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TALIBA

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Duterte, Angel Locsin top list sa 'most admired' sa Ph - survey

Kinilala sina Pangulong Rodrigo Duterte at aktres na si Angel Locsin bilang most admired man and woman in the Philippines ngayong 2020.

Batay sa annual study na isinagawa ng YouGov, isang British research at analytics firm, nakakuha si Duterte ng admiration score na 19.67% habang si Locsin ay mayroong 15.03% sa taong 2020

Napanatili ng dalawang public figures ang top spots na kanilang nakuha noong 2019, sa scores na 19.39% at 11.14%.

Kabilang pa sa mga pasok na lalaki ay sina Senator Manny Pacquiao na pumapangalawa sa score na 10.65%, sinundan ni Manila Mayor Isko Moreno, sa 7.96%.

Sa mga babae naman, pasok si Miss Universe 2018 Catriona Gray (11.09%) at singer Sarah Geronimo (7.48%) bilang pangalawa at pangatlong spots.

Samantala ang aktres naman na si Liza Soberano, na nanguna sa survey noong 2018, ay pang-anim ngayong taon habang si Vice President Leni Robredo ay rank 15th.

Ontario Investing $52.5 Million to Recruit, Retain and Support More Health Care Workers

TORONTO- The Ontario government is investing $52.5 million to recruit, retain and support over 3,700 more frontline health care workers and caregivers to ensure our health care system can meet any surge in demand, while continuing to provide safe and high-quality care to patients and long-term care residents. This investment is part of the province's COVID-19 fall preparedness plan, Keeping Ontarians Safe: Preparing for Future Waves of COVID-19.

Details were provided today by Premier Doug Ford and Christine Elliott, Deputy Premier and Minister of Health.

"It's the thousands of nurses, personal support workers, and other frontline workers who have made the difference in the fight against COVID-19," said Premier Ford. "Today's significant investment will allow us to recruit, retain, and quickly deploy a militia of health care heroes, caregivers, and volunteer professionals to care for our seniors and most vulnerable and ensure our health care system is prepared to deal with any outbreaks or surges in cases."

"Retaining and increasing the number of frontline health care workers in our continuous fight against COVID-19 is critical," said Minister Elliott. "We are taking further action to ensure our frontline health care workers are supported, and the health care sector has the staff to provide timely, high-quality care."

In order to increase and stabilize the health care workforce, the province is investing an additional $26.3 million to support personal support workers (PSWs) and supportive care workers, including:

$14 million for the Personal Support Worker training funds to continue training PSWs in the home and community care and long-term care sectors;

$10.3 million for the new Personal Support Worker Return of Service Program, to recruit and retain recent graduates to work in long-term care homes and in the home and community care sectors. This program will provide a $5,000 incentive to 2,000 recent graduates for a six-month commitment to work in these settings;

$1.3 million to train 160 supportive care workers to

Continued on page 4 "Ontario Investing..."

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Tumataas pa rin ang kaso ng COVID-19, Ontario nahaharap sa mga problema

CANADA - Ang kaso ng COVID-19 ay patuloy pa rin ang pagtaas sa buong Canada, ang Ontario ay nakatutok sa mahabang mga pagsubok dahil sa pangalawang pagsalakay ng Covid-19 na kailangang agapan agad upang mapagilan sa taglagas. Nangako si Premier Doug Ford ng $1 billion in testing and contact tracing and while his past comments have been anyone who wants a test can get one, ngunit ang mensahe ay nagbabago ayon kay Eric Sorensen ay nagdudulot ng pagkalito.

Millions of Canadians who lost their jobs or were unable to work due to the pandemic are depending on the Canada Emergency Response Benefit (CERB). The benefit pays $500 a week and it's been extended a few times, but it is ending this weekend. There is now a plan to replace it and transition people who are on it, off it. David Akin explains what it means for Canadians and how politics will determine how it all plays out.

Even as the pandemic continues, there is another public health emergency that is killing more Canadians right now than COVID-19 - but it's been overshadowed. There's been a huge increase in opioid overdoses in B.C. and Alberta in recent months and as Heather Yourex-West explains, the provinces have different ideas on how the crisis should be handled.

Six months into the pandemic, Canada is approaching another holiday - and the prospect of not being able to celebrate it. Prime Minister Justin Trudeau said Wednesday we likely would not be able to gather as usual for Thanksgiving, but he did say we still have a shot at Christmas. As Abigail Bimman explains, it's probably wise to prepare to adjust lots of our traditions.

For more info, please go to ***https://globalnews.ca/news/7355231/on.***

PM ng Britanya, nanawagan sa pagbuklud-buklod ng mundo sa paglaban sa salot

Sa kanyang talumpati sa pangkalahatang debatehan ng Ika-75 Pangkalahatang Asambleya ng United Nations (UN) noong Setyembre 26, 2020, sinabi ni Punong Ministro Boris Johnson ng Britanya na ang pandemiya ng Coronavirus Disease 2019 (COVID-19) ay nagbunsod ng walang katulad na hamon sa komunidad ng daigdig. Dahil dito, nanawagan siya sa lahat ng mga tao na magbuklud-buklod upang pagtagumpayan ang pandemiya.

Diin ni Johnson, ang World Health Organization (WHO) ay nananatili pa ring namumuno sa paglaban ng sangkatauhan sa iba't ibang uri ng sakit.

Nangako ang Britanya na buong lakas na kakatigan ang WHO, at patuloy na dagragdagan ang tulong na pondo sa WHO.

CRI online

Duterte iginiit sa UN ang tagumpay ng Pinas vs China sa West Philippine Sea

MANILA, Philippines — Itinaas ni Pangulong Rodrigo Duterte sa United Nations General Assembly (UNGA) ang panalo ng Pilipinas sa China noong 2016 kaugnay sa usapin ng South China Sea na tinatawag ng bansa na West Philippine Sea.

Sa kanyang naging talumpati, sinabi ng Pangulo na hindi pinapayagan at hindi tinatanggap ng Pilipinas ang anumang pagtatangka na sisira sa July 2016 ru¬ling ng Permanent Court of Arbitration in The Hague.

"The award is now part of international law, beyond compromise and beyond the reach of passing governments to dilute, diminish or abandon," ayon kay Pangulong Duterte.

Aniya, ang commitment ng Pilipinas sa pinag-aagawang teritoryo sa South China Sea ay laging nakasalig sa United Nations Convention on the Law of the Sea at sa 2016 ruling ng Permanent Court of Arbitration sa the Netherlands.

Matatandaang, ilang ulit nang hindi kinilala ng China ang 2016 ruling ng arbitral tribunal.

"China's position on the so-called arbitral ruling has been very clear: We do not accept and we do not recognize this so-called ruling. It has been agreed by our two presidents that we should close the old chapter and shelve differences," said Chinese Ambassador Huang Xillian in a virtual forum organized by the Association for Philippines-China Understanding Inc.

Sa kabilang dako, pinasalamatan din ng Chief Executive ang iba pang mga bansa na sumusuporta sa arbitral victory ng Pilipinas.

Sa ulat, kamakailan ay ipinaalam ng mga bansang France, Germany at United Kingdom sa UN na hindi nila tinatanggap ang "historic rights" ng China sa South China Sea.

Sa note verbale na isinumite ng permanent mission ng UK sa UN sa New Yourk, ini-refer ng European states sa arbitral ruling taong 2016 na pinaninindigan nito ang pag-angkin ng Pilipinas base sa UN Convention on the Law of the Sea.

Hiniling naman ng UK mission sa UN na ipakalat ang note verbale "to all States Parties to UNCLOS and all Member States of the United Nations."

Ayon kay Pangulong Duterte "geopolitical tensions continued to rise despite the COVID-19 pandemic."

Nagpahayag din ito ng pangangailangan para sa "de-escalation of tension" lalo pa't may maliliit na bansa ang hindi kayang makipagkumpitensiya. *Pilipino Star Ngayon*

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Kim Jong Un, humingi ng paumanhin sa South Korean

North Korean leader Kim Jong Un

Naglabas si North Korean leader Kim Jong Un ng bibihirang apology, kaugnay sa inilarawan nitong "unexpected and disgraceful" killing sa isang South Korean sa karagatan.

Pero ayon sa mga analysts nais lang ng North na mapababa ang galit ng South Korea dahil sa naturang shooting incident na unang pagkakataon na nakapatay ang kanilang pwersa ng Southern citizen sa loob na ng dekada, na ikinagalit ng South.Mababatid na binaril ang isang fisheries official ng North Korean soldiers, at ayon sa Seoul sinilaban ang bangkay nito habang nasa karagatan bilang precaution umano laban sa coronavirus infection.

Kinumpirma rin ng Pyongyang na 10 shots an pinakawala ng kanilang pwersa laban sa naturang lalaki na ilegal umanong pumasok sa kanilang karagatan at tumangging maayos na magpakilala.

Ayon naman kay North Korean defector turned Seoul-based researcher Ahn Chan-il, "extremely rare" para sa North's supreme commander na magbigay ng apology, lalo na sa mga South Koreans at sa kanilang Presidente.

Dagdag nito, ito ang unang pagkakataon simula noong 1976 Korean axe murder incident. *Brigada International News*

P1 bilyong educational subsidy sa mga anak ng OFWs ok na - DOLE

MANILA, Philippines — Nasa 30,000 college students na anak ng mga pinauwi, nawalan ng trabaho at namatay na overseas Filipino workers ang matutulungan ng P1-bilyon scho¬larship fund ng pamahalaan.

Inihayag ito ni Labor Secretary Silvestre Bello kasunod ng paglagda ng memorandum of agreement sa pagbibigay ng educational assistance sa pagitan ng Commission on Higher Education (CHED) at Unified Student Financial Assistance System for Tertiary Education (UniFAST) Chairman Prospero De Vera III na idinaos sa Quezon City.

Tinawag itong "Tabang OFW,"kung saan maaring makakuha ang isang college-level dependent ng isang OFWs ng "one-time financial assistance" na P30,000.

Base sa kasunduan, ang DOLE ang magpapalabas ng orders, circulars o guideline para sa epektibong pagpapatupad ng nasabing programa, sa paggamit ng pondo, accounting at auditing rules hanggang sa pagsusumite ng reports.

Ang CHED ang magpapalabas ng pondo na P1-B habang ang UniFAST ang tutulong sa DOLE sa promotion at pagpapakalat ng impormasyon hinggil sa aktibidad ng programa at katulong din sa pagbuo ng mga alituntunin, coverage at pamantayan sa paggamit ng subsidy sa ilalim ng programa ng Tabang OFW.

Sa kasalukuyan, mahigit 220,000 OFWs ang apek¬tado ng COVID pandemic na pinauwi na lamang ng pamahalaan. *(Pilipino Star Ngayon)*

Continuation from the cover

Ontario Investing $52.5 Million to Recruit.....

provide basic home support services; and $700,000 in accelerated PSW training for 220 students with prior health experience to practice in Ontario.

The province is investing an additional $26 million to support nurses, including: $18 million for Ontario's Nursing Graduate Guarantee program, which provides full-time salary and benefits for over 600 nurses with a focus on recruiting in areas of need such as long-term care homes and acute care settings; and Up to $8 million to add over 800 nurses to the health system in areas of need across the province.

The province is supporting frontline workers, families and caregivers by:

Investing $200,000 to improve the matching algorithm for the Ontario Matching Portal, which will enable employers to get faster matches that best meet their needs;

Expanding training, tools and resources available to frontline workers across the social services sector; andContinuing to update visitor policies for congregate care settings, including long-term care, that promote family and caregiver involvement to support better care and reduce isolation.

The province's COVID-19 fall preparedness plan, Keeping Ontarians Safe: Preparing for Future Waves of COVID-19, will help the province quickly identify, prevent and respond to any scenario in order to protect communities.

The Keeping Ontarians Safe plan will:

Recruit, retain, train and support health care workers, while also continuing to engage families and caregivers;

Implement the largest flu immunization campaign in Ontario's history;

Maintain strong public health measures, including continued expansion of testing and case and contact management;

Quickly identify, manage and prevent COVID-19 outbreaks;

Accelerate efforts to reduce health service backlogs; and Prepare for surges in COVID-19 cases.

Ontario has already taken actions to prepare the health system and support frontline care providers:

Developed a health workforce matching portal which has helped match skilled frontline health care workers with over 1,100 matches (including over 650 in long-term care) across the health system in need of assistance;

Strengthened infection prevention and control supports to help providers and care settings in greatest need, including tools, training and resources to support long-term care and other congregate settings;

Released guidance and directives from the Chief Medical Officer of Health to ensure consistent approaches to protecting health care workers and patients, based on the best evidence available;

Increasing the supply and availability of personal protective equipment, including recently an nounced domestic manufacturing capacity of N95 respirators to keep our health care workers safe; and

Updated the long-term care visitor policy to clarify guidance about visits from caregivers to help meet the care needs of residents.

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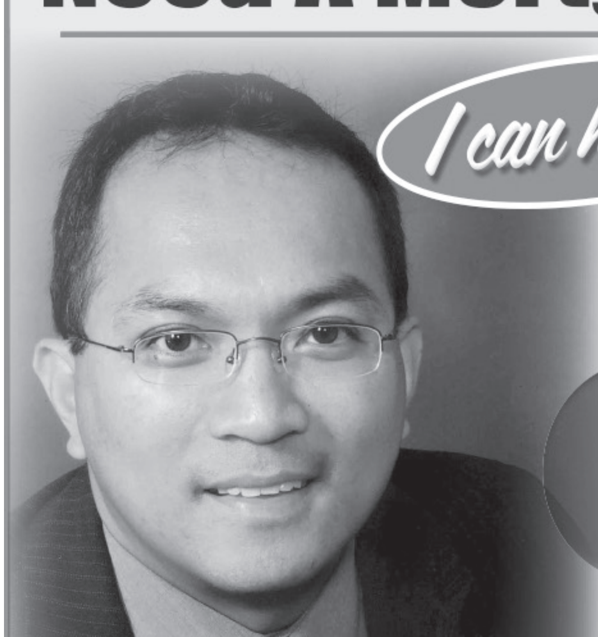

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Mga paghihigpit upang mapabagal ang pagkalat ng COVID-19

Dear Community,

As we enter the weekend, we have again reached another concerning COVID-19 milestone - but before we get into that, I'm happy to say Happy Sukkot to all my constituents celebrating over the next seven days! I hope that everyone can find safe ways to celebrate this year as we mark yet another holiday in these difficult times.

This morning we reported a new single-day record in cases, with 732 across Ontario, including 323 here in Toronto.

As a response to this, Toronto's medical officer of health has called on the province to introduce ***stricter measures to slow the spread of COVID-19 . Those restrictions include prohibiting indoor dining, only leaving your home for essential trips, and prohibiting all indoor fitness classes.*** *This comes on the heels of her call earlier this week to end social bubbles.*

However, the provincial government has instead come to the table with a different set of regulatory changes for ***three identified "hot spot" areas - Toronto, Ottawa, and Peel.***

These changes include limiting the capacity of bars, restaurants, and nightclubs to a maximum of 100 people (with physical distancing) and a maximum of 6 people per table. Customers are also mandated to provide contact information for contact tracing. They have also introduced a limit of 10 people for exercise classes and 50 people into gyms.

On top of that, the province is now advising Ontarians to put their social circles on pause and advising everyone to limit close contact only to those living in their own household.

Clearly, there is a difference in the approaches being offered by each level of government, and at this time, it is clear that the Ford government is reacting too slowly to what's happening in our community. It is also very clear, that the government is desperately trying to keep some businesses operating in unsafe conditions because they refuse to provide the support that our small business community is going to need to survive COVID-19.

For months now, the Ontario NDP has been fighting for months for our Save Main Street Plan that would see small businesses receive 75% rent subsidies up to $10,000, a ban on commercial evictions until the pandemic is over, and a freeze on utility payments.

The measures that we have proposed would allow businesses to reduce their operations to a level that is safe and survive this pandemic.

Finally, today, I'm sending another reminder to everyone reading this to remember to be kind to yourself and take the time you need to process what's happening right now in our midst. The modelling data shows that COVID-19 is likely to get worse before it gets better, and we all need to be emotional prepared for what is to come. This weekend, please make sure that you set some time away for self-care.

In Solidarity,

Jill Andrew

Canada, sumama na rin sa pag-review ng COVID-19 vaccine ng AstraZeneca

Nakilahok na rin Canada sa real-time review ng data ng COVID-19 vaccine na gawa ng AstraZeneca at Oxford University.

Ayon kay Canadian health minister Patty Hajdu, natanggap na nila ang unang bahagi ng autnorization para sa bakuna.

Layon ng nasabing pag-review ay para mapabilis ang proseso ng paggawa ng bakuna.

Kasabay ng Canada ay ang health regulator ng European Union na nagsimula na ring i-review ang nasabing AstraZeneca.

Tinatawag na AZD1222 o ChAdOx1nCoV-19 ang bakuna ng AstraZeneca ilan lamang sa mga kumpanya sa buong mundo na nag-uunahan para makagawa ng COVID-19 vaccine na mula sa ibang kumpanya gaya ng Pfizer, Moderna at Sinovac. *Bombo Radyo,*

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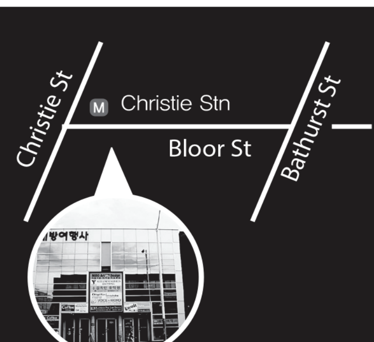

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Most Filipinos find it easy to speak in mixed English and Filipino language, but find it difficult to speak fluently in purely Filipino and purely English manner. Why is that so?

By: Ryan Fernandez

B.A. in Visual Arts, Fordham University (Graduated 2006)

Are you referring to code-switching?

"*Magkita-kita tayo later!*"

"*Nag-practice kami sa basketball court.*"

"*Ready ka na ba sa three-day sale?*"

Filipinos are hardly the only nationality that code-switches. My Indian colleagues do it as well.

The fact is languages are not static. Latin took in words from Greek, Gallic, and Frankish. Eventually Latin diverged into the 'classical' version used by the Catholic Church, and the various Romance languages. Languages borrow, adapt, and evolve over time. English contains Celtic, Saxon, Norse, and French.

The peoples of the Philippines had been influenced by neighboring cultures even before the Spanish arrived. You can trace back Malay, Indian, Arabic, and Chinese words. In port settlements, Malay (or a pidgeon version) was spoken as it still is in parts of Sulu and Tawi-Tawi. Many of the words introduced during the Spanish colonial era (333 years!) have to do with technology, religion, agriculture, and governance. 50 years of American colonialism followed by globalization have done the rest.

When someone asks you, "Kumusta na ang hubby mo?" or you pick up on someone saying "Mag-mamalling kami sa Lunes," you're hearing the latest step of a language that continues to adapt.

Quora/Ryan Fernadez

Kurapsyon sa Politika di-mawawala

Isinulat ni Judge John Paul Stevens ng Korte Suprema ng Estados Unidos na ang gayong impluwensiya ay nagbabanta "***hindi lang sa kalidad at pagiging narara-pat ng Gobyerno kundi sa tiwala rin dito ng bayan***." Kaya hindi kataka-taka na iniisip ng maraming tao sa buong daigdig na ang mga partido sa politika ang pinakatiwali sa lahat ng institusyon.

Kulturang Pilipino:

Ano nga ba ang ibig sabihin ng "ilista sa Tubig?"

"Ilista sa tubig", pamilyar ka ba?

Hindi malilimutan ng isang Nanay na itago natin sa pangalang "Aling Mathel" kung paano sinira ng mga pahayag na iyan ang pagkakaibigan nila ng kaniyang kumareng itago natin sa pangalang Aling Adelfa. Nasa ibang bansa kasi bilang OFW ang mister ni Aling Mathel, kaya naman naging takbuhan siya ni Aling Adelfa kapag nangangailangan.

Sa unang beses na nangutang ang kumare upang may maipambayad sa matrikula ang anak, sinabi ni Aling Mathel na "Ilista muna sa tubig" ito, dahil sa pag-aaral naman ng inaanak mapupunta ito. Hindi na niya pinabayaran. Subalit sa pagdaan ng panahon, tila namihasa naman si Aling Adelfa sa pangungutang sa kaniyang maperang kumare.

Lagi na lamang nagagamit ang mga pahayag na "Ilista sa tubig," hanggang sa mamroblema na si Aling Mathel kung paano sisingilin ang kaniyang kaibigan. Nangyari na ang kinatatakutan ng mabait na kumare: nakalimutan na nga ni Aling Adelfa ang kaibahan ng tulong sa utang. Hanggang sa naningil na nga si Aling Mathel, bagay na ikinainis naman ni Aling Adelfa, at ibinalik pa sa nagpautang ang mga litanyang "Hindi makapaghintay."

Ang sitwasyong kinasangkutan ng magkumare ay hindi nalalayo sa iba pang mga magkakapamilya, magkakaibigan, magkakatrabaho, o kahit simpleng magkakilala lamang. Ang "Ilista sa tubig" ay isang idyoma o idyomatikong pahayag na nangangahulugang "kalimutan na lamang" o "ibaon sa limot."

Minsan din, nagkakagalit kahit ang mga magkakamag-anak, dahil minsan ay hindi nabibigyang-linaw kung ano ba ang tulong sa utang o hiram lamang. Malinaw naman, hindi ba?

Kapag sinabing tulong, ito ay kusang-loob na pagbibigay na hindi humihingi o naghihintay ng kapalit. Kapag utang naman, pahiram lamang, at kinakailangang ibalik sa tunay na may-ari. Ang nakalulungkot dito, may mga taong kapag sinisingil na, sila pa ang nagagalit. Sila pa ang umiiwas at nagtataray.

Ang tanong: may nakukulong o napipiit ba dahil sa pagkakautang?

Nasa batas ng Pilipinas na walang makukulong sa hindi pagbabayad ng utang ngunit kung ang utang ay gawa ng talbog na tseke o may panloloko, maaaring ipakulong ang umutang.

Sa kabilang banda, ayon sa ating batas, ang simpleng utang na hindi lalagpas sa 100,000 piso ay maaaring singilin sa Court of Small Claims kung saan hindi na kailangan ng abogado sa ilalim ng Supreme Court Administrative Matter No. 08-8-7-SC na mas kilala bilang "Rule of procedure for small claims cases."

Ang Small Claims Court ay itinatag ng Korte Suprema upang maging mabilis at matipid ang paniningil ng utang na hindi lalagpas sa halagang ito.

Kaya sa susunod, maging malinaw sa dalawang partido kung ang ilalabas at iaabot na pera ay kailangan bang ibalik o "Ilista na lamang sa tubig?"

Definitely Filipino

" Nakikita ng matalino ang panganib at nagtatago, Pero tulóy lang ang mga walang karanasan at pinagdurusahan ang epekto* nito."

(Kawikaan 22:3)

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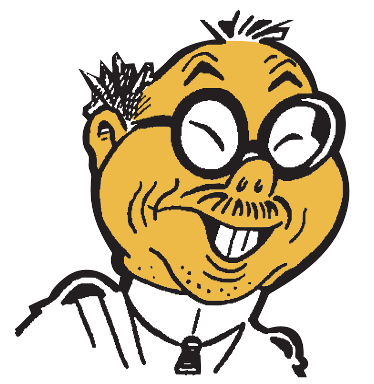

JOKES OnLEE

Which bird has the worst manners? **Mocking birds.**

What do you get from a pampered cow? **Spoiled milk.**

I can't take my dog to the Brimley park because the ducks keep trying to bite him.

I guess that's what I get for buying a pure bread dog.

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle? **Attire**

It was so cold in Scarborough today **… that I saw a politician with his hands in his own pockets.**

What did the nose say to the finger? **Quit picking on me!**

What do you get when you cross a snowman with a vampire? **Frostbite**

Two Filipino kids go trick or treating on Halloween...

...At the first house they go up to, a lady answers the door.

She says, "oh how cute are you two? Let me guess what you are..."

To the first kid she says, "With your tiara and wand, you must be a princess?"

The first kid says, "Yes! I am a princess!"

The lady says to the second kid, "with your eye patch and your sword, you must be a pirate or a buccaneer?"

The second kid looks at her funny, grabs his ears and says, "I'm a pirate...and these are my buccaneers!

"MAGANDANG BUHAY" 'RETURNS' WITH NEW EPISODES TO IMPART IMPORTANCE OF UNITY TO FILIPINOS

Magandang balita ang naghihintay sa mga mommy na miss na miss na sina momshies Melai Cantiveros,Karla Estrada, at Jolina Magdangal dahil magbabalik ang tatlo sa darating na Lunes, 8 AM (Setyembre 28) sa new episodes ng "Magandang Buhay."

Tuloy pa rin ang kanilang pagdadala ng saya ngunit magpapaalala rin ng halaga ng pagkakaisa ng mga Pilipino.

Maghahatid muli ang mga momshie ng inspirasyon sa kanilang viewers sa handog nilang mga kwento ng mga artista at kanilang mga pamilya na siguradong kapupulutan ng inspirasyon at aral.

Samahan si Prince of Pop Erik Santos sa isang masayang birthday celebration kasama ang momshies.

Pakatutukan din ang ilang sopresang hinanda ng "Magandang Buhay" para sa kanya at ang mga ibabahagi ni Erik na kwento sa mga Kapamilya.

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Madalas na pag-ihi sintomas ng paglaki ng prostate: doktor

Normal umano para sa mga lalaki na makaranas ng prostate enlargement o iyong paglaki ng prostate habang tumatanda.

Ang prostate ay isang gland sa ilalim ng pantog na gumagawa ng likido (fluid) na sumusuporta sa sperm ng lalaki, ayon sa urologist na si Dr. Bibly Macaya.

"Pagdating ng lalaki sa edad na 50 years old, lumalaki iyong prostate. Ito ay gawa ng hormone na testosterone at ito ay nasa dugo ng lalaki," sabi ni Macaya sa programang "Good Vibes" ng DZMM.

Nasa 40 to 60 gramo ang karaniwan umanong bigat ng lumaking prostate pero may mga pagkakataong lumalaki ito ng hanggang 200 gramo na maituturing na "sobra na."

Isa sa mga sintomas ng paglaki ng prostate ay ang madalas na pag-ihi.

"Instead of every 4 hours, nagiging 1, 2 oras na lang. Tapos 'yong urgency, 'yong di niya mapipigil kapag nagsimula na 'yong kaniyang urge to urinate," ani Macaya.

May mga pagkakataon din umanong ilang beses magigising sa gitna ng gabi ang lalaki para umihi.

"Pakaunti-kaunti, pabugso-bugso ['yong pag-ihi] tapos kailangan niyang i-strain, i-iri at pakiramdam niya ay may natitirang ihi sa kaniyang pantog," ani Macaya.

Nasa 20 porsiyento ng mga lalaki ang hindi nararamdaman ang mga

Dr. Bibly Macaya

nabanggit na sintomas ng paglaki ng prostate.

Puwede raw matukoy ng mga doktor kung lumalaki ang prostate sa pamamagitan ng rectal exam, ultrasound, at pagkuha ng prostate-specific antigen (PSA) blood test.

May ilang palatandaan din para mairekomenda umano ng mga doktor ang pagpapaopera ng prostate gaya ng pagbigat nito ng 80 gramo pataas at pagkakaroon ng bato.

Mayroon ding mga gamot para paliitin ang prostate gaya ng dutasteride at finasteride.

Nagbabala si Macaya na maaaring maapektuhan ng 2 gamot ang reproductive organ ng lalaki gaya ng pagkakaroon ng erectile dysfunction.

Puwede ring gumamit ng mga alpha blocker pangontra sa madalas na pag-ihi, ani Macaya.

Dr. Bibly Macaya/ABS-CBN News

Mga Pagkaing Makakatulong sa Pagpapalakas ng Resistensya

1. Citrus fruits /maasim na prutas

nagtataglay ito nang vitamin c na syang nkakatulong sa pagpapalakas ng immune system gaya ng grapefruit, oranges, lemon o kalamansi.

2. Bawang

Mula pa noong unang sibilisasyon, pinaniniwalaan nakakatulong ito sa paglaban sa mga infection. Nakakatulong din ito sa pagpapababa nang blood pressure.

3. Luya

nakakatulong ito sa pagbawas nang inflammation o pamamaga gaya nang sore throat

4. Papaya

ito ay isa rin sa mga prutas na mayaman sa vit c. na mayroon digestive emzyme na kung tawagin ay papain na mayroong inflammatory property. Bukod sa vit c nagtataglay din ang papaya nang potassium, vit b at folate.

5. Turmeric/ Luyang Dilaw

ito mah anti inflammatory property na nkakatulong din sa osteoarthritis and rheumatoid arthritis.

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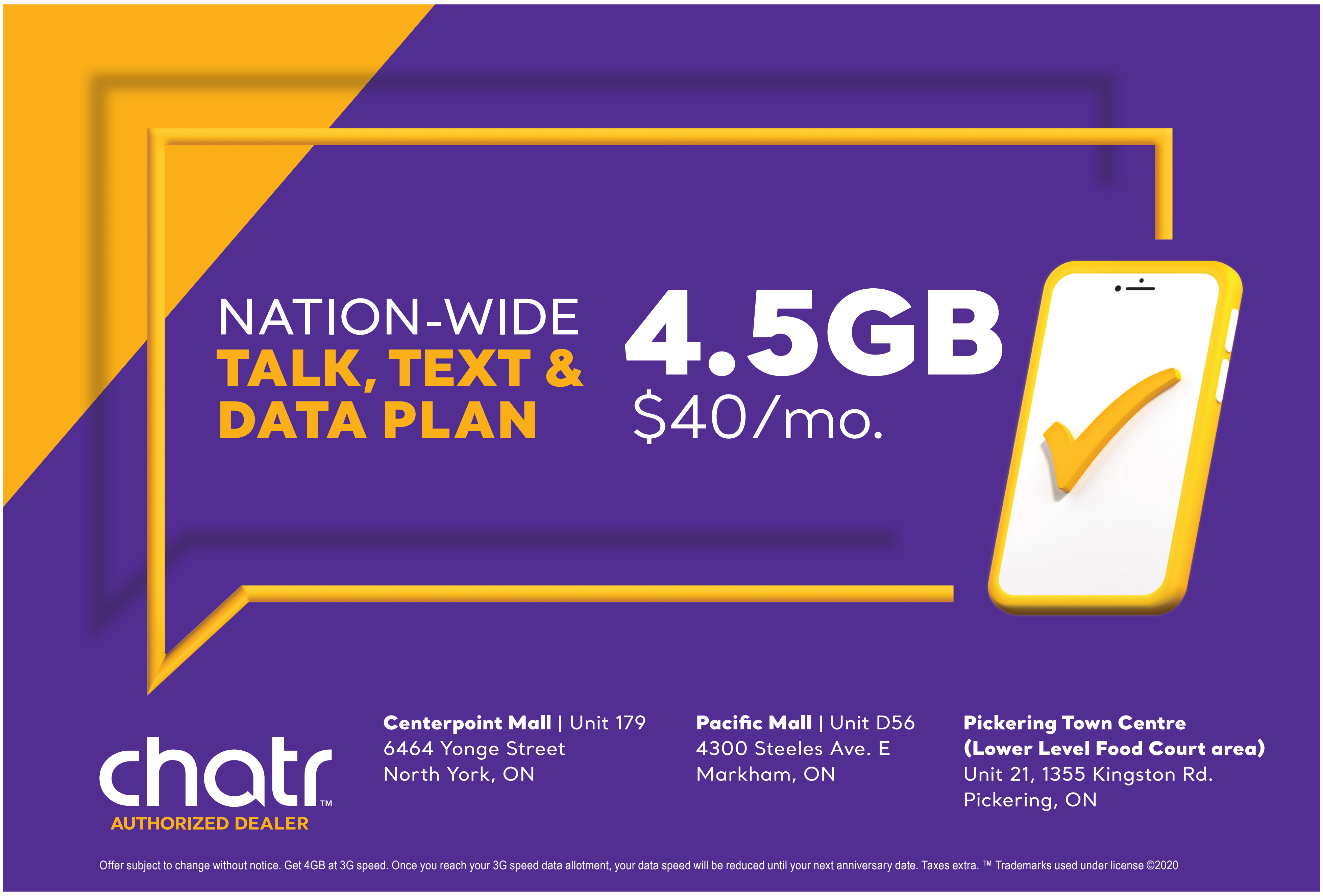

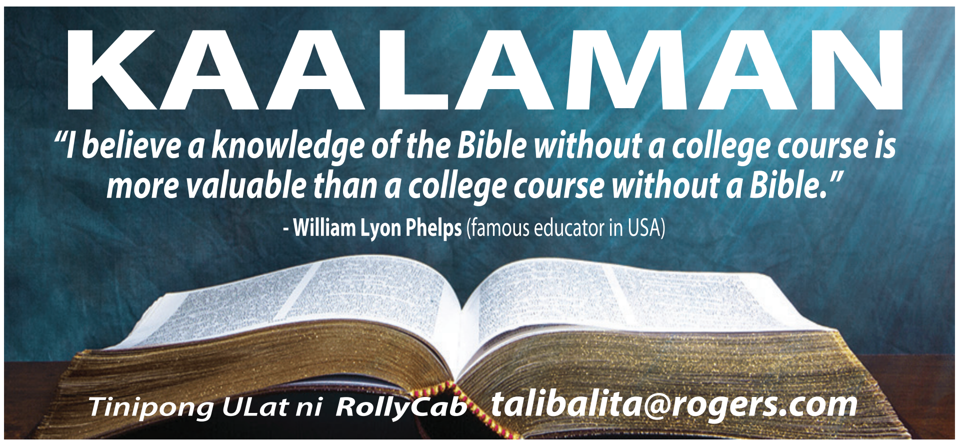

Isang Gobyerno para sa Kapayapaang Walang Katapusan

May ulat sa Bibliya sa Apocalipsis 12:7-9, nakasaad na - ***"At sumiklab ang digmaan sa langit: Si Miguel at ang mga anghel niya ay nakipagdigma sa dragon, at ang dragon at ang mga anghel nito ay nakipagdigma, pero hindi nagtagumpay ang mga ito, at wala na silang lugar pa sa langit. Kaya inihagis ang malaking dragon, ang orihinal na ahas, ang tinatawag na Diyablol at Satanas, na nagliligaw sa buong mundo; inihagis siya sa lupa, at ang mga anghel niya ay inihagis na kasama niya."***

ANO NGAYON ANG NANGYARI SA LUPA?... nagkagulo na ang lupa. Sumiklab ang Una at Ikalawang Digmaang Pangdaigdig. Hanggang sa ngayon ay namumuro pa ang Ikatlong Digmaang Pangdaigdig...walang tunay na kapayapaang natatamo.

Sa ngayon naman ay itinataguyod ng United Nations ang konsepto ng pagiging "***mamamayan ng mundo***." Tunguhin nitong pagkaisahin ang mga bansa, itaguyod ang karapatang pantao, at protektahan ang ating planeta. Bakit? Sinabi ni Maher Nasser sa UN Chronicle ***na lahat ng bansa ay apektado ng "pagbabago ng klima, mga sindikato, lumalaking agwat ng mayaman at mahirap, digmaan, paglikas ng maraming tao, terorismo, nakakahawang sakit, at iba pang banta."***

May mga nagsusulong pa nga ng iisang gobyerno na mamamahala sa buong mundo. Kasama rito ang Italyanong philosopher, makata, at politiko na si **Dante (1265-1321)** at ang physicist na si **Albert Einstein (1879-1955)**. ***Naniwala si Dante na hindi magkakaroon ng tunay na kapayapaan kung nababahagi ang mundo pagdating sa politika.*** Sinipi pa nga niya ang sinabi ni Jesu-Kristo na ang "**kaharian na nababahagi laban sa kaniyang sarili ay sumasapit sa pagkatiwangwang**."—Lucas 11:17.

Noong Digmaang Pandaigdig II, dalawang atomic bomb ang pinasabog. Di-nagtagal pagkatapos nito, nanawagan si Albert Einstein sa General Assembly ng United Nations sa pamamagitan ng liham. Sinabi niya: "***Dapat na kumilos agad ang United Nations at gawin ang kinakailangan para maging ligtas ang mundo at magtatag ng iisang gobyernong mamamahala sa mundo***."

Pero makatitiyak ba tayo na ang mga politikong bubuo sa gayong gobyerno ay may sapat na kakayahan at hindi magiging tiwali at mapang-api? O magiging kasinsamâ lang sila ng ibang mga tagapamahala? Pinatutunayan lang ng mga tanong na ito ang sinabi ng Britanong istoryador na si Lord Acton: "Ang kapangyarihan ay may tendensiyang magpasamâ at ang ganap na kapangyarihan ay ganap na nagpapasamâ."

Para magkaroon ng tunay na kapayapaan at pagkakaisa, kailangang magtulungan ang mga tao. Pero paano mangyayari iyon? Posible ba talaga iyon? Ang sagot ng Bibliya ay oo. Mangyayari iyon. Paano? Hindi sa pamamagitan ng isang gobyernong pinapatakbo ng tiwaling mga politiko, kundi ng isang gobyernong itinatag ng Diyos. Sa pamamagitan ng gobyernong iyon, gagamitin niya ang karapatan niyang mamahala sa kaniyang mga nilalang. Anong gobyerno iyon? Ang sabi ng Bibliya, ang "kaharian ng Diyos."—Lucas 4:43.

Dumating nawa ang Iyong Kaharian kung paano ang nangyari sa langit ganoon din mangyayari sa lupa... (Mateo 6:9, 10)

"DUMATING NAWA ANG IYONG KAHARIAN"

Kaharian ng Diyos ang nasa isip ni Jesu-Kristo nang ituro niya ang kaniyang modelong panalangin: "Dumating nawa ang iyong kaharian. Mangyari nawa ang iyong kalooban . . . sa lupa." (**Mateo 6:9, 10**) Oo, titiyakin ng Kaharian ng Diyos na mangyayari sa lupa ang kalooban ng Diyos, hindi ang kagustuhan ng mga taong makasarili o sakim sa kapangyarihan.

Ang Kaharian ng Diyos ay tinatawag ding "kaharian ng langit." (Mateo 5:3) Bakit? Dahil mamamahala ito sa lupa mula sa langit. Ano ang ibig sabihin nito? Ibig sabihin, ang gobyernong ito ay hindi mangangailangan ng pinansiyal na suporta mula sa mga sakop nito. Ang laking ginhawa niyan!

Gaya ng ipinapakita ng terminong "kaharian," ang Kaharian ng Diyos ay pinamamahalaan ng isang hari. Ang Hari nito ay si Jesu-Kristo, at galing sa Diyos ang awtoridad niya. Sinasabi ng Bibliya tungkol kay Jesus:

- "Ang pamamahala . . . ay maaatang sa kaniyang balikat. . . . Ang kasaganaan ng pamamahala [niya] at ang kapayapaan ay hindi magkakaroon ng wakas."—Isaias 9:6, 7.
- "Sa kaniya ay may ibinigay na pamamahala at dangal at kaharian, upang ang lahat ng mga bayan, mga liping pambansa at mga wika ay maglingkod sa kaniya. Ang kaniyang pamamahala ay . . . hindi lilipas."—Daniel 7:14.
- "Ang kaharian ng sanlibutan ay naging kaharian ng ating Panginoon [si Jehova] at ng kaniyang Kristo."—Apocalipsis 11:15.

Magkakatotoo ang modelong panalangin ni Jesus dahil lubusang tutuparin ng kahariang ito ang kalooban ng Diyos para sa lupa. Sa pamamahala nito, lahat ng tao ay matututong mangalaga sa ating planeta para muli itong luminis at gumanda.

Higit sa lahat, tuturuan ng Kaharian ng Diyos ang lahat ng sakop nito. Iisang pamantayan ang ituturo sa kanila. Hindi magkakaroon ng pagkakabaha-bahagi. "Hindi sila mananakit o maninira . . . sapagkat ang lupa ay tiyak na mapupuno ng kaalaman kay Jehova gaya ng tubig na tumatakip sa dagat," ang sabi ng Isaias 11:9.

Source:www.jw.org/tl

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BATIKANG MAMAMAHAYAG NA SI HENRY OMAGA-DIAZ, KASAMA NA SA "TV PATROL"

Simula Lunes (Oktubre 5), mapapanood na sa "TV Patrol" ang beteranong mamamahayag na si Henry Omaga-Diaz upang maghatid sa mga Pilipino ng pinakamalaking mga balita kasama nina Noli "Kabayan" De Castro at Bernadette Sembrano-Aguinaldo.

Lubos ang pasasalamat ni Henry, na mahigit 40 taon na sa industriya, sa oportunidad na makabalik sa pangunahing newscast ng ABS-CBN, kung saan nagsilbi rin siyang anchor noong 2001 hanggang 2003, at mula 2004 hanggang 2006 naman sa "TV Patrol Weekend."

"Ang TV Patrol ay isa sa pinakamahabang newscast, biruin mo 30 years na ito sa ere, at pinakamalawak rin sa buong bansa. Hindi lamang nakakarating dito sa Pilipinas pati sa mga kababayan natin sa ibang bansa. Ang pagbalik ko sa TV Patrol ay isang malaking karangalan. Kahit na sabihin natin na limited ang platform ngayon, napakarami kahit sa social media ang nag-aabang at naniniwala pa rin sa TV Patrol," aniya.

Ayon naman kay ABS-CBN News head Ging Reyes, si Henry ay isang huwarang mamamahayag na marami nang nagawang makabuluhang ulat at may integridad na hindi matatawaran.

"Kung saan-saan na sa mundo ang narating ni Henry sa kanyang pagbabalita. Gayunpaman, nananatili siyang nakatuon sa kanyang misyon na mag-ulat ng katotohanan. Hindi na nakagugulat ang kanyang pagbabalik sa 'TV Patrol' dahil isa siyang patunay na ang galing ng mamamahayag ay nakabatay sa kanyang paglilingkod sa publiko," sabi ni Ging.

Halos 30 taon na si Henry sa Kapamilya network kung saan nagsimula siya bilang reporter sa radyo bago pumasok sa telebisyon. Dito nagbalita siya tungkol sa mga sakuna, sagupaan, at mga mahahalagang pangyayari sa ibang bansa tulad ng kaso ng domestic helper na si Sarah Balabagan sa Middle East, at ang paglilikas sa mga OFW mula sa Libya sa kasagsagan ng kaguluhan doon noong 2011.

Naging bahagi rin siya ng mga programang "XXX," "Krusada," at "Bandila" at nakilala sa kanyang mga istoryang nagsisiwalat sa mga anomalya sa gobyerno at pang-aabuso sa lipunan. Kabilang dito ang 2014 investigative report niya sa mga drug syndicate sa loob ng New Bilibid Prisons sa Muntinlupa at ang planong pagpapaalis sa mga residente ng CHILD HAUS, isang tuluyan para sa mga batang may kanser, nung 2016.

Sa kanyang pagbabalik sa "TV Patrol," kinasasabikan ni Henry ang makasama ang kanyang mentor sa broadcasting na si Kabayan at dating co-anchor sa "TV Patrol Weekend" na si Bernadette.

"Ang makakasama ko ay maituturing na mga haligi ng pagbabalita sa TV Patrol. Sana mapunan ko 'yung expectation sa akin ng mga tao, ang inaasahan sa akin ni Kabayan, dahil siya ang mentor ko, at magawa ko 'yung aking trabaho bilang mamamahayag at makapagbigay pa ng mas makatotohanan na balita at impormasyon para sa mga kababayan natin," dagdag niya.

Manood ng "TV Patrol" mula Lunes hanggang Biyernes sa TFC IPTV, cable and iWantTFC. Para sa balita, bumisita sa news.abs-cbn.com o sundan ang @ABSCBNNews at @TVPatrol sa Facebook at Twitter. Para sa updates, i-follow ang @ABSCBNPR o pumunta sa abs-cbn.com/newsroom.

Ratings ni Duterte humataw ng 91%!

MANILA, Philippines — Umakyat pa sa 91% ang trust at approval ratings ni Pangulong Rodrigo Duterte sa pinakahuling survey ng Pulse Asia sa gitna ng COVID-19 pandemic.

Sa survey na ginawa noong Setyembre 14-20, 91% Pinoy ang aprubado sa performance ni Pangulong Duterte, 5 percent ang "disapproved" habang 5 percent ang undecided.

Kung ikukumpara rin sa ibang lider ng gobyerno, lumalabas na si Duterte rin ang pinakapinagkakatiwalaan ng mayorya ng mga Filipino sa 91% trust rating.

Samantala si Vice-Pres. Leni Robredo ay nakakuha ng 57% approval at 50% trust ratings.

Si Senate President Tito Sotto naman ay nakakuha ng 84% approval at 79% trust ratings, House Speaker Alan Peter Cayetano, 70% approval at 67% trust, habang si Supreme Court Chief Justice Diosdado Peralta ay 44% approval at 39% trust.

Kung ikukumpara sa survey noong Disyembre, tumaas ng 4 porsiyento ang approval rating ng Pangulo na dati'y 87 porsiyento samantalang ang trust rating nito na dati ay 83% noong Disyembre ay naging 91.

Nagpasalamat naman ang Malacañang sa nakuhang 91% trust at 91% performance ng Pangulo.

Ayon kay Presidential Spokesperson Harry Roque, napakataas ng 91% at nangako naman aniya ang Pangulo na gagawin ang lahat para makabangon sa pandemya at isasantabi ang pulitika.

Ang survey ay base sa 1,200 adults mula 18 anyos pataas.

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33.6 milyon na ang mga kasong COVID-19 sa buong mundo; mahigit na isang milyon mga namamatay

Ayon sa mga ulat ng mga pahayagan, pumapalo na sa 33.6 milyon ang bilang ng mga tinamaan ng COVID-19 sa buong mundo.

Batay sa tala ng John Hopkins University, nangunguna pa rin ang Estados Unidos sa mga bansang pinakamaraming kaso ng sakit na mayroon nang 7.1 milyong cases; habang sinundan ito ng India na pumalo na sa 6.1; habang pumapangatlo naman ang Brazil kung saan 4.7 milyon na ang COVID-19 cases.

Pumalo naman na sa mahigit isang milyon ang bilang ng mga indibidwal na namatay sa buong mundo dahil sa COVID-19 pandemic habang 23.2 milyong katao na ang naka-rekober na mula sa sakit.

Inanunsyo ng World Bank na hiniling nito sa board of directors na aprubahan ang 12 bilyong dolyar na tulong sa mga mahihirap na bansa para makabili ang mga ito at makapagpamahagi ng bakuna laban sa COVID-19.

Nagpatupad na ang World Bank ng emergency response programs sa 111 bansa at ang extra na pondo kung maaaprubahan ay gagamitin para sa mga low at middle-income countries.

Ayon sa World Bank, di maka-karekober ng husto ang global economy hangga't di maka-kapamuhay, makaka-pagtrabaho, at makakabiyahe ang mga tao ng walang pangamba. *Brigada News*

"Bahala na"

"**Bahala na**"… narinig mo na ba ang pahayag na iyan? O baka naman isa ka rin sa mga nagsasambit niyan? Ito ay Sikolohiyang Pilipino, paano ba nagsimula ang salitang iyan?

Ang ***"Bahala na Habit"*** ay isa sa mga katangian ng maraming Pilipino, na maaaring may kalakasan at kahinaang aspeto. Nagmula ang salitang baha-la sa pangalang "Bathala," ang kinikilalang pinakamataas na diyos o "Supreme God" ng mga Tagalog, batay sa kanilang mito o myth.

Kung gayon, ang ibig sabihin ng bahala na ay ipinagpapasa-diyos na lamang kung ano ang mangyayari.

Ito ay nagpapatunay na matatag talaga ang paniniwala at pananalig ng mga Pilipino; na diumano'y magiging kaooban na lang ng Diyos ang kaganapan nito. Totoo kaya yon?

May ilang mga espesyalista sa wika ang nagsabing ang tunay na pinagmulan ng salitang ***bahala na*** ay buhat sa salitang *Sanskrit* na **"bhattara"** na nangangahulugang "**noble lord**." At ang bahala raw ay isang salitang Tagalog na nanga-ngahulugan sa salitang Ingles na ***"burden,"*** na nanggaling naman daw sa salitang ***Sanskrit*** na bhara at ***salitang Malaysian na bahara***, na nangangahulugang "***burden, weight, or charge."***

Katulad na lamang ni Aling Emily, 51 taong gulang, na laging hirap pagdating sa pagba-budget ng pera sa bahay. Anim ang kanilang anak ng mister, na paekstra-ekstra lamang sa trabaho. Lagi na lamang niyang sinasabing "**bahala na**" dahil naniniwala raw siyang hindi naman sila pababayaan ng Diyos. Ang mahalaga, nakakain daw sila sa araw-araw.

"***Naging bukambibig ko na ang salitang 'bahala na' at hindi naman ako binibigo ng Diyos. May habag talaga Siya***," ani Aling Emily.

Ganiyan din ang paniniwala ni Gardo, 24 na taong gulang, matapos niyang makipagsapalaran noon sa Maynila sa edad na 19. Tinakasan niya ang kaniyang pamilya dahil wala raw siyang mararating kung magiging magsasaka rin lang siya gaya ng ama.

Sa ngayon, naging matagumpay naman si Gardo sa ginawa niyang pagtatangkang mabago ang kanyang buhay sa pagsisikap, sa pamamagitan lamang ng ***'bahala na.'***

"***Kung hindi ako tumakas noon sa mga magulang ko, wala akong pera ngayon***," ani Gardo.

Sa kabilang banda, nagiging daan naman daw ang salitang ***'bahala na'*** upang huminto na at maging tamad... hindi na gumawa pa ang tao tutal matutupad din naman daw ang kaniyang mga pangarap.

Iyan ay mali, *alam naman nating nagiging totoo ang isang pangarap kapag gumagawa ng mga hakbang upang makamit ito.*

Ikaw, anong kuwentong **"bahala na"** ang maibabahagi mo? *Definitely Filipino*

" Nakikita ng matalino ang panganib at nagtatago, Pero tulóy lang ang mga walang karanasan at pinagdurusahan ang epekto* nito."

(Kawikaan 22:3)

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Kitang-kita ngayon yan sa atin sa congress, sa kamara. Gusto lahat maging leader.

UNEMPLOYED FIL-CANADIANS WORRIED ABOUT THE END OF GOV'T AID PROGRAM

Filipinos in Canada relying on financial assistance from the government are on edge as some forms of the benefit end.

Most Filipinos find it easy to speak in mixed English and Filipino language, but find it difficult to speak fluently in purely Filipino and purely English manner. Why is that so?

Are you referring to code-switching?

"Magkita-kita tayo later!"

"Nag-practice kami sa basketball court."

"Ready ka na ba sa three-day sale?"

Filipinos are hardly the only nationality that code-switches. My Indian colleagues do it as well.

The fact is languages are not static. Latin took in words from Greek, Gallic, and Frankish. Eventually Latin diverged into the 'classical' version used by the Catholic Church, and the various Romance languages. Languages borrow, adapt, and evolve over time. English contains Celtic, Saxon, Norse, and French.

The peoples of the Philippines had been influenced by neighboring cultures even before the Spanish arrived. You can trace back Malay, Indian, Arabic, and Chinese words. In port settlements, Malay (or a pidgeon version) was spoken as it still is in parts of Sulu and Tawi-Tawi. Many of the words introduced during the Spanish colonial era (333 years!) have to do with technology, religion, agriculture, and governance. 50 years of American colonialism followed by globalization have done the rest.

When someone asks you, "Kumusta na ang hubby mo?" or you pick up on someone saying "Mag-mamalling kami sa Lunes," you're hearing the latest step of a language that continues to adapt.

by ***Ryan Fernandez / Quora***
B.A. in Visual Arts, Fordham University
(Graduated 2006)

" Nakikita ng matalino ang panganib at nagtatago, Pero tulóy lang ang mga walang karanasan at pinagdurusahan ang epekto* nito."

(Kawikaan 22:3)

Sobrang babad sa computer mapanganib sa kalusugan

MANILA, Philippines — Nagbabala ang isang health expert sa mga internet users sa mga posibleng panganib sa kalusugan na idinudulot ng labis na oras sa harap ng computer screens ngayong panahon ng pandemya.

Sinabi ni Dr. Ramon Basa, isang Occupational Family Medicine Specialist ng Asian Hospital and Medical Center sa programang Pinoy MD, na nasa tatlong oras lamang ang nasa ligtas na haba ng pagkalantad sa mga computer screens bawat araw.

Ngunit dahil sa halos lahat ng aktibidad nga¬yong nagpapatupad ng 'work from home' at 'online classes', hindi na maiwasan na lumagpas dito ang marami na nagdudulot ng tinatawag na 'Computer Vision Syndrome o Digital Eye Strain.'

Kabilang sa epekto nito ay ang paglabo ng paningin, 'dry eyes', sakit ng ulo at pagkakaroon ng 'double vision'.

Ang sanhi umano nito ay ang 'blue light' na inilalabas ng mga gadgets na nakasasama sa retina ng mata.

Kung labis talaga ang exposure, maaaring magdulot ito ng tinatawag na "Gray Matter Atrophy" o ang pagliit ng isang parte ng utak. Magiging epekto nito ang paglabo ng memorya at hirap sa konsentrasyon sa mga gawain.

Upang maiwasan ang mga ito, makatutulong umano na gumamit ng gadgets na may tamang liwanag at i-adjust sa mababa ang liwanag ng gadgets.

Marami ang gumagamit ngayon ng 'anti-blue light' na mga salamin, ngunit hindi pa ito iniendorso ng mga health experts dahil sa hindi pa napatutunayan ang pagiging epektibo ng mga ito. *(Pilipino Star Ngayon*

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