



TopLoad

Uncovering Albay on a Top View



VOLUME 1 ISSUE 1



14th Balitandaan signifies strength and bravery

by: Danica Mae C. Marollano

"HinahangaanangBulka ngMayon dahilsaperpektonitonghugis,peropinangangamba-handinangmadalasnitongpag-aalbu roto.Gayangmatindingpagputoknoong1814,mulitongnagdulo tngmatindingpinasalanoong2006.Kasunodngpananalasangbagyong Reming,rumagasaanglaharsapaligidngbulkannaikinamatayng1,266natao."

"Seven years have passed since the destructive Typhoon Reming made a difference to my life. I lost my home, my source of income and most of all, my family. It was really hard but I must face the reality with big hope and great strength," shared by Jonel, survivor of the typhoon.

Jonel is just one of the To commemorate the strengths and bravery of the survivors as well as to remember those who have died, the 14th Balitandaan marker was launched at Cagsawa Ruins in Albay on the 22nd of December, 2012.

This was built on the said location due to its historical value. It signifies the destructive eruption of Mayon on 1814 and also the Super Typhoon Reming in 2006 that confounded the surrounding countryside with mudslides and lahar leaving 1,266 casualties.

Merijoy, an Audio Visual Communication student of Bicol University said that this "balitandaan" will be a way to inform tourists about the history of the site and the onslaught of Mayon for the past years.



“This Balitandaan will serve as a landmark of giving tribute to Cagsawa Ruins Park in which it has withstood the test of time and helps to recognized Bicol region. This was also giving legacy for the Bicolanos.” Henric added, also an AVC student.

The said marker located at the front view of the admired perfect cone shape of the volcano will surely be an informative medium for the visitors in the area. At the same time, it will stand the test of time

for the Albayanos and serve as a sign not to give up on the chaos and tragedies that they would face in the tears to come.

On its 25th anniversary, TV Patrol is putting up twenty five “Balitandaan” markers in areas where big news covered by the program in the past 25 years happened. TV Patrol was still ongoing of putting up Balitandaan in some areas such as in Abu Dhabi, Marikina, and Puerto Princesa.

A Soldier with No Name in the City of Love

By: Ariane Mae P. Cornejo

“We [Tabaqueños] did not seek for recognition. We are capable of heroism for love and freedom of our land; even if it means dying and giving up our own life,” quoted City Tourism Officer Eric Valeriano.

Known as the city of love and the “Sikad-sikad Capital,” Tabaco City is also known for its rich cultural heritages, historic landmarks and for its peace-loving and warm people.

As the city embarks on its mission to spread Tabaco-ingenuity, a small part of its history unfolds.



Ginikanan, the town’s history

It was during 1500s, a pre-Hispanic invasion wherein a tribe leader and priestess named “Pagkamoot” ruled the land. She was known as a woman of





strength and vision. It was then one day, when a Spaniard landed on the tribe's shore and asked "what place is this?" in Spanish. Pagkamoot didn't understand the foreign word so she started shouting "Tabak Ko! Tabak Ko! (My Bolo! My Bolo!)" in fear of a war while the Spaniard took it as an answer for his question and left the tribe. Since then, the town assumed the name of "Tabak Ko."

Its people, its pride

Valeriano prides Tabaqueños' love for their land. The town has assumed the name as the City of Love and continuously lives on its name. He compared the people of the humble town to Pagkamoot who died fighting for freedom. The noble deed ignited the natives long ago to die and fight for independence as so he stated that that Tabaqueños nowadays will still do the same.

The Unknown Soldier

The humble town is yet on the process on reliving the appreciation and awareness of the present generation to their "forgotten" heritage but the town has obviously been proud of their ancestors' gallantry.

On the city plaza stood a statue of the Unknown Soldier who symbolizes the brave Tabaqueño natives who died for the land to be free. Valeriano said that the soldier will serve as a keepsake of heroism of all the Tabaqueño's generation.

‘Tatay’ of the Community

By: Mayflor Esquejo

If you simply take time to look around, you can find inspiration from the simplest people. I was able to witness the life of a good father. He lives in the same community where I grew up. Before he became a fish vendor at the local Albay market, he tried to work abroad. Back then, he was able to generate enough money which he used as capital for his fish business.

The man's name is Raul Daet, but most people from our community calls him by the name ‘Tatay’. His wife's name is Emma, and she is also helping in selling fish at their market stand. Ever since I can remember, Tatay was already a fish vendor.

Tatay was able to provide the needs of his family. He has five kids, two of which are still in the elementary. His eldest son, Jeric, is also helping him in the market. His two daughters have graduated in college and

are now working. The youngest is a cute little girl who speaks the English language quite nicely, and is studying at the day care center of our barangay.

Aside from being a fish vendor, Tatay is also an elected Kagawad. His primary responsibility is peace and order, and his effective service ensures a safe and peaceful community.

It is hard to find a responsible and dedicated man these days, and Tatay is one in a million. He is capable of balancing family life, business, and community service. He is indeed a ‘Tatay’ not only to his kids but also to the community. It's no wonder that when local residents think of fish or service, his name is always brought up.

I'm glad that I am able to meet such an amazing person, and to think that we live in the same community.



Bicol beat SNS and SMS for Comments

By: Albern Ray Balean

Tabaco city uses text messaging and internet as the means of initiative for the peoples' response to their services.

Tingog 2015 is the country's answer



to the global initiative to enable the citizens' feedback on the millennium development goals (MDG's).

It was named tingog for the reason that it indicates the purpose of giving voice to the citizen on issues concerning social development and accomplishment of the MDG's in time for its deadline in 2015.

Tingog 2015 is a technology platform that allows citizens to send direct opinion to local government agencies via SMS or text messaging and via internet or social network and receive responses on their feedback from concerned local government agencies.

For the Tabaco pilot Tingog 2015 will focus on delivery of services related to MDGs 4, 5, and 6, specifically on HIV/Aids. Prior to the Albay launch of Tingog 2015, the global citizen feedback initiative has also been launched

in Kenya, Africa, and in India. Mobile operators Globe, Smart, and Sun Cellular are also working for the four-digit number "2015" to be utilized as the official number for expected feedbacks. After the Tabaco City pilot, the initiative is intended to be rolled out across the Philippines to empower citizens to participate in local governance, social development and the achievement of the MDGs.

Among those who attended its recent launch were Tabaco City mayor Kri-



sel Lagman-Luistro, Department of Interior and Local Government (DILG) secretary Jesse Robredo, Binibining Pilipinas-Universe 2010 and Ms. Universe 2010 fourth runner-up Ma. Venus Raj, both of whom hail from Bicol.

We Are ONE!

By Honey Mae A. Morada

Combatting climate change is no easy task. It takes a lot of manpower and a whole lot of will and dedication to fight its raging effects, or at least to lessen the problems that come with it.

Climate change is a significant and lasting change in the statistical distribution of weather patterns over periods ranging from decades to millions of years. It may be a change in average weather conditions, or in the distribution of weather around the average conditions. Its cause is often blamed on greenhouse gases that are released in the atmosphere and thus causing excess heat from escaping the Earth. As a result, our planet becomes hotter and this heat disrupts the normal functions of the planet. So basically, people are responsible for climate change.

For the past years, people have come to notice that our planet is slowly changing, but not slow enough for us not to notice. Natural disasters have become stronger and occur more frequently than usual.

Our country is no exception to the effects brought about by climate change. According to the 2013 Global Climate Risk Index, the Philippines ranked fourth among more than 190 countries around the world that have suffered the most extreme weather events such as flooding and storms over the past 20 years. This shows just how impoverished countries such as ours suffer the impacts of climate change. Typhoons often visit the country on an average of 20 times a year and leave a lot of damage in its wake. Lives of many

Filipinos are lost and damage to property makes it hard for our country to survive. We are already having a hard time surviving as it is, but these calamities add up to the major problems of the society.

This proves that climate change adaptation and disaster risk reduction is a must among all Filipinos, and this is just what the Center for Research for Climate Adaptation (CIRCA) and the Climate Change Academy (CCA) made sure to do.

They conducted a four day subject and training for participants from different Local Government Units (LGUs). The Disaster Risk Reduction and Management (DRRM) and Climate Change Adaptation Training seeks to explore a transdisciplinary approach to the study and strengthening capability of LGU's from regions 4A, 4B, 5, 6, 7 and 8.

In this little way, the youth is utilized in helping the country survive the effects of climate change. These calamities cannot be prevented. After all, it is normal for us to experience these things. But having proper training and knowing what to do during and after these calamities will greatly help reduce the damages and the lives lost.

As what J.K. Rowling said in *Harry Potter and the Goblet of Fire*, "We are only as strong as we are united, as weak as we are divided", we can only do so much if we all work together. After all, we all live in the same planet.



"A HILL WITHOUT A HILL TOP"

By: Ronalyn O. Frial

The Kawa-Kawa Hill is a 236 meter land form located in California Village, Brgy. Tuburan, Ligao City. Its name is derived from its curious shape resembling a 'kawa' or cauldron. From afar, Kawa-Kawa may seem as ordinary as any other hill, but from its summit, one can see its unique feature in its full glory – an amphitheater-like six-hectare crater. Because of this peculiar characteristic, it is also called 'the hill without a hilltop'.

Today, the Kawa-Kawa Hill is now one of Albay's tourist destinations, developed by the city government of Ligao spearheaded by Albay 3rd District Rep. Fernando Gonzalez. It offers a stunning 360 degree view of Ligao City and neighboring towns, as well as sprawling green fields and nearby Mts. Masaraga and Mt. Mayon.

The hill is also famous as a religious destination because of the larger than life Stations of the Cross lining the 500-meter path to the crater and extending all the way around the crater's 836-meter rim. During the Lenten Season, devotees flock to Kawa-Kawa to reflect and meditate on the Stations of the Cross as penance.

Recreation facilities and attractions in Kawa-Kawa Hill include a Philippines Eagle Scout Advancement Camp and Facilities, a volleyball court and horseback riding. On the hills slopes, dinorado (high-quality mountain rice), pineapple and vegetables are cultivated to promote agriculture and environmental awareness.

A place where you can relax and see the beauty of Ligao City, you can also bring your family, friends, and loved ones to enjoy the fresh air of this famous hill. Also, this tourist spot in Albay is very affordable, this is free to everyone to have fun and enjoy. How to get there? Well this famous Hill is located in Tuburan, 2 kilometers away from Ligao's city center.

Ligao is 27 kilometers away from the Provincial Capitol of Albay and approximately 30 kilometers from Legazpi City. Vans and jeepneys regularly serve the Legazpi-Ligao route. You can find these vans and jeepneys at the Legazpi Grand Central Terminal. And if you reached this place you can say that It's more fun in Albay! A lot of place to visit but Kawa-kawa hill is the most affordable one to have fun, relax and to enjoy.

Street Foods, The Best

By:

Myla Maliberan

John Florence L. Granado

Ma. Theresa Angela Andes

Merienda is a Filipino term meaning “snack” usually taken during the “lazy hours” between 2:00-5:00 in the afternoon. Like in any other country Philippines also have an interesting delicacies that may not unusual to its citizens but usually coined as “exotic” by most foreigners or travellers.

Finger licking good is what street foods are. Filipinos are very fond to eat this kind of delicacies because of its cheap price yet delicious that can feel their growling stomach. Most of the popular street foods are fish, orlean or squid balls, kikiam, hot-dog and the fried coated quail eggs or the “kwek-kwek”. It can be found at almost any street corner with a lot of people.

But wait there's more exotic foods that you can't imagine to eat like the deep fried isaw or the chicken intestine coated with breading that sometimes are grilled. Next are the chicken or pork blood and the chicken head that are popularly known as “Beta-max” and “helmet”. But the most popular and exotic street food that the Filipinos were fond of was the “Balut” or the hard boiled fertilized duck egg that is sold during night time.

These delicacies have oozing taste that the tongue of its buyers crave for more.



These foods are not complete when its condiments were not present. Several vendors sell these street foods with sauces

that compliments to its taste like, hot n' spicy, sweet and spicy sauces and vinegar. Also they sell cold beverages that will quench your thirst like “Scramble”, “Palamig”, and “Sago't Gulaman”.





If you will try to eat this kind of foods make sure that your stomach is strong enough because you're not sure if

the food complements your taste. If you are a first timer, you should first assure the sanitation of the store. This delicacies are more fun to eat when you are with friends and this is a very good place to eat where you can buy and experience

delicious food but still you have change in your pocket.

International costume contest rules

GLO@BU organized the first ever International Costume Festival last January 23,2013 at Bicol University High school department.



The contest shown the magnificent and colorful costumes from the different countries around the world. The contestants walked in the contest and represented their costumes by telling facts about it.

At the end of the contest, the costumes of the Philippines won first prize of 4,000 pesos each both male and female category. The costumes from Japan in male category and Bhutan in female category won 3,000 pesos each for the second prize, and also the costume from India in female category and Bhutan in male category won 2,000 pesos each for the third prize.

The International Costume Festival will be held annually for entertainment and to appreciate the beauty of costumes around the globe.

The Cagsawa Ruins in Albay

By: Erap Bodino



There are so many beautiful places in the Philippines. One of this is the popular tourist spot in Bicol which is the Cagsawa ruins, this is the reason why that we can say that is really more fun in the Philippines because of so many attractive tourist destinations.

The cagsawa ruin is located in barangay Busay. Their prominent attraction is the Belfry of the Cagsawa Church which submerged in mudflow during February 2, 1814. Mayon Volcano Eruption and killed 1200 people. The site is presently developed and complete with facilities for rooms, lodging and food, toilets, stalls for native products, restaurant, telephones and administration office significant number of foreign and local visit the site all year round and realize a sizeable profit.

The ruins is currently protected in park overseen by the municipal government of Daraga and the National Museum of the Philippines, are one of the most popular tourist destinations in the area. They are considered symbolic of the dangers of living in close proximity with the Mayon Volcano.

The ruins of the Cagsawa church are now the site of the Cagsawa Ruins Park, one of the most popular tourist destinations in Albay. It is also the site of the Cagsawa Branch of the National Museum of the Philippines. The

museum was formally inaugurated on October 30, 1992 on land donated by the municipality of Daraga. It is the third largest regional branch of the National Museum. It contains photographs of the volcanic eruptions of Mount Mayon as well as geological and archeological exhibits.



Cagsawa was also subjected to the Super Typhoon Durian and designated by typhoon reming. The ruins were unharmed even as the typhoon devastated the surrounding countryside with mudslides and lahar that killed at least 1,266 people. The incident is similar to another catastrophe in the same region in 1825, shortly after the 1814 Mayon eruption.

Today, the site of the Cagsawa ruins is now a park managed by the municipal government of Daraga. It is actually the most visited tourist spot in the town. Visitors can enjoy the classic postcard view of Mayon Volcano with the Cagsawa belfry in front. It's really more fun in the Philippines especially when you go to albay!



EARLY TREAT FROM LGU-LIGAO 2013

By: Robina Olarte

"It's not how much we give but how much love we put into giving."

-Mother Teresa

Smiles from little kids brought joy to the entire pavilion of Ligao City as the Local Government of Ligao break the silence of the place by spreading presents and conducting programs spearheaded by the Department of Social Welfare and Development (DSWD) head and staffs.

The children from indigent families and those incapacitated were prioritized during the program giving them all the opportunity to avail all the chances that a normal child can get; from receiving ice creams from Mamang Sorbetero to accepting gifts from their guardians to riding a train lend by Embarcadero de Legazpi to playing with other kids.

The day went to success, everybody can tell, everybody can see it through the happiness by the children and the parents as they march on their way home.

Summer Escapade

By: Marjorie Codia



especially if you're with your family, friends and loved ones. It is priceless as other says, you'll get to be with them.

As for others, they go to their provinces and enjoy the rest of the summer, it is the time for them to see their relatives as well as to escape from the pressures and stress they got in their work and in school.

Others wants to spend their summer resourceful, some of them doesn't stop in working as their views that there's no time for leisure.

Vacation month is almost near, people are all busy thinking for their vacation plans. The Lenten season is also coming. But how can we make our vacation meaningful? Spending a lot of money? Go to beach resorts? Go shopping? Or you'll just spend your summer vacation with your family and go to church to pray solemnly for the Lenten season?

Vacation, is the time you got to relax, pamper yourself and got the opportunity to spend the rest of the days of summer with your family.

Summer getaways are always fun,

As for others, going to vacation means throwing money. Some who can't afford to have a summer vacation, they spend it simple yet meaningful. They just simply go picnics with their family, and going to parks.

Spending summer doesn't mean throwing and spending money, it is just how you will spend your summer in a more meaningful and resourceful way.

As one of the youngest cities in the Bicol Region, Tabaco City does not only the title “City of Love” but it also prides itself as the Padyak Capital of the Philippines.

A common form of transportation for the locals, the padyak or also known locally as sikad-sikad, a bicycle with attached sidecar to it, dominantly roams the city-streets for years.

Over 2, 600 pedicabs and its drivers are registered to hit the road to the different city barangays. They seldom travel on the main road to prevent causing heavy traffic.

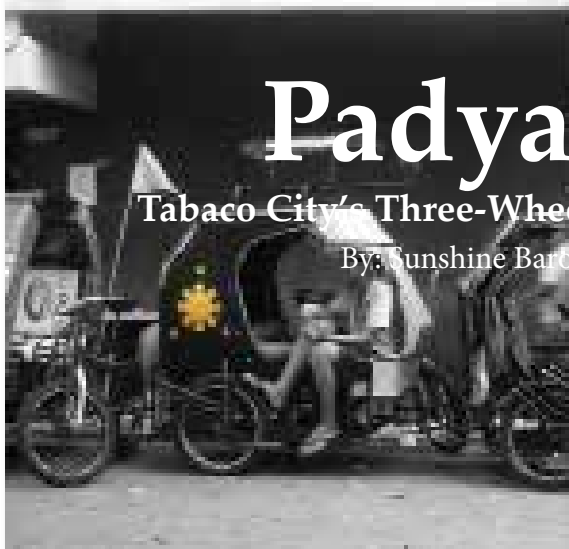
Fedel Buelo, a pedicab driver for 17 years in the city, said that getting some passengers became a competition between the drivers as time passed because of the padyak’s growing population.

“Less income came because of the competition, like when you happen to pass by a passenger while still

having one, other drivers could pick him up before you could go back and do that yourself,” he again stated.

Though these padyaks can be seen anywhere within the city-limits, they still have rules to follow like where to park and load the vehicle. That is why these padyaks have different sets of colors painted to serve as their codes. Not like pedicabs of other places, the Tabaco City padyaks can accommodate three persons at a time excluding the driver.

City Tourism Officer Erick Valerino stated that the growing population of this kind of business promotes eco-friendly drive and isn’t harmful for anyone.



Padya

Tabaco City's Three-Whe

By: Sunshine Bar

“Driving these pedicabs became a very large industry here in Tabaco, so this kind of tourism attraction stirs our economic growth,” Valerino said.

Being labeled as the Padyak Capital of the Philippines, the pedicab industry of Tabaco turned out to be one of the major sources of income of several families in the locality and not just a mere attraction to the tourists.



A toned perfect face and a smooth white complexion would always picture beauty. Beauty they say is different from person to person, depending on their perspective and that gives way to different beauty therapies. The advent of technology or to be more specific, nanotechnology opened new horizons when it comes to making your face perfect.

Anti-aging creams, face firming injectables and the use of stem cells in rejuvenating the old you and satisfying your need to be beautiful are just one of those effective and efficient ways to care for yourself. However, did you even know that the famous and effective stem cell therapy has a negative side?

Stem cell technology is an intervention strategy that introduces new adult stem cells into damaged tissue in order to treat disease or injury. Many medical researchers believe that stem-cell treatments have the potential to change the face of human disease and alleviate suffering and it is famously used in cosmetics nowadays.



A Life for

By: Caballero, Danica D.

The Department of Health stated and warned the people last year that some of the stem cell used were made from aborted foetuses and altered animal cells. These may be effective but it affects morality and ethics.



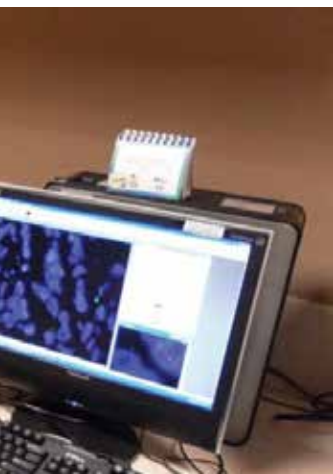


“The Philippine government will not allow the use of aborted fetuses or human embryos (as sources of stem cells). There is a need to ensure that the biological raw materials are documented and validated and follow infection-free procedures,” the he added.

With this, it is advised that we must take caution in choosing the clinic and doctor who shall offer us this therapy. We must first find out if the clinic or center has a licence to operate and the doctors have undergone adequate training.

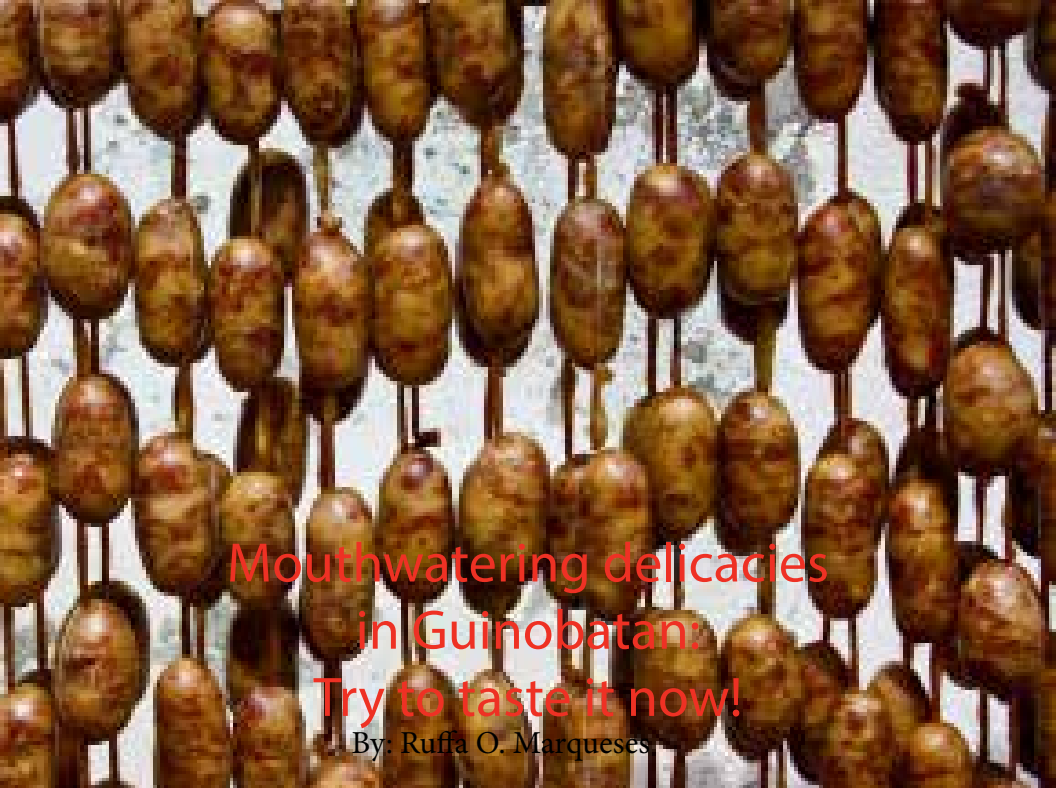
In an advisory, Health Secretary Enrique Ona said that while research has shown that “adult stem cells and umbilical cord stem are the safest and most ethical, the public is warned that claims of preventive and curative ben-

efits of stem cell therapy are still in their investigative stage and there are some clinics that use aborted embryos.”



“The centers to be regulated or accredited will have to show both positive and negative outcomes for a better handle of the predictors of success or failure from this intervention,” Ona stated.

The department also released guidelines last January to ensure the safety of the public and the protection of the sanctity of human life. For those out there who wish to have this therapy, you better check out the clinic and take caution.



Mouthwatering delicacies in Guinobatan: Try to taste it now!

By: Ruffa O. Marqueses

Guinobatan is blessed to have natural bounties. It is a valley supported by mountains and rolling hills dominated by the sumptuousness of the two wonderful volcanoes: the Mt. Mayon, which is one of the most active volcanoes in the Philippines that also belongs to the wonders of the world and the Mt. Masaraga that's said to be a legendary dormant volcano.

However, the town's popularity doesn't entirely rely on these volcanoes but also with their delicacies which people really admire. Each delicacy absolutely gives a remarkable taste that will surely make you want to taste again and miss when you leave the place: delicacies that would whet your appetites.

One of which is the Longganisa de Guinobatan. This longganisa is also one of those reasons that make Albay so popular. The municipality produces their own local version of sausages named Longganisa de Guinobatan with the right blend of saltiness and sourness which differs it from the others.

Its primary ingredients are pork, salt, pepper, sugar, paprika, garlic, oregano, dry leaf, onion, white vinegar and cold water. Plus, the large intestine of the pig is used for wrapping that added a great and delicious taste of the longganisa.

Another one is the Bikol express; this dish is really the best and well-known dish

in the Bikol region. One must be brave enough even to try to eat this as its sizzling appeal can be truly overwhelming for the unaware eater. This dish serves also as a pasalubong. Truly, it was very delicious that anyone fortunate enough to taste it will want to come back for more.

Its main ingredients are pork, cubed, shrimp paste (bagoong alamang), red chili pepper (siling labuyo) whole, green jalapeno pepper (siling berde) chopped, coco-



More on, is the Kinunot that also uses coconut milk like Bikol express. It is a stew recipe of sting ray with ginger, coconut cream and malunggay (horseradish). this is how the dish is prepared: Wash stingray by rubbing skin using salt, cut into quarter and boil for 1-2 minute. Drain to cool and flaked, set aside meat with cartilage. In a pot, sautee garlic, onion, gingers. Pour in coconut milk and mix slowly but continuously until it boil to avoid coconut cream from curdling. Add stingray and stir from time to time, simmer until the sauces almost dry. Pour in coconut cream (kakang gata) and simmer until sauce dry and start to render oil, add vetsin, siling labuyo and salt to taste. Lastly add malunggay leaves and simmer for 1-2 minute or until malunggay is done. Then serve it with rice.

These 3 dishes produced in the town of Guin-

nut milk, garlic, minced, onion, chopped and cooking oil. And it was cooked in a frying pan heat the oil until hot. Then, sautee garlic, onion, and shrimp paste. Add the pork and half of the coconut milk. After, cover and simmer over medium heat for about 15 minutes. Next put in the remaining coconut milk, chili pepper, and green pepper. Lastly cook for another 10 minutes. After, ready to eat, a perfect dish combined with rice.



obatan are really mouthwatering and so very yummy.

Aside from these dishes, the meals will not be completed without the dessert or the sweets made from the said municipality that will eventually fulfill cravings. Guinobatan also produces sweets which are prime factors of the municipality's fame like the pili sweets, macapuno preserves, mulido and baraquillos. There are still plenty of delicacies made by Guinobateño that only shows how good they are when it comes in cooking.

These delicacies truly gives a great name, extra-ordinary experience and memorable moments that everyone will surely keep in their heart.

DTI to implement Motorcycle Helmet Law

By: Ana Rose A. Velasco



Philippine laws come primarily from the laws enacted by the Congress. These are the so-called “Republic Acts”, followed by their appropriate number. Law is the skeleton of our society; it controls what we do, when we do it and how we do it. If there was no system of law to control how people operate their lives, then people would be free to make decisions based solely on their principles. If we choose to break this law then we are punished.

One of those laws imposed by the government is the Republic Act 10054 or the Motorcycle Helmet Law. It was signed on March 23, 2010 to mandate all motorcycle riders to wear standard protective motorcycle helmets while driving.

DTI urged the motorcycle owners to have their helmets inspected and marked with Import Commodity Clearance (ICC) stickers to avoid penalties which will be imposed by Land Transportation Office (LTO). Riders must bring the following requirements for helmet inspection and ICC marking: Motorcycle helmet, two copies

of filled-out application form, any government-issued IDs, photocopy of government-issued ID, and photocopy of motorcycle registration. Once helmets with the PS or ICC mark will be allowed and substandard helmets or those with fake marks will be penalized, along with its sellers.

This act shall have administrative sanctions to those found violating the provisions thereof, regardless if they are only driving a short distance or are not on high ways, they will be fined P1,500 for the first offense, P3,000 for the second, P5,000 for the third and P10,000 for the fourth and succeeding offenses including confiscation of driver's license.

On the other hand, some drivers continue to question the law amid the lack of public consultation among stakeholders. Still, authorities claim that many motorcycle accident victims were hurt because the helmets do not pass the standards of the Motorcycle Helmet Act.



Legazpi launches registry system on Agriculture basic sectors

By: Elaiza Marie Coralde



Accurate and credible data-base on food, agriculture, fisheries and livestock sectors of the economy are expected to be generated and eventually used for planning, policy and decision-making by the city government following the launching of the Registry System for the Basic Sectors in Agriculture (RSBSA) last September 24, 2012, an official of the City Agriculture Office recently said.

City Agriculturist Jesus Kallos added by disclosing that the second wave of the project was funded by the Department of Budget and Management (DMB) in close cooperation with the Department of Interior and Local Government (DILG), Department of Agriculture (DA), Department of Agrarian Reform (DAR), National Statistics Office (NSO) and Local Government Units (LGUs) with the latter two entities acting as implementing agencies.

He said the registry system is now in full-blast operation since its launching which was started with a four-day training for Field Interviewers and Supervisors composed of the Punong Barangays and Barangay Secretaries from the 70 villages citywide last September 17 to 20, 2012 at the Ibalong Centrum, Tahao Road, this city.

A total of 243 participants throughout the city attended and

participated and were further subdivided into 5 groups at 50 participants per group. They were simultaneously trained for 4 days to enable them to acquire the necessary knowledge, skills and right attitude to properly conduct, administer and manage the actual survey operation.

In a related development, City Mayor Geraldine Rosal said the second batch of the nationwide project was conceived and initiated by the late DILG Sec. Jesse Robreido in response to the urgent need to adopt and practice good governance in the public service and at the same address the raging issue on eliminating corruption and other malpractices at all levels of the bureaucracy.

She divulged that for this purpose, the late DILG Secretary issued MC No. 2012-119 dated July 4, 2012 launching and operationalizing the RSBA throughout the country.

The specific objectives however, according to Mayor Rosal is to "create a more accurate, reliable and credible database for all the basic sectors in agriculture as benchmark for national and local development planning, policy-formulation and decision-making for agricultural development thereby, promoting economic growth.

Mayor Rosal further said that as an effective strategy to establish the needed database on agriculture in Legazpi City, she issued Executive Order No. 23 s. of 2012 dated September 7, 2012 which created and constituted the City Registration Team composed of the following: Engr. Joseph Esplana, CPDO as a Chairman, Jesus Kallos, City Agriculturist, Vice Chairman with City Civil Registrar Joel Pecson, Engr. Herbert Tengco, City Agrarian Reform Officer and DILG City Director Elmer Pecson as members.

Meanwhile, NSO Assistant Registration Area Supervisor Emmanuel Silencio, the project officer of the RSBSA here in Legazpi said that 70 barangays have completed and submitted their survey forms to his office last November 15.

According to Silencio, the project here in Legazpi is expected to wind up last November 14 after all of the barangays have submitted their completed survey forms to his office. These will later be forwarded to the NSO Provincial Office for manual processing. After a month, the manually processed survey forms will be turned over to the NSO Regional Office for machine processing and final submission to Central Office, Manila

ORGANIC AGRICULTURE

By: Sarah Silencio

Organic agriculture is one of the programs of the Department of Agriculture that promote environmentally, socially and economically sound technologies and practices for food production.

The DA recently conducted an orientation-training in the implementation of the Organic Agriculture Program at the RIARS Training Center, DA Compound San Agustin, Pili, cam Sur. The participants include focal persons from six provinces of the region, the regional technical working group, NGO's, farmers identified as cooperators of the program.

Agriculture Regional Director, Jose V. Dayao said that the organic agriculture is one of the priority programs of the secretary Proceso J. Alcala, not because he is one of the Principal authors of the Organic Agricultural Act 10068 but because he considers it as one of the options in coping with climate change.

Organic Farming reduces the vulnerability of the farmers to climate change and variability because it helps improve water holding capacity and makes crops more resistance to drought. Dayao also said that it more important to be organized and updated. Cooperators need to be attuned with the different technologies and be part in crafting the protocol of techno -demo.

Dr. Ellen de los Santos RTD for operations and extensions also said that it is important that at the start of the year project implementers must meet and discussed about the salient features of the programs in order to effectively and efficiently implement the organic project.

She added that in order to implement organic farming it is important to consult and come up with the protocol for the technology demo.

She also said that the shift to sustainable organic agriculture will slowly help farm-



ers veer away from agro-chemical agriculture.

De los Santos also disclosed that a similar activity will be conducted at the provincial for them to know the strategies and the interventions of the program

Karangahan Festival

By: Mary Christine Longabela



Karangahan Festival is a festival in Albay that occurs on the month of December and is held at the Peñaranda Park.

Many activities are being held in the celebration of Karangahan Festival. The park is full of colourful lights and you can see many people are everywhere.

A very huge Christmas Tree is displayed at the center of the park. There are different

kinds of booths in every corner: food booths, hena tattoos, photo booths, booths with abaca products (for it is Albay's pride in terms of products), and booths where you can buy Bicol souvenirs.

One of the food booths is Gasthof International Cuisine. Every night, they offer different cuisines of different countries. They schedule each night for a respective cuisine of a country. Countries involved are Thailand, Japan, Philippines, Korea, and many more. If you would like to eat Korea's cuisine, you must take note of the date when they will offer that cuisine. That is what you will love about this food booth.

Another is the Balay Cena Una's booth. Many students, families, and couples are eating in this booth, too. They have delicious deserts that will melt in your mouth. You may want to taste their cakes with cheese, pretzel, or any other stuff on top of it.

There is also a chocolate fountain and you will dip a banana or what you like in there. If you would like to eat dinner in this booth, there is an extremely cheesy and yummy cordon bleu. On the elevated part of the Albay Park, there the Beer Plaza is. Different band groups perform and sing to rock the night of people.

There are many other things that you can see there every December that will make your month a blast! Didn't experienced it yet? Wait for another December to come and don't miss it.



Time to have Fun in Guinobatan: Go and experience it!

By: Kian Carla M. Pielago



Guinobatan seems to be a perfect place for its different tourist spots where everyone can enjoy and relax themselves. These spots can surely bring satisfaction and contentment to each and everyone.

Spots are located in different Barangays of the said municipality where everyone are free to see, visit and experience everything that it has to offer just like the inland spring resort.

Among the six resorts scattered in the city, the most visited and well known is the O La La Paradise Spring Resort located at Muladbucad Grande.

O La La is truly a natural spring and a beautiful hidden paradise that lies between the two marvelous volcanoes namely the Mt. Mayon and Mt. Masaraga.

The uniqueness of its name already implies how distinctive this resort is. Indeed, this resort is an astonishing refuge for relaxation and enjoyment for families, friends, couples and business associates as well. Its overwhelmingly well-maintained landscaped grounds and foliage place open for visitors to appreciate that makes

this resort truly a beautiful one.

When it comes to facility and service, it has a very fulfilling and sufficient place to idolize. Sporting 22 available rooms, 5 function halls, and 3 large spring-water pools with slides suited for children, teens and adults. And its hunts do have different sizes and shapes free to choose from not to mention the clean and well-kept bathrooms or dressing rooms.

Aside from the accommodations, it has a restaurant on site for you to savor Bicolano cuisines and lots of barbecue pits available to everyone. But if you feel like preparing your own dish, bringing foods inside is strictly not prohibited.

O La La Paradise Spring Resort is a venue for parties, conferences and meetings. In addition, leisure activities are also offered such as basketball, lawn tennis, badminton, table tennis, ping-pong, billiards and a disco on Friday and Saturday Nights, Ballroom Dancing on Sundays.

Another one of the envied get away is the Casa Basilisa to be found along the na-



tional road at Barangay San Rafael also in Guinobatan. This resort offers a best place to rest, relax and refresh our mind.

It gives the impression of being ordinary in its facade but its interior is a totally different story which never fails to surprise the people. As one foreign guest enthusiastically stated upon setting foot at the resort, “Honey, come over. I found paradise.”

It has 2 swimming pools with free flowing water with a mini fish pond to form a nature like environment. The cottages are surrounded by coconut trees that generate a refreshing ambience. It has a wonderful garden that definitely stands in par with a paradise. In addition, the resort also has a function hall which can be used as a perfect venue for special occasions like parties, wedding and other activities with rooms for people who want to stay overnight.

On the other side of Casa Basilisa is the Sagurong Mineral Spring Resort which is a one-step tourist destination that offers native food and refreshments sporting

full facilities from its natural springs and tourist’s lodging accommodation.

Another destination that we should not miss is the Uncle Tom Resort at Brgy. Quibongbongan dubbed as the rolling hills of the highlands hidden in the uplands of Guinobatan. It has 2 big pools, one for the adults and the other one is for the children with a mini store in between the two pools. It is free-flowing water which also comes to the natural resources.

The water is so refreshing here. Aside from the mentioned destinations, there are two more in the vicinity which are considered as one of the oldest resort of the town. These are the Del-Vez at Bgy. Muladbucad Grande and Kenovi Resort at Bgy. Masaragaw. Due to some unavoidable calamities especially Mt. Mayon’s eruption, these resorts are still under reconstruction.

Indeed, all this resorts helps you to rejuvenate and serves as a perfect place for bonding and sharing unforgettable moments with your families, friends and relatives. Truly, a majestic one.

CORAL GARDEN IN LAMBA AND MASLOG LEGAZPI

By: Canon Rica B.

Legazpi city--An innovative idea on how to restore the threatened coral reefs in the vicinity of marine waters of barangay (villages) Lamba and Maslog, Legazpi City was launched last December 31, 2012 under the cooperation between the local stakeholders, a non - government organization, the Legazpi City government and the provincial government of Albay.

“The first ever coral garden was launched in Albay Gulf under the partnerships of Pacific Blue Divers, CRABS, city government of Legazpi and eight local stakeholders Monday”, Romeo B. Dawal, Jr, the focal person of CRABS said.

The said activity was actively participated by the villagers while the Pacific Blue Divers, a private partner of the provincial government gave their support in launching the first ever coral garden project before 2012 ends, Dawal added.

The project was undertaken as part of the implementation of the city governments’ zoning and water use plan, a local initiative regulating the use of coastal marine waters of Legazpi City.

The zoning and water use plan was in consonance to the resolution authored by City Councilor Chito Ante, the chairperson, committee on environment of the Sangguniang Panglungsod of Legazpi, while CRABS provided the much needed

technical assistance and logical framework to the project.

The Albay Gulf is among the identified pilot areas under CRABS programs spearheaded by the provincial government in the eastern seaboard of Albay.

This is under Governor Joey Salceda’s millenium development goal [MDG], a demonstration of his commitment to the on-going special poverty alleviation project under CRABS (Cagraray, Rapu-Rapu, Batan and San Miguel) under which the sustainable Coastal Resource Agri-Bio System Development Program Strategy was adopted as a tool of intervention in poverty alleviation program in the coastal areas of the province.

Albay Gulf covers the coastal and marine reserves of Legazpi City, Manito, Rapu-Rapu, Tabaco City, Bacacay and Santo Domingo – a fishing ground that need a comprehensive sustainable programs in managing its marine ecosystems which is under threat to illegal fishing activities.

Coral reefs are among the most diverse and valuable ecosystem of Albay that provides habitat and nurseries for marine life. Protecting coasts and shorelines from storms and illegal fishing activities is a sound gesture that will provide the local economy an opportunity to boost tourism and fishing industries in the area.

As the reef systems provide protein to the residents of the areas under CRABS, it helps create jobs in pum-priming the local economy.

RUN WITH BENEFITS: A HIGHLIGHT OF DALAGAN SA KARANGAHAN 2012

by: Maribel Evasco

Of the many activities lined up of the Albay Green Christmas, of special interests anew are the Culinaria Albay that showcase Albay's local cuisine and its world-competitive restaurants, Paskuhan Karangahan nightly entertainment, Luntiang Pasko garden show, Barangay on-site Green Christmas Belen contest, Pasko sa Kapitolyo-Agrikulturang Organiko, sports fests, trade fair, Albay art exhibition, Green Santa, sectoral day, and of course the Dalagan sa Karangahan which were joined by athletes at heart.

Karangahan fittingly describes the relationship of Albayanos in the endearment (ranga) to its culture, arts, history and nature; collective and unrelenting advocacy for climate change adaptation, environmental protection; and sense of pride and attachment to place given its evolving dynamics of community-building.

Albay celebrates Karangahan Festival with giant green Christmas tree. The 20-meter high Green Christmas tree is a symbol that enjoys a central position in the Christmas celebration of Albayanos. Encrusted with layered abaca fiber and planted with 5,000 pili samplings, this Christmas tree is alive with the soft swaying of thousands of pili leaves that spread out all over its body in several tiers with dazzling stars adorning its body. It is a hanging garden that promotes zero fireworks, no plastic and smoke free province, and the first of its kind in the country that could be included in the Guinness Book of Record.

The innovation and unique Christmas tree at Peñaranda Park was conceptualized by Air Force Col. Guillermo Molina, Commander of the Tactical Operations

Group 5-Philippine Air Force Bicol. After the event, these 5,000 Pili seedlings will be planted as collective advocacy for climate change adaptation, environmental protection and this event is the evolving dynamics of community-building and in their current nurture of the future milieu of the next generations of Albayanos.

As Albay Green Christmas kicks off last Nov.25, 2012 marking a month-long holiday season celebration and advocacy campaign for healthy living, environment care and zero casualty goals in the province, the government of Albay held a Fun Run called "Dalagan sa Karangahan" last Dec. 15, 2012.

It was participated by Albayanos of all ages from kids to adults. Runners were assembled at Peñaranda Park at around 6:00pm. They chose to run for 3K, 5K, and 10K with their best Christmas costume or best cooking food inspired costume and get the chance to win P1,000.00.

Green Christmas campaign for the third time with the theme: "No Fireworks, No Plastic and Smoke Free" program in celebration of the yuletide season as part of the mitigation and adaptation program of the provincial government to lessen to reduce to CO₂ emissions.

Green Christmas campaign for the third time with the theme: "No Fireworks, No Plastic and Smoke Free" program in celebration of the yuletide season as part of the mitigation and adaptation program of the provincial government to lessen to reduce to CO₂ emissions.

MEET APSEMO

by: Jessica L. Flores

Counting as one of the disaster prone communities in the country, the provincial government institutionalized the Albay Public Safety and Emergency Office (APSEMO) in 1995 with the chief task to design and implement disaster risk management and reduction program.

APSEMO was also created primarily to serve as the technical and administrative arm of the Provincial Disaster Coordinating Council (PDCC) due to the geographic and geologic location of the province being highly vulnerable to natural hazards like typhoons, flood, mud/debris flows, storm surges, tsunamis, earthquakes, and volcanic eruptions.

Its major objective is to attain “zero casualty” by pursuing a community-based disaster risk management approach. Communities are urged to disseminate alarm information and advisories for disaster avoidance. In addition, different localities also conduct quarterly drills and exercises which enabled Albay to chalk-up zero casualties from typhoons and volcanic eruptions for the past five years.

The citizens are also involved in planning essential activities in disaster management before, during and after the occurrence of a disaster. Being properly equipped-with-early-devices-and-tools-community, they will eventually know when is the proper

time to commence pre-emptive evacuation.

Through risk mapping, the APSEMO are able to identify vicinities that are prone to disasters as well as the safe areas to be utilized as the relocation space of the locals who will be greatly affected by the said natural calamities. Albay hopes to reduce the impact of these innate disasters on its people and to attain the “zero casualty” objective.

APSEMO was the country’s first successful institutional disaster management office. Furthermore, Albay province was one of the 10 recipients of the 2008 Galing Pook Award for outstanding Local Governance program for pioneering initiatives in disaster risk management by the Galing Pook Foundation, an institution promoting innovation, sustainability, citizen empowerment and excellence in local governance.

Several replication and inception workshops have also been conducted in the provinces of Sorsogon, Sarangani, and Pampanga which are also prone to disasters.

PDMO Officers and Clients Convene

By: Denelle Dolleson

Driven by the imperative to protect the environment, port efficiency, zero-accident port environment, and organizational management, PMO Legazpi held its Strategic Planning Conference with Port Stakeholders at the GAD Center last January 16.

The gathering became another ideal setting for the operators/stakeholders to introduce new ideas/innovations based on their existing competencies and best practices.

The assembly guaranteed to advocate paperless transactions; improve safety and security management thru installation of CCTVs in ports and procurement of additional hand-held radios, establish port parks via the PPAPOGI project, as well as conduct further training for port supervisors, dockworkers, and other port/PTB personnel.

The stakeholders also included in their initiatives the basic strategy of strengthening relationships among port family thru participation in team building activities.

The Arrastre and Passenger Terminal Building (PTB) operators reported their accomplishments on last year's initiatives from which the Port Initiatives and Networking Optimized Year-round (PINOY) was conceived.

In the conclusion of this year's conference, Port Manager Rosenda G. Sumagaysay said that PMO Legazpi will continually seek to promote an innovative culture in all ports borne out of this PINOY concept.

In the assembly, she challenged the Arrastre and PTB operators to look beyond their business plans to improve the reliability of port services.



Guinobatan: Once a Damsel in Distress

by Tesla Mae Literal and Mark Harris Lim

Guinobatan was once upon a time a thick, forested area. At the edge of the forest was a small village whose people lived peacefully and prosperously. This village was known far and wide for its GOLDEN BELL, which served to warn the villagers of plundering Muslims.

One day, a man saw a group of Muslims approaching the village. The man raced through the village to spread the news of the coming enemies. Knowing that the objective of the plunderers was the GOLDEN BELL, the villagers quickly ran to the forest and hid the GOLDEN BELL under the a “LANGATONG” tree (the leaves of this tree causes an itching pain and irritations when in contact with human skin). Then, all the villagers fled. When the Muslims arrived, they found only a old lame man who was not able to flee with the villagers.

The Muslims searched for the GOLDEN BELL in the chapel but failed to find it. So, they forced the old lame man to tell them where it was hidden and the old man could not do otherwise but to tell the truth. The Muslims searched went to the forest and uprooted almost all the trees in the area, until they reached the side where “LANGATONG” trees grew abundantly. The leader of the Muslims by chance touched the “LANGATONG” leaves and eventually suffered the ensuing uncomfortable itching pain and ran wildly like a mad man.

While running, he met a wild sow with litters. The sow, with an instinct to protect her young brood of pigs, made advances to bite the Muslim leader. He was so frightened and ran again and unknowingly hid behind an anthill (home of a colony of large black or red ants). The ants bit him to the extent that he fled shouting for his companions to go away, who were likewise frightened and also ran who accidentally bumped a hanging beehive. The bees bit most of them. The

group of Muslims finally fled and never came back.

They believed and spread the news that in the village even the trees, pigs, and insects were brave enough and fought back the people.



The GOLDEN BELL was saved and the invading Muslims never conquered the place. When the people returned to the village and saw that most of the trees were uprooted, they began to call the village “GUINABUTAN”, meaning a place where something had been uprooted and that area where the “LANGATONG”. Trees were left untouched as sitio “MALANGATONG” with the passing of time, “GUINABUTAN” became “GUINOBATAN” with twin meaning of either a forested area or a place of armed resistance or combat.

A bamboo fence made of vertical and horizontal poles, set against a background of dense green foliage and trees. The fence is slightly out of focus, emphasizing the natural setting.

Ligñon Hill: The Nature Park

By: Regine Villalon

The last we will visit in Legaspi City is Ligñon Hills. The 156-meters high Ligñon Hill is known as the city's protector. It lies in the middle of Mt Mayon and the city where approximately 183,000 people reside. During the times of the volcano's eruption and heavy rains, Lignon Hills has blocked the flow of lava and lahar protecting the city from unimaginable destruction.

The Ligñon Hill promises to be the city's best destination offering sights and activities for all types of visitors. For those who like to be a soldier they have Japanese Tunnel an arms cache used by the Japanese forces during WWII, this 50 foot tunnel gives visitors a chance to act like soldiers and enter 3 foot high tunnels.

For climbers, a Kapit Tuko Trail (Lizard Grip Trail) an exceedingly steep shortcut to the summit of Lignon Hill, this trail offers a taste of what it feels like to climb to the summit of Mayon Volcano in 5-10 minutes. For sightseers, a panoramic 360 degree view of Legazpi City, Daraga, Albay Gulf and the Mayon Volcano awaits at the view deck. A landscaped promenade as well as restaurants and shops also cater to guests.

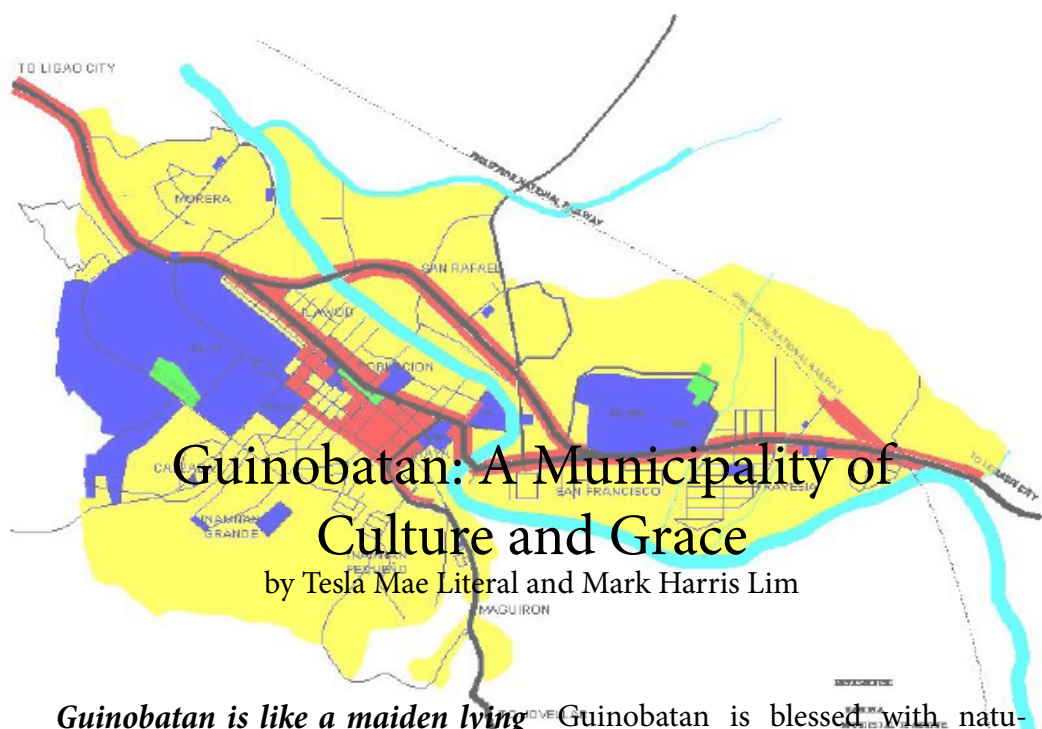


Aside from the spectacular sights, Lignon Hill also offers fun filled and thrilling activities. Visitors can also enjoy a variety of exciting activities including a 320-meter zip line where the adventurous can soar through the air harnessed to a cable.

The best time to ascend the hill is at early morning just before sunrise, while the air is cool. Visitors have the opportunity to witness the morning sun rise up from the Albay Gulf and cast its golden rays on the city below.



Early morning is also the best time to view Mayon since it is usually in all its naked glory at this time of day. An alternative is the sunset or evening walk up the hill where one can see the sparkling city lights sprawled below and enjoy the cool breeze from the ocean.



Guinobatan: A Municipality of Culture and Grace

by Tesla Mae Literal and Mark Harris Lim

Guinobatan is like a maiden lying upon a verdant mantle.

It is a valley cradled by mountains and rolling hills dominated by the grandeurs of two magnificent volcanoes-the near perfect Mt. Mayon, which is one of the most active volcanoes in the Philippines towering at 8,000 feet above the sea level, in the east side and Mt. Masaraga, a legendary dormant volcano in the north-east.

Its land area stretches southwards of the Albay province at 123°31' and 123°15' east longitude and between 13°10' and 13°15' north latitude. It stretches from southwest of the municipality of Camalig, and is bounded by the municipalities of Pio Duran and Jovellar in the south and by Ligao in the northwest.

Guinobatan is blessed with natural bounties. The best sand for infrastructure, limestone for cement making, perlite, agricultural crops, ornamental plants, inland springs, and tasty foods like longaniza de Guinobatan, pilinut delicacies and baraquillos to name a few are all found in it. It also has horticultural areas that make it known to be "The Garden Town".

It is said that Guinobatan really preserves the best of its traditional structures and origin. We can definitely see it from the Our Lady of Assumption Parish and their very Municipio de Guinobatan.

Truly indeed Guinobatan is an epitome of bountiful blessings and culture driven citizens.

Guinobatan's Pride

By: Rey A. Granadellos

Do you want to be relaxed, to feel free this summer? So what are you waiting for? Come at Guinobatan and witness the famous Oh La La swimming pool.

The resort is approximately 25km from Legazpi City, approximately 30-min by car. Most of the trip (18km) will be along the well-paved Maharlika highway. The turnout to the right is clearly marked. From the Maharlika highway, an additional 6 km on over 90% paved roads leads straight towards the Resort on the left. Plus the fare is cheap that getting there is all worth it!

Despite the fact that from the outset, you might think that Municipality of Guinobatan is not a perfect place to spend your vacation with your family and friends this coming summer, but behind its mountainous sites hides cool and fresh swimming pools.

You can come across here different pools and as well as the most well-known swimming spot here. The perfect Oh La La swimming pool which is not far from the Mayon crater can be seen here.

In its hilly scenery, you can find it so undisturbed that you would wish to come again in this place. For those people who loved to spend their leisure time here especially during summer finds it to be the most suitable place to visit with. It is a home away from frustrations, sadness and uncertainties.

You have nothing to search for. Perfect place this coming summer is already ahead. Come and witness the beauty of Guinobatan that will surely make you happy. Come and visit us.

DARAGA DELICACY

By: Edwin L. Millena

Filipinos are known to be fond of eating more than four times a day. In lieu with this habit, businessmen are encouraged to invest more in the country's food production.

There are many famous restaurants here in the Philippines where people often purchase such as in Jollibee, McDonalds, Biggs, Mang Inasal, Maxx's, 1st Colonial Grill (Bikol), Chowking and many more.

Here in Albay, we scoured all over Daraga to look for a hidden sanctuary sought for foodie adventurers. Establishments, who offer delicious cuisines; where foreigners can find peace, can relax and enjoy eating in low cost.

Then we found Cibo Gan Diner and Bar, going along with other restaurant catering their specialties. Strategically it is located



near the Nuestra Señora de la porteria at the heart of the Daraga town. Cibo is an Italian word which means "to eat" and Gan is a word created by the owner which means the names of the peer.

In the fast approaching summer season, the restaurant presents one of a kind delicacies such as Chocó-Banana shake suitable for the hot temperature costing 40 pesos only but not just that, they also have many things to offer. Just visit and avail the VIP treatment that Cibo Gan can offer. So enjoy and make the most of it.



Eat here

by Shane Viray

Restaurants are the place where people go to find a soothing place, where they can spend their time to eat.

There were lot of famous fast foods now here in our country and there were also several fast foods which are not known by some of the people.

Eat here, eat their, a habit where the Filipinos are good at. Filipinos were known for being a food lover, that's why we seek for a place where people can eat freely and bring them back again and again because of its suitable amount for which their budget could afford of.

Angelson's Restaurant is a simple res-

taurant which is not very familiar to the people and is located at Ilawod 3, Daraga, Albay. The name Angelson's is derived from the combination of the name of the owners. The restaurant's specialty were "Litson kawali w/ atchara", "Crispy Pata", and "Pancit guisado".

If you will try to come and visit the place you will surely love the foods that they offer. Simple yet it can attract your senses to crave or to have their foods. Clean surroundings with good service that's what Angelson's restaurant is.

Angelson's restaurants open every Thursday to Sunday 9:00am-9:00pm in the evening, for family occasions, get-together celebration or birthday parties.

KARANGAHAN FESTIVAL IN ITS BEST

By: Joy Balangitan

AS everyone dreams of a White Christmas, the Province of Albay is singing a different tune as it celebrates its green version of the Yuletide with its colorful month-long Karangahan sa Pasko Festival which was enjoyed by almost all the albayanoes and of course the visitors and tourists.

The said celebration last December is its second year; the fest had underscored the gains it has made in disaster risk reduction, economic and educational development, tourism promotion, and environmental protection. The event was not just for fun but also to give learning's in life and to inform the people on how to manage Environmental tasks.

The festival as aimed at the safety of both families and environment by means of an environment-friendly celebration which can be achieved through continued propagation and adherence to its original campaign which is the “plastic-free”, “smoke-free”, and “Zero Casualty” advocacy and objectives of the province.

Karangahan is a Bicol word which refers to a higher level of joy and endearment, and is the forerunner of the award-winning Magayon Festival which marks the provincial founding day. And that's shows that everyone who participates in the celebration has a smile in their faces after.

One of the highlights of the of the celebration was the presentation and lightning of the giant Christmas tree made out of 3000 pili trees.

The revived festivity will also showcase the province's age-old cuisine in a foodfest which will transform the Peñaranda Park into a huge street food court featuring local iconic restaurants which have put Albay in the country's culinary map.

The Department of Tourism has included Albay among the most visited tourism destinations in the country. Albay is the pioneer for the coulinary Tourism in the country and has attracted more tourists on its celebration.



Green Minded

By: Claire Adelene F. Abengoza

An advocacy for the continuous betterment of the environment through campaign on climate change adaptation was spearheaded by Former Vice President Al Gore of America.

Albay, for the second time around celebrated “Karangahan” Festival, green Christmas last

November 25, 2012, a month long celebration with the theme “No Fireworks, No Plastic, and Smoke Free Albay”.

By the use of solar panels, a 50 foot Christmas tree composed of 5,000 pili tree seedlings and other organic materials sparkled with lights. Christmas tree with hanging garden promotes zero fireworks, no plastic and a smoke free province. According to Gov. Salceda, pili seedlings symbolizes the people of Albay and shows that with unity all wonderful things are possible

as well as the warm tone of abaca burlap that stands for the fertile ground bearing the lifeblood of many Albayanos.

With his advocacy for the environment, the 5,000 pili seedlings will be planted for his program on climate change adaptation.

With the first Climate Change Academy in the country promoting greener and cleaner environment,

Albay is one of the nominated provinces in the world for Guangzhou International Award for Urban Innovation from the United Cities and Localities Government and the World Association of Metropolises for its disaster management programs. The province was part of the top 30 Deserving Initiatives out of the total of 255 nominations from 153 cities and provinces throughout the world. Aside from the international award

Albay also have the possibilities for the nomination and entry in the Guinness Book of Records.

These are the reasons why Albay is one of the most visited province in the Philippines by tourist not only for the beautiful tourist spots which you can find but also for the good governance of its public servants.

STARS FOR FAITH

By : Clarissol Reonal

The Saint Michael Parish in Oas, Albay launched its project in support of Renewed Integral Evangelization called, "Share a Star, Share the Light of Faith."

According to Miss Ruth Rayel, the idea of the project was adopted from some parishes around 2008 or 2009. Its purpose is to collect money for fund raising in order to help people live in their faith.

To be a donor in the project he/she must buy a star which is to be hanged in the parish's Christmas tree during the offertory.

Every color of the star has corresponding price. The gold star can be purchased for 1000 pesos while the Silver Star can be bought in 500 pesos. The red star is for 300 pesos while the blue star is 200. The pink and green stars can be bought in 100 and 50 pesos.

The past years' collections were used to feed the malnourished children while this year's collectible will be used to fund evangelization for catechisms in barangays specially the adults.

Rayel said that we need to have this catechism because we are not living in our faith and that we need to deepen our faith through funding catechists to remind us to live in God's way.

According to Rayel the Oaseños, in this sense, are being united in supporting this project.

Heart to heart

By: Dorie Mae C. Ornido

You may want to do some exercise after reading this because physical inactivity may cause you to visit your personal grave early.

Heart disease overtook the place of pneumonia as the top killer disease in Bicol. It was a result on the official study conducted by the Regional Department of Health Office. Heart disease refers to any disease that affects the cardiovascular system, principally cardiac disease, vascular diseases of the brain and kidney, and peripheral arterial disease. This disease can kill you even at a young age. Deaths caused by heart disease took place without warning.

The recent study conducted by DOH revealed that on 2011, 4,307 died of heart ailment in the region. Gloria Balboa, DOH Regional Director said that deaths due to heart disease took its toll in 2011 by surpassing pneumonia, the top killer in 2010.

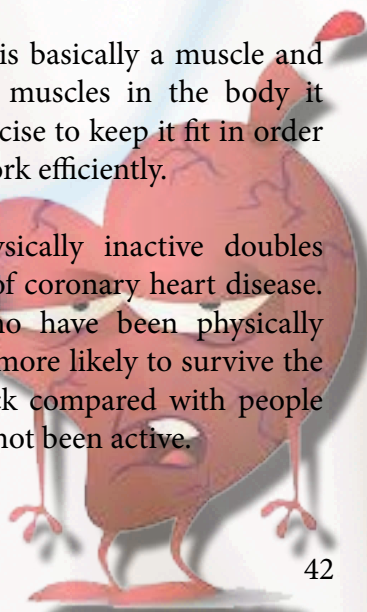
To understand heart disease, it helps to know how the heart works. Your heart is a pump. It's a muscular organ about the size of your fist and located slightly left of center in your chest. Your heart is divided into the

right and the left side. The division protects oxygen-rich blood from mixing with oxygen-poor blood. Oxygen-poor blood returns to the heart after circulating through your body.

While cardiovascular disease can refer to many different types of heart or blood vessel problems, the term is often used to mean damage caused to your heart or blood vessels by atherosclerosis (ath-ur-oh-skluh-ROW-sis), a buildup of fatty plaques in your arteries. This is a disease that affects your arteries. Arteries are blood vessels that carry oxygen and nutrients from your heart to the rest of your body. Healthy arteries are flexible and strong.

The heart is basically a muscle and like other muscles in the body it needs exercise to keep it fit in order for it to work efficiently.

Being physically inactive doubles your risk of coronary heart disease. People who have been physically active are more likely to survive the heart attack compared with people who have not been active.



TABACO CITY HALL: A LEGACY TO UNFOLD

By: Ma. Kristela M. Melquiades

Palaces are built for eminent people bestowed with inherent luxury and comfort. The thresholds of these edifices are exclusively open only to those who, by nature, call themselves as kings and queens. But, gone were the hierarchal days when the huge gates of these monarchical residences remained closed to the commoners. Now, the Tabaco City Hall serves as the present day palace made for the ragged and helpless Tabaquenos.

Standing high in the City of Love public park, the on-going Php 205 million worth construction project of the five-story city hall Annex building is expected to be accomplished by 2013, which is put up order to provide a better governance and service for the citizens.

According to City Engineer Noel S. Bonaobra, the needy people will benefit much from the project. “Yung access ng tao sa gobyerno, mas magiging madali,” he stated.

Bonaobra further said that the sense of responsibility among the government employers will be given attention in relation to the Citizen’s Charter.

The building is made up of micropile foundations, making it resistant to earthquake and other calamities. Also, an automatic sprinkler system will be built inside for fire prevention.

The budget of the project is allocated by the Department of Public Works and Highways (DPWH), while more than Php 51 million comes from the local fund.

Bonaobra also pointed that the City Hall’s Annex building will serve as a symbol of progress of Tabaco. Once done, this will be a “one-stop shop”, having all the department offices housed inside it.

“Pride yan ng Tabaco...First yan in the Bicol region,” he said. He furthered that an elevator and a chapel will be put in the building.

As declared by the National Institute, the frontal design of the City Hall will be adapted to the three side phases of the building.

Meanwhile, the construction project generated different opinions from the Tabaquenos.

“Maganda yun, kasi ang pera ng tao napupunta sa maayos,” said a college student who requested anonymity.

“Ok naman...Kaso sana mabigyan din ng pansin ang mga nagtitinda tulad naming. Sana mabigyan kami ng maayos na pwesto,” commented Estrella Buban, a sidewalk vendor.

To some, it may sound too ideal. Others might say it is just another manifestation of the concealed grandiosity of such a small city. There are those who perceive it as a waste-of-money-and-time-and-effort scenario. Still, no matter how people look at it, the construction of Tabaco City Hall is undoubtedly a legacy that will soon unfold.

It is the modern day palace – made by the governing, for the governed. It will be a place where the ruler and the ruled, the king and the subjects, and the elite and the poor, are equal.

SOLITAIRE IN THE CITY

By: Julia Bragais

Collecting woods, weeding, and planting crops in some vacant lots are what Mang Celso does for living. He holds that no predicament cannot be surpassed through burning effort.

“Ang buhay kang tawo gari man sana mga kahoy, bako man pararehas. Kung minsan tios ka maabot man an panahon kan saimong ginhawa,” he cheerfully said.

His sheer determination has been Mang Celso’s trademark. Amidst the allegations of him being insane, he has proven them wrong by doing good endeavors.

“Talagang may mga oras na dae sya sa sadiri ta syempre nag-iisip kung paano siya makakakua nin pagkabuhay pero ni minsan dae siya nangulog ki tawo,” a resident named Bartolome Alapar commented.

Enthusiasm isn’t the only thing Mang Celso characterizes. He is also a man with one word. Perhaps, a lot of people have fooled him but this man stand still with every word he uttered.

Julie Bo, a sari-sari store owner claims that Mang Celso is a desirable customer. “Mas marhay pa ngane siya sa ibang parabakal. Kung nuarin niya tinuga na mabayad siya nin utang, asahan mo sa

mismong aldaw na sinabi niya itatao niya ang bayad,” Aling Julie shared.

TEARDROPS IN THE SOLITARY NIGHT

The seeming satisfaction of Mang Celso while pushing his cart has ended up in a woeful and hostile night. Hold uppers attacked him while he was asleep in the cart and forcibly obtained the only possession he ever had, the only family that a solitaire could ever had – his two white dogs and chickens.

That emotional turmoil has caused Mang Celso’s tears fell but never had given him reasons to surrender. Soon as his pets were lost in the hands of those wicked men, Mang Celso decided to sell his cart and start all over again.

In a small and unfortified hot situated in a vacant lot at Brgy. San Lorenzo is where you can find this enormous solitaire. It is quite dark but the benevolence of his heart will surely be the light of his flat.

Mang Celso’s life is just one of the stories our world should soon to discover and tell. For me, getting acquainted with someone like Mang Celso is the most enticing traverse that a traveler could ever dream of.

LAGMAN: TINGOG '15 NEEDS CITIZEN'S ACTION

By: Mariane Belen

Tabaco City has always been an advocate of localizing the Millennium Development Goals (MDGs) of the United Nations. Lately, the 'Tingog 2015' implementation phase was launched in the City, pushing forward MDGs 4 and 5 to reduce child mortality and improve maternal health.

Tingog is a citizen's feedback platform named after the Bicolano and Cebuano word for "voice" that aims to empower ordinary citizens with a voice in the development process. It allows citizens to monitor, report on and send feedback concerning public services through sending messages to "2015", as the year by which the MDGs should be achieved and by logging in to www.tab.tingog.ph, Tabaco City's Tingog 2015 official website.

This advocacy is a product of the combined works of United Nations Millennium Campaign (UNMC), Social Watch Philippines, Philippine Rural Reconstruction Movement (PRRM) and the local government

of Tabaco. It is being facilitated by Social Watch Philippines in collaboration with United Nations Millennium Campaign and other partners and stakeholders.

During its initial stages, the initiative will focus on health services in Tabaco, Albay including expanded program on immunization, maternal health services, reproductive health services or program, medical consultation, Tuberculosis program, Nutrition program before covering other MDG-related services.

"Achieving the MDGs not only requires strong leadership and political will; more importantly, it requires citizen commitment and action. When people are involved, we empower them to use their collective voices for development and progress, and build a community united toward a shared goal." said Tabaco City Mayor Krisel Lagman-Luistro in a press statement released during the media launch held on November 22, 2012 at Romulo Café in Bel-Air, Makati City.

Only two in the entire Philippines were chosen to implement this program - Tabaco on the city level and Agusan del Sur for the provincial level.

DISASTER RISK MANAGEMENT IN ALBAY

By: Sarah May Arienda

In the past few years, Albay had raised to a total population of over a million, which makes it the 22nd most populous province in the country. Given its geographical location, Albay along with the rest of Bicol region is highly vulnerable to natural disasters. Albay is especially vulnerable to tropical storms and cyclones, which bring destructive winds, heavy rainfall and storm surges several times a year. Typhoons affect the province and the Philippines as a whole.

The Department of Environment and Natural Resources (DENR) and the provincial government of Albay in Bicol region have teamed up to reduce and manage disaster risks in this calamity-prone province. This has started last 2011. The DENR Office in Quezon City, Secretary Ramon J. P. Paje and Regional Director for Bicol Joselin Marcus Fragada singled a deed donating a confiscated six-wheeler Fuso truck loaded with lumber materials to the 3rd District of Albay.

The donation was accepted by Albay Governor Jose Maria Clemente Salceda and Albay 3rd District Representative Fernando Gonzales.

“The donation, though small in comparison to the magnitude of disasters that face the province, can immediately help in recovery efforts. Meanwhile, the assessment project will be piloted in Albay as a laboratory of disaster preparedness,” said Paje, who also hails from Albay.

The Albay project, however, which includes the development of flood and landslide hazard models for the province’s most vulnerable areas, will enable the province to plan for disaster risk reduction down to the barangay level.

Another is the, Regional Disaster Risk Reduction and Management Council (RDRRMC) in Bicol, a disaster response group that would undertake search and rescue operation in areas in the region expected to be affected by flooding, landslides and storm surges during the expected landfall of typhoons.

As of now, PAG-ASA and PHIVOLCS are working together since they were the official warning agencies with the cooperation of media men to disseminate the information.

The province is aiming zero casualties in the province.



Life of a Fish Vendor

By: RYZA ANNE S. BALINO

Luz de Real from Albay is working for more than 10 years he's husband is a fisherman. They have four children: two boys and two girls.

She was a housewife but for the past three years she has been going to the harbour after the situation at home became worse. She buys fish and sells it at the local market. From what I earn I run the house. When he's husband earns, it is not enough to educate our children and other needs.

She normally leave home at 4 am, buy the fish, wash it and pack it with ice, and reach the market by 7 am itself. Then she waits till 10:00

am when the customers start to arrive. If all the fish is sold, she reaches home by 12.00 noon. If not I returned at about 2:30 pm. She brings home the unsold fish packed with ice.

When the landings are poor, she have to go to the harbour really early-at 2 am-to buy the fish, wash it and pack it with ice. She returns home by 5 am and does the housework. There is no time to sleep again. She has to sweep and wash vessels and do the other work. She go back to the harbour by 9.00 am to wait for the 'tempo' (small vehicle used to carry goods) to take us to the market.

When there is a lot of fish she has to dry and salt it. Until it is sold and the money recovered there will not be any peace of mind. Till it is sold, the money is in the water.

Although she's doing fish vending for three years, it is not my money. It is a loan from the 'blade' (moneylender). She has been in debt for almost two years now. Now she's am thinking that once clear all the loans, she should not go after the moneylenders. She has suffered so much because of their loans. There are days when she does earn money from selling fish. If she did not have to repay the loan she would have been able to save some money. Now she realizes that whatever loans she took from them was of no use to me; it made me poorer.

Initially when she started selling fish, she had some savings. Once when my husband and son fell sick, all that money was spent. It is only after that, that she started going after the moneylenders. If she had not taken the loan, by now she would have had a saving of 5000. But today she not even able to thatch this house.

My mother was a fish vendor. That is the reason why she in this line. There are losses, there are profits. Losses and debts should not deter

one. As long as you have life in you, you can repay your debts-that is the thought that makes me go ahead.

In any case, from my own experience as well from that of other women fish vendors, she can say that women benefit by getting into vending. Even if they earn a pittance, they supplement the income brought in by men. That is a gain. Another thing is that some women do not have their men with them. In Albay itself there are many women who became widows at a very young age. So they go to sell fish to bring up their children with the profits made from this.

Also, before started selling fish she had to listen to all that my husband's said. When she talks to other women vendors, they also tell similar stories. So, when we think, we realize that it was because we did not have any earnings that we had to listen to the men. So today, in fact she works harder than he's husband and she able to make him understand the worth of my work. She has the confidence to do that now. Only when we women share about our lives, we realize the similar threads running through them. Most women in this area are fish vendors. There is nobody in this world that can beat a fish vending women!!!!



Straight Out of a Casserole

By Jessica Rae S. Nolasco

Just when you thought that the only delectable delicacy in Region V is the well-known Bicol Express, think again.

Just along the streets of Camalig are the seemingly never ending restaurants bearing the town's pride which is commonly known as pinangat.

Sporting a splendid concoction of gabi leaves with perfectly cooked creamy coconut milk on top knotted together will surely make your mouth water.

A twenty minute drive from Legazpi proper will take you to this town

wherein you can have your fill of this appetizing veal.

Mind you, this cuisine is not only contained within Camaligs' boundary but it has already reached its nearby towns and province.

At night, you would see vendors carrying a casserole full of pinangat shouting in a sing song tone to attract buyers.



It can be served just the way we commonly like it but it can also be cooked to fit your peppery inclinations. After all, Bicolanos are known for their spicy preference.



In other towns outside the region, an innovation of this famous pinangat has been made. A dish called “pinangat na isda” has been crafted. But needless to say, nothing beats the original though they are both forget-your-name type of dish.



When pinangat was introduced to me, I was hesitant but when I got my first spoonful I was ready to ask for more plus a take-out. Well, it is always a rewarding experience to try something new.



If you happen to travel in this route, it is a must to get a taste of pinangat. It is perfect to satiate your cravings of Bicol's best, an age old pride that we should not miss.

Insolence

By: Zanie Jovellana

Good thing Albay will never commit in logging ban as plastic was prohibited in the entire province. Environmental advocates and even Governor Joey Sarte Salceda do believe that doing so will solve problem regarding white pollution that results to flooding.

By that, every market in Albay was invaded by paper bags which become the alternative solution for plastic usage. Many are overwhelm with what the provincial government is implementing for they believe that such leadership under a climate change champ such as Salceda will solve one of the problems Albay has, natural disasters.

Little the citizens of the Province do know that implementing such ordinance is not a sure solution for Albay's natural enemy. This is based on the fact that one of the elements in implementing such ordinance is usage of paper that comes from piles of lumber. Statistics says that in order to produce a ton of writing paper as well as paper bags, 24 trees must be cut.

Try to associate the given data in this another piece of information. Albay's

commercial trading, if the banning of plastics is continued, will tend to consume an average of 50 tons a day. 50 tons is equivalent to 1,200 trees a day. In order to commit operations every day, the province must take down 1,200 trees. That is equivalent to tree dense forest. Deforestation is one of the things an environmentalist such as Salceda will be up against. Deforestation also will eventually result to floods, landslides and other related environmental issues. This process that tends to shave trees in Albay's forest is "unlikely Joey" because it contributes a higher stake on climate change.

Forest which the trees are taken is considered as animal sanctuary. If such action will be implemented, there are possibilities those animals that are being protected

Another thing is that the said law which is implemented in the whole province will also affect the nation. One alternative to preserve Albay's forest is to buy paper products in other localities.

The insolence of Albayanos grow regarding the real threat of natural resources in the province is not plastic but the poor disciplinary habits every individual is practicing.

“The Dominant Being: A Question on Man’s Supremacy”

BY: CARLO P. BERNARDO

“Man is the only creature that consumes without producing. He does not give milk, he does not lay eggs, he is too weak to pull the plough, he cannot run fast enough to catch rabbits. Yet he is lord of all the animals.” –George Orwell, *Animal Farm*.

Human being is the top on the bio-diversities food chain; he is the prime predator, the world’s renowned hunter. He may not have claws and jaws as powerful as those of the king of the jungle, nor a super strength as those of the elephants, he may not swim the deep seas, nor fly the open air but he had always proven that his mind is powerful enough to overcome his deficits.

He had defeated the roaming monsters in the ancient times and even brought it to their extinction. From being nomads to permanent settlers, our ancestors have cultivated the lands, burn the forests and turn it into rice fields and even domesticated wild animals for their food and services.


Since then man controls everything, human multiply rapidly, he put the lower creation in captivity, he abuse them, he eat them, he experimented them, he uses them for leisure’s and for

his own interest. Man’s endorses dictatorship towards nature, he build dams, nuclear facilities, power plants, he dug the earth for fossil fuels, he excavate nature for precious stones, above all he destroyed our planet and today he is thinking for solution in combating the phenomena he had started.

Humanity thinks that nature exists because of them, that God put nature in the first place for man to survive but it’s the opposite, our creator puts us in a governed nature where we human was just a part of it.

We are the direct descendants of Adam and Eve who supposedly the custodian of nature and animals. We are copied directly from God’s image that’s the prime reason why we are on his creation’s apex, we have will and soul we have conscience and moral values, but we all breath the same air, we drink water, we need sunlight, we raise and have our own family we all show love.

Man’s supremacy towards nature and animal is unquestionable; the questions may only arise when he abuses this authority, when his greediness prevails over his intelligence, when he thinks of himself



first, when he construct justice over his studied philosophy, when his hypothesis is inconsistent, and when he thinks he is the sole creation.

If we can conclude man's intelligence therefore it is possible to question Gods purpose on this world, I mean if there is a creator why was these things happen in the first place?

Does he loved those street cats and dogs who feed on human left over, does he ever care for those elephants who are slaughtered for their tusks for man's religion purpose, does he hear the moan of animals kept in zoo who has been separated from his family,

Did he ever pay attention to the ozone's depletion, when there are evidences and manifestations of humans prayer being heard and granted why does it seemed that there's no vestige of his care to these planet, to his fishes and birds, to his animals, to his mountain and plains, to his seas, to the forest and to all those who suffering today.

