary prices, and sometimes threats of demolition and fires by checking each other and taking part in community pantries. There *is pakisama and malasakit*.

I don't know if this sense of community can be pinned on the government's drive to shore up money for Maharlika Funds, or how they justify Confidential Funds.

These are funds that are sourced from the people's hard earned pay and savings. Even tambays contribute through VAT in buying goods. We deserve to know where our money will be spent. Already the economy is hard and people are trying to survive. Then to hear news of unfinished projects and unfulfilled promises, damaged roads that were newly built, or an office spending P125 million in 11 or 19 days, this can drive you to rant on FB what world record spending or wasting (or steppings and styles) has happened.

Sarge reminds his friends, who do we turn to when we are in trouble? We tambays alone can only help our fellow tambays. Let's learn from that style. But when asked where tambays, the unemployed, find money, Sarge knows the many resources and options they can choose. But he can only reply, it's confidential.

With that, there's a community spirit thriving on social media where the common tao can voice their frustration and yearnings.

(MindaViews is the opinion section of MindaNews. Tyrone A. Velez is a freelance journalist and writer.)

that needed them to shell out money. But there are comic results. The essence of this skit shows that despite a person's need to survive by herself or himself, there is still a spirit of

They're 'Binay-izing' VP Sara

THE other day we buried our brother-in-law, a retired seafarer who was only 63 when he died of cardiac arrest.

The suddenness of his death left many of us, his relatives, his friends and former co-workers in the many ocean-going vessels he had been on board, asking the question: What caused his death and how did he die? To us though, the question that should have been asked was: "How did he live his life?"

Clearly the multitude who came to attend his wake and joined the hearse going to the cemetery, was clearly the answer to the recommended question.

The brother-in-law of ours was one who is a responsible family man although at times he was "galante" when it comes to treating his friends especially those who have the same hobby as he had – love for slow rock music, the Eric Clapton kind and those sung by the iconic Beatles and the Bee Gees. At times his bonding with his fellow music and instrument loving friends were issues that unsettled his family.

But his flair for bonding with his wife and three children settles whatever developing problem in his family. Add to it his having married an understanding teacher wife, things remain ideal as far as their family members' relationship was concerned.

Knowing the rigidity of the health requirement of seafarers, our brother-in-law was not known to have any physical infirmities until he retired some five years ago. Of course, he was known to have "inherited" the degenerative arthritis from his father. But this kind of physical disturbance is not known to have deadly effects on those who have it.

So, it became a major question why after five years of retirement from his strenuous work on board ship with only the degenerative ailment in him, he suddenly collapsed in the afternoon of September 25 and vomiting as well as urinating in his pants.

His friends who were with him at that time immediately ran to his nearby residence to inform the wife. Upon the arrival of the wife of our brother-in-law he was rushed to a hospital only less than half a kilometer away. The vehicle carrying him was met by a nurse even before it could reach the entry of the hospital's emergency room. The nurse took his pulse and heart beats but did not do anything to attempt to have the patient revived. The nurse told the wife of our brother-in-law that a doctor was coming soon. Indeed the doctor came in a few minutes but instead of doing immediate cardio-pulmonary resuscitation (CPR) the doctor merely felt the pulse and heart beat and took a look at his eyes. The doctor declared that our brother-in-law was already gone.

That was it, as simple as that.

That is why it dawned on many of his relatives, especially his wife, the idea of asking about the protocols of hospitals and doctors in attending to such an emergency situation?

Are not doctors, under the Hippocratic Oath they swore in, obligated to do the necessary interventions to revive a patient and only after some failed tries that he/she can declare the patient officially dead?

We are only asking even as we are doing some research on the matter, to ease the uneasiness of the immediate family members of our brother-in-law.

From the looks of it, what the opposition is now doing through its many trolls, is "Binayizing" Vice President and Department of Education Secretary Sara Duterte. It is the strategy the then Administration did when it was clear that in the 2016 election for President, that VP Binay was the strongest contender. The then Aquino III administration did every kind of dirty trick capitalizing on whatever errors in Binay's decision and even in his statements, to hit the then VP much below the belt.

Their attacks centered on the alleged Binay corruption and the mismanagement of the local government of Makati City by the VP's family members like Junjun Binay and the VP's wife who was at one time also mayor of the city.

Now the once administration-turned opposition is adopting the same tactic. Its attack dogs are barking and biting on Sara at every opportunity they can and in every part of her even including her body language.

The opposition is now strongly harping on the so-called confidential fund transferred from the Office of the President to that of the Vice President claiming that she exhausted the money in only eleven days.

Sara is portrayed by the attack dogs as one insatiable hound that gobbles every pesos there is at her disposal. She is called by them as "money-eating eagle" from Davao.

Honestly however, we believe that the then administration and now opposition seems not to learn its lesson. It is still too early and the possibility is that the opposition could end up being burnt out before the next Presidential polls. So, the brains in the onslaught should better beware.

ROUGH CUTS



VIC N. SUMALINOG



Published by Mindanao Times Corporation, with Editorial and Business Offices at Ponciano Reyes cor. Palma Gil St., Davao City.

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PHILIPPINE
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MEMBER

Our health care system is for illness, not wellness

I HAVE attended at least three health talks in the past week with Dr. Rolando “Doc Oyie” Balburias, founder of Go2Health and featured doctor in GMA TV’s Pinoy MD, as the resource person and it got me thinking about what kind of health care system we have.

The three talks I listened to were: (1) “Age Management Medicine for Healthy Aging” at Huni Farm in Barangay Wangan, Calinan last September 30; (2) “Functional and Health Optimization Approach to Longevity and Vitality” at Young Living Experience Center in Azuela Cove last October 5; and (3) “Preventing Cancer Even When It Runs In Your Family” at the Pink October Health Forum in SM City Davao last October 6.

Doc Oyie is a pioneer in the practice of functional medicine in the Philippines. He is Board Certified in General Internal Medicine and inducted as Fellow in 2005. He became a Certified Practitioner in Functional Medicine in November 2018 after undergoing years of training with The Institute for Functional Medicine, which included training in the famous Cleveland Clinic in the United States. He also trained in nutritional medicine and anti-aging medicine in Brussels, Belgium. He is European Board Certified in Nutritional Medicine; European Board Certified in Anti-Aging Medicine; and has Professional and Advanced Training in Mind Body Medicine in San Francisco, California.

I just devoted a paragraph on Doc Oyie’s professional credentials because a lot of people still think of functional medicine as “alternative” medicine like it is not a real evidence-based science and, therefore, an “inferior” practice. Actually, it is more real and makes more sense to me than the way medicine is practiced in most hospitals now where the patients are treated according to the different organs of their body and not as a whole interrelated system.

Functional medicine is a “systems biology-based approach that focuses on identifying and addressing the root cause of disease.” It evolved from the realization of the importance of an individualized approach to disease causes based on the evolving research in nutritional science (the science that studies the physiological process of nutrition and how it affects our bodies), genomics (the study of genes of organisms), and epigenetics (the study of how our behaviors and environment can cause changes that affect the way our genes work). The intervention goes beyond the symptoms and delves on the molecular and cellular systems to reverse the drivers of disease.

I don’t know about you, but I believe I am special and unique so the one-size-fits-all approach may not be very effective for me. I want my doctors to know me and take time to learn about my habits, the food I put inside my body, the stressors I am exposed to, the quality of my sleep, and my genetic makeup before they put me on any type of drug. Because I may have a similar illness to other patients but the root cause as to why I got that illness may be different from theirs. Following that logic then I must have a different plan to address my illness — something that is personalized to my unique situation and it has to involve more than just drugs, right?

Once people listen to Doc Oyie’s health talk something

MONDAYS WITH PATMEI



PATMEI BELLO RUVIVAR

“*“If there is anything I learned from the three health talks I listened to this week, it is that most chronic lifestyle diseases like diabetes, hypertension, kidney disease, heart disease, autoimmune disorders, and even cancer, can be prevented and often reversed.”*”

clicks inside their heads. Especially those who have been suffering from chronic illnesses and have been to multiple specialists and taking multiple “maintenance” medicines for multiple years. They have many doctors and are on many drugs for many years, how come they still do not feel better?

Because what we have is a system designed for illness, not wellness. It is a system focused on diagnosing and treating diseases rather than understanding why you got the disease in the first place and what you can do to be healthier. It is disease

management instead of health management.

When I google “health system in the Philippines” what I find are mostly about the state of hospitals, medicines, latest technology on treating diseases, even health insurance. Nothing on how healthy we are, only a glimpse of how sick we are getting each year.

Even discussions on Universal Health Care are focused on how the government subsidizes hospitalization, medicine, and diagnostic tests and laboratory costs. Nothing on government funds for nutrition education, for promoting universal access to affordable healthy food, for investments in public parks and creating green, healthy spaces where people can exercise, meditate, and just breathe unpolluted air.

So when faced with alarming statistics on increasing incidence of cancer among Filipinos, the knee-jerk response is to build more and bigger hospitals to treat cancer patients. Rising number of patients with chronic kidney diseases? More dialysis centers.

How about we find out why more and more people are damaging their kidneys and developing cancer and then invest money in preventing them from happening instead?

If there is anything I learned from the three health talks I listened to this week, it is that most chronic lifestyle diseases like diabetes, hypertension, kidney disease, heart disease, autoimmune disorders, and even cancer, can be prevented and often reversed. Yes, reversed. It is not true that we are doomed to take our “maintenance” medication forever (sorry, Big Pharma).

Doc Oyie explained how our health is a spectrum (yes, like the political spectrum). We can go from left to right and vice-versa. It means that the health of an individual is not static but a dynamic phenomenon that is in a process of continuous change. Health fluctuates within a range of optimal wellbeing to various levels of dysfunction, including the state of total dysfunction, which is death.

Another thing I learned is that the human body has an amazing ability to heal itself. We are intelligently designed. So brilliant is our body that we can help it to heal just by eating the right food. Yes, food as medicine is a real thing. We can boost our body’s own defense systems against disease with what we eat.

My main takeaway from Doc Oyie is that health is achieved when the body is able to protect itself against imbalances, breakdowns, and foreign invaders. The human body has evolved powerful defense systems that help it maintain optimal physical, mental, and emotional states. New research has revealed clear links between our body’s systems and specific foods that activate them.

For our system to be truly called a “health system” then it must go beyond treating diseases. It must include awareness, education, and nutrition. It must also include promoting access to affordable healthy food for all communities. It must involve rethinking our agricultural policies, environmental practices, urban planning, and even our educational system.

To solve our health problems, we must shift our thinking from illness to wellness; going to health instead of going to hell.

The state of emergency rooms

IT WAS midnight at the PGH (Philippine General Hospital) emergency room triage area, and a Jesuit friend of mine posted, better yet painted, a grim picture on his FB account. Patients, reminiscent of packed sardines, lay in various stages of distress. Some struggled to breathe, others were in deep pain, and the harrowing cries of loved ones echoed off the sterile walls. But amid this chaos, there was a glimmer of hope. On his way back to the chapel, he witnessed fervent prayers, a testament to Filipinos’ unyielding faith and resilience in the face of adversity.

For many, the harrowing scene at PGH is not an anomaly but a glaring reflection of a strained healthcare system. Amidst a public health crisis, one would expect an infusion of funds into emergency rooms. However, the government’s decision to slash budgets contradicts this notion.

While the problem may be more visible at PGH, it is by no means isolated, most especially in the ERs and hallways of the Western Visayas Medical Center (WVMC), WVSU Medical Center, Western Visayas Sanitarium, Corazon Locsin Montelibano Memorial Regional Hospital (CLMMRH), Iloilo Provincial Hospital, Don Jose S. Monfort Medical Center Extension Hospital, Angel Salazar Memorial General Hospital, Roxas Memorial Provincial Hospital, Dr. Rafael S. Tumbokon Memorial Hospital, and Guimaras Provincial Hospital. The lack of pre-hospital care and the high patient influx in the DEMS (Department of Emergency Medicine Services) reflect a systemic problem. A significant number of these patients require immediate attention. However, due to limited resources, the DEMS is forced to rely on conservative medical interventions based on physical findings. That is assuming they have enough health personnel to care for the patients, mostly from low-income families, in dire need.

IMPULSES

DR. HERMAN M. LAGON

“*Emergency rooms, like PGH’s, serve as a mirror, reflecting both the vulnerabilities and strengths of the Philippine healthcare system.*”

Such scenarios raise questions on governance. As anthropologist Michael L. Tan aptly points out, the need for “emergency powers” has been frequently invoked to address the nation’s traffic crisis. However, what if this urgency was also channeled towards healthcare? While road congestion remains a tangible problem, the metaphorical congestion of emergency rooms is no less pressing. After all, a bottlenecked road might delay a commuter, but an overwhelmed emergency room could cost a life.

The issue extends beyond just patient care. The lack of privacy and the potential misuse of data in emergency

rooms further complicate matters. The PGH might be a public hospital but not a public space. Disseminating unauthorized videos from the ER is not just a breach of trust but also a grave violation of patient rights.

While the prayer “O Lord, as Congress and Senate discuss billions of confidential funds, touch the hearts of our leaders...” is a heartrending plea of my good friend education formator Primo Escobañez, it is also a call to action. While the nation prays for strength and perseverance for its frontline health workers, it is time for a collective introspection. We need to ask—are we doing enough?

This crisis, however, should not be viewed solely as a challenge but as an opportunity for innovation. The rapid rise of e-health hints at a potentially brighter future, with technological solutions easing the burden on physical infrastructure. Moreover, international collaborations could usher in best practices and modern methodologies. We pray that our health system bureaucracy will pay attention to and invest the public’s money.

Emergency rooms, like PGH’s, serve as a mirror, reflecting both the vulnerabilities and strengths of the Philippine healthcare system. While the current scenario is undoubtedly challenging, it is also a clarion call. It calls for holistic reforms, technological integrations, and a reiteration of the nation’s commitment to its people. Ultimately, it is not just about surviving an emergency but building a system that ensures we do not reach that stage in the first place.

(Doc H fondly describes himself as a ‘student of and for life’ who, like many others, aspires to a life-giving and why-driven world that is grounded in social justice and the pursuit of happiness. His views herewith do not necessarily reflect those of the institutions he is employed or connected with.)

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OCTOBER 09 & 10, 2023

NOTICE OF AUCTION SALE

All pawned items that expired during the month of **SEPTEMBER 2023**, if not renewed or redeemed will be sold to the public on **OCTOBER 16, 2023** at 9:00a.m. at our pawnshop premises.

Gipahibalo ang tanan na ang **FIRST COLOR PAWNSHOP** magasubasta sa tanan nga nag-expired sa bulan sa **SETYEMBRE 2023**. Ang tanan prenda ibaligya sa publiko karong **OKTUBRE 16, 2023** sa alas 9:00 sa buntag.

**DAVAO-
FIRST COLOR
PAWNSHOP**
#47 Lao St., Toril, Davao City
Tel. No. 295-2460



**9GEMS
Pawnshop Inc.**

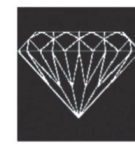
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Davao City

Tel. No. (082) 285-7069

FB Page: 9GEMS Pawnshop, Inc.

NOTICE OF AUCTION SALE

ALL PAWNED ITEMS EXPIRED ON **AUGUST 2023** AND GADGETS THAT EXPIRES ON **SEPTEMBER 2023** WILL BE DISPLAYED IN A PUBLIC AUCTION ON **OCTOBER 17, 2023** AT 9:00AM.



**GOLDVALUE
PAWNSHOP, INC.**

NOTICE OF AUCTION SALE

All Pawned items that expired until the month of **JUNE 2022**, must be redeemed or renewed **Two (2) days** prior the Auction Schedule stated below. If not redeemed will be sold to the public on its respective auction schedule and premises at **9:00 A.M.**

Gipahibalo ang tanan nga ang **GOLDVALUE PAWNSHOP, INC.**, maga subasata sa tanan nga nag-expired kung dili malukat ibaligya sa publiko sa alas 9:00 sa buntag.

BRANCHES	AUCTION DATE	TEL. NOS.
BAJADA (Beside NBI Office)	OCT. 04, 2023	321-8705
BABAK SAMAL	OCT. 19, 2023	301-4019
SAN PEDRO	OCT. 13, 2023	227-6772
CABAGUIO	OCT. 06, 2023	321-6223
TIBUNGCO	OCT. 24, 2023	222-2494

DIAGOLD

DG PAWNSHOP, INC.

NOTICE OF AUCTION SALE

Toy Bldg., Lapu-lapu St., Agdao, Davao City

NOTICE OF AUCTION SALE

All Pawned Items that expired during the month of **JANUARY 2023** must be renewed or redeemed **Two (2) days** before the Auction Schedule stated below. If not redeemed or renewed, it will be sold to the public on its respective auction schedule and premises @ **9:00 A.M.**

Gipahibalo ang tanan nga ang **DIAGOLD PAWNSHOP, INC.** magasubasta sa tanan nga nag expired hangtod sa bulan sa **ENERO 2023**, ang tanang prenda ibaligya sa publiko sa mga petsa na nakabutang sa ubos, sa oras nga **9:00** sa buntag.

EXPIRY DATES

AUGUST 2023

AUCTION DATES

OCTOBER 12, 2023

NOTICE OF AUCTION SALE

All pawned items that expired during the month of **APRIL 2023**, if not renewed or redeemed will be sold to the public on **OCTOBER 16, 2023** at 9:00a.m. at our pawnshop premises.

Gipahibalo ang tanan na ang **AL-JOS PAWN-SHOP** magasubasta sa tanan nga nag-expired sa bulan sa **ABRIL 2023**. Ang tanan prenda ibaligya sa publiko karong **OKTUBRE 16, 2023** sa alas 9:00 sa buntag.

**AL-JOS
PAWNSHOP**

Agton St., Toril, Davao City

Tel. No. 291-1825



**NARDING
PAWNSHOP, INC.**

NOTICE OF AUCTION SALE

All pawned items that expired during the month of **AUGUST 2023**, must renewed or redeemed two (2) days prior to the Auction Schedule stated below. If not renewed or redeemed, it will be sold to the public on its respective auction schedule and premises @ **9:00 a.m.**

Gipahibalo ang tanan nga ang **NARDING PAWNSHOP, INC.**, maga-subasta sa tanan nga nag-expired sa bulan sa **AGOSTO 2023**. Ang tanan prenda ibaligya sa publiko sa mga petsa nga nakabutang sa ubos, sa oras nga **9:00** sa buntag.

BRANCHES	AUCTION DATE	TEL. NOS.
Matina Crossing	OCT. 27, 2023	(082) 321-1814
Tibungco	OCT. 20, 2023	(082) 296-4130
PANABO'S PAWNSHOP, INC.		
Panabo (Main)	OCT. 31, 2023	(084) 628-8418
Panabo (Branch)	OCT. 16, 2023	(084) 628-842
Panabo (New Branch)	OCT. 04, 2023	



CPB-NGI PAWNSHOP, INC.

NOTICE OF AUCTION SALE

All pawned items that expired during the Months of **NOVEMBER 2022** (Regular Items) and **DECEMBER 2022** (Gadgets) must be redeemed or renewed two (2) days prior to the Auction date schedule as stated below. If not redeemed or renewed will be sold to the public on its respectively auction date schedule at its premises at **9:00 AM**

BRANCHES:	AUCTION DATE	TEL. NO.
San Pedro (Main)	OCTOBER 17, 2023	327-8832
Agdao	OCTOBER 17, 2023	327-6275
Toril	OCTOBER 17, 2023	327-8503
Bolton	OCTOBER 17, 2023	392-3022
Digos City	OCTOBER 17, 2023	333-9945
Claveria	OCTOBER 17, 2023	296-8081
Km. 7 Lanang	OCTOBER 17, 2023	235-3473

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PAWNSHOP & JEWELLER**

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Tel. Nos. (082) 221-1477; (082) 221-0355;

Email us @ rosegoldpawnshopdavao@gmail.com
Lapu-lapu Street, Agdao Davao City
Tel. No. (082) 225-3637

**GOLDSTANDARD
PAWNSHOP**

SAN PEDRO STREET, DAVAO CITY
Tel. No. (082) 222-1561 ; (082) 321-0128
Email: goldstandardpawnshopdavao@gmail.com

Wholesaler and retailer of all kinds of jewelry

NOTICE OF AUCTION SALE

All jewelry and other articles pawned from **APRIL 16, 2023 TO MAY 15, 2023** if not redeemed or renewed on **OCTOBER 20, 2023** will be sold to the Public Auction on **OCTOBER 23, 2023** at our Pawnshop premises from 9:00am to 6:00pm.



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NOTICE OF AUCTION SALE

All pawned items at METRO GOLDBRILL PAWNSHOP that expired if not redeemed or renewed Two (2) days before the Auction will be sold to the public on OCTOBER 16, 2023.

Gipahibalo and tanan na ang METRO GOLDBRILL PAWNSHOP magasubasta sa tanan nga nag-expired kung dili malukat o matubuan duha (2) ka adlaw una ang pagbaligya sa publiko karong OKTUBRE 16, 2023.

EXPIRY DATES
AUGUST 2023

AUCTION DATES
OCTOBER 16, 2023



**METRO
GOLDBRILL
PAWNSHOP**

Roque Bldg., Matina Crossing, Davao City

Tel. # 234-6367

AUCTION NOTICE

EURO CIRCLE PAWNSHOP

SAN PEDRO ST., DAVAO CITY - TEL. NO.: 227-0521

EURO MAIN PAWNSHOP

ILUSTRE ST., DAVAO CITY - TEL. NO.: 227-7511
MATI CITY, DAVAO ORIENTAL - TEL. NO.: 306-0665

EURO STAR PAWNSHOP

ILUSTRE ST., DAVAO CITY - TEL. NO.: 227-0667

EURO SUN PAWNSHOP

SAN PEDRO ST., DAVAO CITY - TEL. NO.: 227-3321

PAWNS NOT REDEEMED/RENEWED WITHIN FIVE (5) DAYS AFTER EXPIRY DATES WILL BE AUCTIONED ON OCTOBER 16, 2023 AT 10:00 A.M. AT THE RESPECTIVE PAWNSHOPS WHERE THE ITEMS WERE PAWNED.

JROSE FINE JEWELRY

2nd Level, Gaisano Mall of Davao, J.P. Laurel Ave., Davao City
Tel. No.: (082) 221-3355
2nd Level, SM Lanang Premier, J.P. Laurel Ave., Davao City
Tel. No.: (082) 295-1505 • (082) 321-0525
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GOLDVISION PAWNSHOP, INC.

All Pawned items at GOLDVISION PAWNSHOP, INC., that expired must be redeemed or renewed Two (2) days prior the Auction Schedule stated below. If not redeemed will be sold to the public on its respective auction schedule and premises at 9:00 A.M.

Gipahibalo ang tanan nga ang GOLDVISION PAWNSHOP, INC., maga subasata sa tanan nga nag-expired, kung dili malukat ibaligya sa publiko sa alas 9:00 sa buntag.

<u>BRANCHES</u>	<u>AUCTION DATE</u>	<u>TEL. NO.</u>
General Lao, Toril	OCT. 17, 2023	291-2406
Agton. Toril	OCT. 17, 2023	291-2952
Buhangin	OCT. 10, 2023	241-0223
Magallanes	OCT. 03, 2023	224-3138
Tagum	OCT. 27, 2023	216-3425
Saavedra, Toril	OCT. 17, 2023	291-1349
Agdao (formerly Cabaguio)	OCT. 20, 2023	327-2348
Panabo	OCT. 25, 2023	

GABBY'S BRILLIANT PAWNSHOP INC. / GABBY'S INFINITE PAWNSHOP INC. TEL NO.: 321-2185 / 234-4844

All Pawned items at GABBY'S BRILLIANT PAWNSHOP, INC. and GABBYS'S INFINITE PAWNSHOP, INC. that expired must be redeemed or renewed Two (2) days prior the Auction Schedule stated below. If not redeemed will be sold to the public on its respective auction schedule and premises at 9:00 A.M.

Gipahibalo ang tanan nga ang GABBY'S BRILLIANT PAWNSHOP, INC. and GABBYS'S INFINITE PAWNSHOP, INC. maga subasata sa tanan nga nag-expired kung dili malukat ibaligya sa publiko sa alas 9:00 sa buntag.

<u>BRANCHES</u>	<u>AUCTION DATE</u>	<u>TEL. NOS.</u>
SAN PEDRO	OCTOBER 16, 2023	321-2185
ILUSTRE	OCTOBER 16, 2023	234-4844



D'VAULT PAWNSHOP, INC. NOTICE OF AUCTION SALE

ALL PAWNED ITEMS EXPIRED ON NOV. 2022 AND GADGETS THAT EXPIRES ON DEC. 2022 WILL BE SOLD TO THE PUBLIC ON ITS RESPECTIVE AUCTION SCHEDULE AND PREMISES @10:00 AM:

INSIDE NCCC MALL VP OCT. 17, 2023
Ground floor NCCC Mall VP J.P. Laurel Ave. Bajada Davao City (Tel No.: 285 - 7314)

DVAULT (AGDAO) OCT. 17, 2023
Door #7 Uyking Bldg. 120 Lapu-lapu street, Agdao Davao City (Tel No.: 298 - 9114)

DAVAO VAULT SP OCT. 17, 2023
Door #7Realty Bldg. beside Lakitan Mall San Pedro street, Davao City (Tel No.: 228-9322)

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SIGNAGES... (from front page)

joined in handing out information materials on the Anti-Mendicancy Law. He recognized the absence of a city ordinance, especially with the outdated penalties in the 1978 legislation.

For instance, the P20 penalty for the violator is outdated.

"Mahimo pud ta og atong sariling ordinansa diri sa local, sarili nga implementing rules and regulations para mawala nato ni nga problema (We will create our own local ordinance and implementing rules and regulations to address this problem)," Al-ag said.

Meanwhile, the

CSWDO carries out rescue operations almost daily and they were referred to their corresponding barangays. The department also provides skills training and livelihood although individuals insist on begging.

"Ang pagpanginabuhing dili man gyud na sayon, proseso man gyud na sa pag change sa behavior sa atong mga beggars diha sa dalan proseso man gyud na kaya lang naay easy money ilang makuha sa kalsada (It's a process to change the behavior of our beggars. They still think that street begging is easy money)," Dayaday said.

60 NABBED... (from page 2)

said. "Let us continue working together, pushing the boundaries of excellence,

to maintain peace and order and create a safer and more secure Davao City," he added.

DAVAO'S AIR... (from page 2)

The Environment Ministry of Indonesia earlier denied that its forest fires in Sumatra and por-

tions of Borneo were causing the haze in Malaysia. (Antonio L. Colina IV / MindaNews)

IMPROVED... (from page 3)

already done it with their airport, then Clark has it hopefully *Davao na yung sunod*," Montano said.

"If we have Davao Airport Authority, I believe we will have more opportunities for more flights coming in, *kasi ima-market nila is the gateway* at the same time the destination, not just Davao City but again the region," Montano added.

She said an expanded airport would bring in more flights that could help cut down travel costs.

During the recent Department of Tourism XI-led business mission to Singapore participated by several players from the tourism sector, Montano noted that Singaporean tourists value travel affordability as there are other areas that offer cheaper airfares.

Montano's view was echoed by Davao Tourism Association (DATA) president Nicole Hao Bian Ledesma who cited that proximity and airfare costs are major factors for tourists to decide if they would go to Davao.

"Why would they go to Davao that even with a direct flight, it's three hours and ten minutes if the direct flight from Singapore? If via Manila *naman* three hours and one half *so bakit siya mag DaDavao* when they can even go to Bangkok for like two hours or even go to Bali? So, the proximity can even be a challenge and there are low-cost airlines offering better rates from Singa-

pore to other Asian countries compared to Davao," Ledesma said

The DATA president said that the government and the private sector must work hand-in-hand in convincing airlines to put more flights to Davao, increasing international connectivity.

"So that the prices of airfare in going to Singapore and back would also go down because they (Singaporeans) were really impressed with what they saw, that Davao Region can offer," Ledesma said.

Ledesma and Montano were among the participants in the DOT XI business mission, which was also participated by 35 Singaporean travel operators.

Meanwhile, Montano also cited the need for more private investments in accommodation facilities such as four- and five-star hotels.

Currently, the four- and five-star hotels in Davao are fully booked during peak season, so they would need more hotels to attract those doing incentive travel.

"Ang sa kanila, what activities can you offer to us if we have incentive groups how good are the roads how long is the travel? Do you have hotels? If its incentive travel it starts with 4-star, 5-star hotels," Montano said.

She added that safety is not an issue for these tourists but they are picky on the quality of the infrastructure in the region. (PIA/RG Alama)

DAVAO... (from page 2)

with various security forces to work together to secure the safety of the people," he said.

Authorities have tightened security at all 42 commercial airports across the Philippines as of Oct. 6 due to the bomb threat.

Meanwhile, officials are investigating

60-40 LAW... (from page 3)

8179, 1996) stating that the Filipino citizen shall own 60% of the business while the remaining 40% can be owned by the foreign investor.

Dayap highlighted that the office created areas for networking and business matching to the extent of looking for a Filipino businessmen counterpart, especially now that foreign interest in the city increased.

The investments and promotions chief said that previously, they mostly see Chinese businesses coming from Jinjiang. But now, they noticed Chinese investors from Taian, Dalian, and Chongqing looking to expand their interests in the city.

She cited Zhangzhou, a city in Fujian Province, as an example. During a delegation visit, the mission made it clear to Mayor Sebastian Duterte that they would like to partner as a twin city, highlighting the establishment of industrial zones.

28 FORMER... (from page 5)

in Surigao del Norte; personnel of the Tesda-Surigao del Norte, led by its provincial director Catalina O Tacubao; Lt Col Jerold Jale, commanding officer of 30IB; and Lt Col Sandy Sereño, executive officer of the 901st Brigade, attended the turnover.

In a statement, Tacubao said that Tesda has an extensive program for FRs.

Meanwhile, Jale assured that the 30IB troops will remain resilient in working collaboratively

DEFENSE... (from page 5)

malization process under the Comprehensive Agreement on the Bangsamoro (CAB).

The Philippine government (GPH) and the Moro Islamic Liberation Front (MILF) signed the CAB in 2014 after 17 years of peace negotiations. At the core of the CAB is the establishment of a Bangsamoro region, which was realized in January 2019 following the ratification of Republic Act 11054 or the Bangsamoro Organic Law.

"We in OPAPRU be-

lieve that in the near future, guns and other weapons will be kept by residents because it will be shameful to bring them around. Moreover, there will no longer be a need for them, especially in communities where peace, security and development reign," Galvez said.

To complement the SALW efforts of the GPH-MILF Joint Normalization Committee, the government of Japan funded and the United Nations Development Programme

the source and credibility of the threat that was targeted at flights from Manila to Bicol, Davao, Mactan-Cebu, and Puerto Princesa airports. Airport authorities are advising travelers to reach airports at least three hours prior to their departure to facilitate enhanced checks.

Dayap said Zhangzhou city will bring in 1,000 companies that could create at least 200,000 new jobs. "The investment that they could bring to the city amounting to 30 billion, I assume with the 1,000 companies, it's not in pesos, it might be RMB, that would mean P200 billion," Dayap said.

During the 5th anniversary of the sister city agreement between Jinjiang and Davao on Sept. 28, Ateneo de Davao University and Quanzhou Vocational and Technical University signed a cooperative education agreement to improve the skills of the city's labor force up to par with international standards.

"They're really helping Davao City in terms of tourism, investments. It is a great opportunity for the city of Davao because we hear them saying that they really trust our mayor, the leadership, policies and peace and order," Dayap said.

with various agencies to help the surrenderees.

"First of all, I am very grateful to our friends rescued for returning to the bosom of the law and hanging out with the soldiers of 30IB, and I am also grateful to the Tesda office and provincial training center in Surigao in their programs for our brothers and sisters who have awakened' because it will be a great help for them as they start a new life in peace," he said.

RABBIT... (from page 3)

siya na meat, alternative *siya sa* pork (My customers prefer rabbit meat because it is a healthy alternative to pork)," Jale said.

Income from rabbit raising Jale recalls that he started raising rabbits way back in 1997, but they were just for pets.

It was in 2022, he said, that they started raising it for meat. Currently, they sell 50 kilos of rabbit per month with one kilo of rabbit meat priced at P500. Which roughly translates to a gross income of P25,000 a month.

"Ang market namin dito lang sa Davao (City) ug sa Panabo, *nagakusog pud ang demand* (Our market is just here in Davao; the demand is growing)," he said.

He currently has 300 heads of rabbits, which are of the New Zealand breed.

Despite being named after New Zealand, the rabbit breed originated in California in the United States. It is a common source of rabbit meat due to the quality of its meat, which has a high feed-to-meat ratio and fine bones. In temperate countries, it is also valued for its fur.

In the Philippines, preferred breeds aside from New Zealand include Californians, Flemish Giants, and Chinchillas. These varieties are known for their climate adaptability, high tolerance to diseases, and high reproduction rates, which make them ideal for commercial or home-based farming.

"Pag five months *pwede na sila mabuntis*. Usually, *manganak sila mga walo kabuok* (In five months they become sexually mature and can give birth, they usually have eight offspring)," said Jale.

He said rabbit farming is not that expensive as long as they have shelter and He mentioned that his rabbits require 60 kilograms of feed each month.

Aside from meat, they also sell rabbit bunnies for P300 a piece. New Zealand

implemented the ASPIRE program. This initiative encourages the registration and stenciling of loose firearms in the identified areas.

The ASPIRE project started in September 2022 with the Japanese government extending a grant of \$5 million (PhP285 million).

Teodoro said that programs such as ASPIRE intend "to harden the country's integrity in order to face external challenges."

breeds are also popular as pets because they are docile and social, making them perfect as children's pets.

The business is sustainable with demand for rabbit meat growing. Some restaurants in Davao City are serving rabbit meat. One of these dining places is RD Crabshack, which has its specialty rabbit lechon, adobong rabbit sa gata, *sinampalukang kuneho*, and garlic fry rabbit. A rabbit meat dish costs around P75 per 100 grams.

"It tastes like chicken pero ang texture *nya parang* pork. *Hindi siya weird* but more of a unique tasting dish you can try," says Dabawenyo vlogger Kyle Millan who got to feature the rabbit dishes in his vlog.

Another food establishment serving rabbit meat is the Italian cuisine restaurant Padre Ninno's Little Eatery located in Marilog. For P999 you can have a rabbit meal (stewed, fried or adobo) served with rice.

For Jale, they are keen on expanding their knowledge in rabbit raising. He joins seminars on rabbit raising to efficiently increase their production. Also, they are looking to enlarge their current market by joining fairs and expos to market their products.

Jale recently displayed their rabbits at the 25th Davao Agri Trade Expo (DATE), held on Sept. 28-30 at the SMX Convention Center in Davao City.

"Sa una, mga private (fairs) lang mi naga apil. *Karong tuig mi niapil dinhi* (DATE) para makakita mi ug uban na market (In the past we joined private fairs. This year we joined DATE to look for other markets)," he said.

DATE is the largest agribusiness trade expo in Mindanao and aims to capacitate farmers and agricultural business entrepreneurs by showcasing new technologies, innovations, and solutions to help them level up and become competitive. (RGA/PIA Davao)

He urged the residents of Basilan and the rest of the BARMM to protect their "hard-earned peace" as there are many groups who are trying to wreak havoc, apparently referring to the Abu Sayyaf Group and private armed groups in the region.

Teodoro said the national and Bangsamoro governments must work together so that the threats to national security are eliminated in the area. (Bong S. Sarmiento / MindaNews)

DENR seeks 'full compliance' of NorMin firms on waste control

CAGAYAN DE ORO CITY – The Department of Environment and Natural Resources (DENR) expressed readiness to help businesses comply with the Extended Producer Responsibility (EPR) law rather than impose penalties.

During a forum here Friday, DENR Undersecretary for Policy, Planning, and International Affairs Jonas Leones said the agency seeks to encourage businesses to participate in modern solid waste initiatives under the EPR law.

"We are leaning towards the compliance of businesses instead of penalizing them, and we are willing to sit with them and talk about proposals on solid waste management," he said.

Republic Act (RA) 11898, or the EPR Act that lapsed into law in 2022, amended provisions of RA 9003 or the Ecological Solid Waste Management Act of 2000.

Cagayan de Oro City 2nd District Rep. Rufus Rodriguez, the author of RA 11898 in the House of Representatives, said the amended law emphasizes the responsibility of the business sector – particularly large enterprises – to have a solid waste mechanism to reduce plastic and other garbage.

"In the original bill I included the medium enterprise businesses, it was removed in the Senate version; two to three years from now, I will file an amendment (bill) which

will include again the medium enterprises," he said.

RA 11898 set targets for the recovery of the plastic product footprint of large enterprises that by 2028, at least 80 percent will be collected and diverted to sustainable use and circular economy.

Failure to comply carries fines ranging from PHP5 million to PHP20 million.

In her message, DENR Secretary Maria Antonia Yulo-Loyzaga said of the 61,000 metric tons of solid waste generated daily in the Philippines, up to 24 percent is plastic, of which the biggest source comprises packaging materials that often go along in open environments and bodies of water. (PNA)



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AUCTION SALE!

The DAVAO ROS-VER PAWNSHOP, INC. and NEW PAG-ASA PAWN-SHOP will be having its JOINT AUCTION on all unredeemed pawned items left during the month of July 2023. The said items will be sold to the public at the following VENUE AND DATE.

Gipahibalo ang publiko na ang DAVAO ROS-VER PAWNSHOP, INC. og ang NEW PAG-ASA PAWNSHOP; magsubasta sa tanang prenda nga naremata atong Hulyo 2023. Ang tanang prenda dungan nga ibaligya sa publiko sa mga sumusunod nga dapit og petsa:

Branch	Venue and Date	Branch	Venue and Date
Matina Toril CM recto San Pedro 1	Venue – CM Recto September 19, 2023 At 9:30am	Mati	Venue –Mati September 23,2023 At 9:30 am
San Pedro 2 Legaspi 1 Q. Boulevard	Venue – San Pedro 2 September 21, 2023 At 9:30am	Kidapawan	Venue – Kidapawan September 27, 2023 At 9:30am
Grand Regal Hotel	Venue – Grand Regal September 21, 2023 At 9:30 am	Santo Tomas	Venue – Santo Tomas September 29-30, 2023 At 9:30am

Global ranking shows Siargao back after pandemic, disasters

BUTUAN CITY – The recent recognition of Siargao as one of the Top 10 Islands in Asia for this year's Condé Nast Traveler's Readers' Choice Awards indicates that it has fully recovered from the pandemic and the brunt of Typhoon Odette in 2021.

"Siargao Island has indeed bounced back," Department of Tourism regional director in the Caraga Region (DOT-13) Ivonnie Dumadag said in an interview on Friday.

The list, released earlier this week, also included two other island destinations in the country – Boracay winning the third spot and Palawan at sixth.

Siargao Island, the surfing capital of the Phil-

ippines, is back in the list after failing to make it in 2022. The last time Siargao made it in the same category was at CNT's 2021 awards and its best holiday destinations of 2020.

Boracay this time scored 90.74 and bested Phuket in Thailand and Langkawi in Malaysia.

Palawan beat Sri Lanka, Phú Quốc in Vietnam and Okinawa and Ryuku Islands in Japan.

Dumadag attributed Siargao's latest achievement to the strong collaboration of the government agencies, local government units on the island, and the private sector.

"Despite the meager resources, the collaborations have prioritized tourism in their development

initiatives," she said.

She also recognized the tourism-related enterprises on the island, including the hotels, resorts, restaurants, and homestays, for ensuring that products and services are globally competitive.

"It is through the convergence of all stakeholders that supported, assisted, and steered the way to regain Siargao's international standing post-pandemic and post-Odette," Dumadag said.

Meanwhile, General Luna Mayor Sol Matugas said the resilience and determination of the people made Siargao gain such exceptional achievement.

The recognition, she added, serves as a testament to the steadfast determi-

nation and hard work of Siargao residents amid the challenges.

"I ask the people of General Luna and the rest of the island to make this international recognition an opportunity to further enhance the island as a world-class destination while preserving Siargao's natural beauty through the promotion of the sustainable tourism industry," she said.

In a statement Friday, Tourism Secretary Christina Frasco welcomed the recognition, seeing it as a "resounding message" from tourists that "they Love the Philippines".

"From the charm of our islands, pristine

beaches, crystal-clear waters, vibrant marine life, lush landscapes, rich heritage and culture, and the excellent hospitality of the Filipino people, the Philippine experience is always one that is filled with love and happy travels," she said.

"This achievement reflects the hard work, dedication, and sustainable tourism efforts of our country, from our local communities, national and local government agencies, and stakeholders who have strived tirelessly to preserve and enhance the beauty of these islands," she added.

Asked how this latest recognition will help posi-

tion the country, Frasco said, "The awards inspire us to continue developing and promoting the Philippines as a premier travel destination in Asia and the world."

The Top 10 Islands in Asia for 2023 are Bali, Indonesia at 91.08 percent; Koh Samui, Thailand (91.07 percent); Boracay, Philippines (90.7 percent); Phuket, Thailand (90.3 percent); Langkawi, Malaysia (90.1 percent); Palawan, Philippines (89.7 percent); Sri Lanka (89.5 percent); Phú Quốc, Vietnam (88.8 percent); Okinawa and Ryukyu Islands, Japan (88.2 percent); and Siargao, Philippines (87.3 percent). (PNA)

WANDERLUST... (from back page)

hope to highlight Davao's Waling-waling together with other Philippine flora during this exhibition. Of course, when we promote your orchid, we also get to promote Davao," he shared.

The B2B sessions also piqued the tour operators' interest in Davao, especially that out of 33, there were only two who actually visited Davao City.

"They don't even know where Davao is. They were pleasantly surprised when DOT presented the Davao video and realized that there is actually a lot

to do and see here," said Davao Tourism Association president Nicole Hao-Bian Ledesma.

From the discussions, she recommended that local stakeholders need to enhance our tourism products further and make them more enticing to the Singaporean market.

"It is important for us to know what the market wants. Singaporeans go for leisure. Then, it's a good opportunity for us especially that we have new properties to offer. They also asked about the pos-

sibility of bringing in senior citizens, incentives, student exchange, and cultural immersion groups," Davao Visitors Destination Hub president Pia Partoza said.

She added that "cost is very important for them", such as airfare, hotel rates, and tours, as well as proper infrastructure and access to attractions.

"We really have to make Davao more competitive especially that there are a lot of flights from Singapore to other ASEAN destinations," Partoza quipped.

SAMAL... (from page 5)

impact, earned the highest scores in the Red Orchid Award evaluation.

The Red Orchid Awards are the DOH's search for government hospitals, offices, and local government units (LGUs) that implement a smoke-free environment and meet the World Health Organization's (WHO) quality requirements for tobacco prevention and control.

Despite certain challenges encountered during the actual field inspection,

the local government received the highest score. The validators said the challenges could be easily managed and they viewed the situation as "beyond the implementers' control".

Meanwhile, the Bureau of Jail Management and Penology (BJMP) Samal Station was also declared a "Hall of Famer" in the Red Orchid Award evaluation for its exemption implementation of anti-smoking measures, promoting a smoke-free environment

within correctional facilities, and prioritizing the health and well-being of both inmates and staff.

City Mayor Al David T. Uy, represented by Florencio Thaddeus T. Valera, and City Health Officer Dr. Dennis Carlos D. Flores, joined hands in implementing anti-smoking and tobacco control program coordinator Anna Marie Makabenta. (JMDSA from Samal Information Office with photos)

DOT XI holds business mission in Singapore



DEPARTMENT of Tourism XI Regional Director Tanya Rabat Tan



DAVAO City Tourism Officer Jennifer Ricardo Romero with Singaporean tour operators

THIRTY-three Singapore-based travel agents and tour operators joined the Davao presentation and the business-to-business session organized by the Department of Tourism XI last September 26 at the Amara Hotel in Singapore.

The presentation and B2B session, led by DOT XI Regional Director Tanya Rabat Tan and her team, were part of the two-day



Davao business mission that featured destination updates, networking between the Singapore group and tourism officers, hotel and resort representatives, and tour operators from Davao Region, and a courtesy visit to Philippine Embassy in Singapore.

"We had a very fruitful exchange of ideas with the tour operators, especially during the B2B sessions and our visit to the Ambassador Medardo Macaraig. We are truly grateful that they have taken an interest in Davao,"



DUSIT Davao's Christoph Kuch and Mia Celis promoting their properties to the agents

said Rabat.

Ambassador Macaraig disclosed to the Davao delegation their initial plans to highlight Davao for the Philippine flower festival in October 2024 at the Gardens by the Bay.

"This is going to be big, especially since the venue is a major attraction here in Singapore. We

(📞) / WANDERLUST /



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