

Text and photos
by AE Tong



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Going Green by Staying at Home

It has been nearly two years of this pandemic and since then our lives as we know it have changed without guarantee if they will ever go back to the way they used to be. As countries continue to reel and recover from it, many people took this as an opportunity to do what they have always wanted or needed to do. From the fast-paced life of **NEXT PAGE**

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*So neither he who plants nor he who waters is anything,
but only God who gives the growth. --- 1 Cor 3:7 (ESV)*



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traffic and consumerism, we observed that apparently, many city slickers can or have desired to live quietly and simply. The pandemic got everyone to reflect on life and perhaps it is time to also reflect on our relationship with nature.

At the start of the pandemic, the few consolations we had were to see clearer skies and cleaner shores and breathe fresher air. Just imagine, just by doing nothing, we already did something (although this came at the expense of a high unemployment rate, among others). This lockdown cycle stopped us on our tracks and made us realize that we do not need to go to the mall to entertain ourselves. It is as if we went back in time before the internet to re-experience how it is to use our resourcefulness to keep ourselves productive and preoccupied. No more spoon-feeding of entertainment and food options at the expense of our lungs and pockets.



In line with this, many of us started connecting with nature in a variety of ways and reaped different benefits. There are people who found gardening to be enjoyable and have embraced the title Plantita/Plantito. It is a scientific fact that seeing greenery reduces stress. This is one of the reasons why we go on nature vacations. This is why people have indoor plants on their work desks and living spaces. Meanwhile, there are also people who explored farming vegetables and fruits. This is particularly suitable for vegetarians and vegans in our country. It turns out that these special diets or lifestyles do not have to be expensive as how Metro Manila makes it appear. Farming is also a good learning experience for children to enjoy and take pride in growing and eating the vegetables they grew themselves. This will also teach them to value the food and nutrition they consume and will likely result to better overall health and wellbeing. Another

activity we find people doing more now is biking, walking, and hiking. Because public transportation has become unreliable and unsafe during this time, and the use of private vehicles is so expensive, the biking community suddenly ballooned. Because indoor activities are discouraged or prohibited, outdoor recreation has become more popular. We learned to make our trips count when we go out on errands, and we engage ourselves to challenge our physical limits. These are eco-friendly ways to stay in shape and to get things done. Of course, these are easier done in the province where there is plenty of green space and less vehicles. It is no wonder that there was and still is an exodus of people in the metro because these activities give us a sense of contentment and fulfillment.

In spite of all this, we are still not off the hook when it comes to making the world a greener place. We learned to stay at home, use the bike, make planned trips, but we still have to take into account our consumerist behavior. Because of the pandemic, so many of us flock to online shopping. Let's face it, life goes on and if we cannot buy our needs and wants face-to-face, then we buy them online. Think of how many bags, boxes, and pouches we have opened. Think of how much tape and bubble wrap are used to secure and protect our goods. What do we do with these? While cities have already adapted a go-green movement in packaging goods, online shopping mediums still have a long way to go. Also, our country is not industrialized enough to gather all of these and convert them to something useful.

To relieve ourselves of some guilt, there are ways we can curb our wastefulness. We go back to the three Rs our grade school teacher taught us. Pouches are at least oxo-degradable and can instantly serve as trash bags. So can boxes, although they can be inconvenient due to their size and volume. Bubble wrap and tape are the more problematic items since these are non-biodegradable and they pretty much are useless after serving their purpose. Nevertheless, as long as these are carefully peeled off from the goods, they can be repurposed to many things, such as packaging and art materials, or for quicker disposal, used as trash bags as well (although converting it will surely eat up time).

By communing with nature, we inherently grow a genuine environmental concern because we not only treat it as our resource for survival and living in general, but we also begin to see it as our safe haven. We have proven to ourselves that we can live more simply and be more eco-friendly. Nevertheless, we must continue to remind ourselves that we are not masters of this world but mere members of it who have an advanced, if not peculiar way of satisfying our needs. **AE Tong**





PARANG BAWAL MAGSAPATOS ang mga manlalaro sa basketball court ng Marilao Grand Villas isang hapon, pero sadyang sanay lang silang magyapak. Malaki na ang ipinagbago sa komunidad kumpara noong halos dalawang taong bawal maglaro sa court dahil sa ipinatupad na malawakang lockdown bungsod ng COVID-19 pandemic. Limang taon pa lamang ang nakararaan, walang basketball bubble katulad sa NBA at PBA kundi may pangkat ng mga nagsasapatos sa umaga at pangkat ng mga nakayapak na nailathala natin sa <https://megamanilascene.wordpress.com/2016/07/15/sked-ng-laro-sa-marilao-grand-villas-sapatos-sa-umaga-tsinelas-sa-hapon/>



Nakalalabas na ang mga bata at nakapamimisikleta pa ang iba sa pagbaba ng bilang ng kaso ng COVID-19.

Mangamba nang may tamang motibo sa napipintong malakihang paggasta na naman sa 2022



Tanggapang ng Bureau of the Treasury sa Intramuros, Maynila

Bilyon-bilyong piso ang hindi nagamit sa pondo ng Bayanihan 2 at ibinalik ito sa Bureau of the Treasury. Tuloy, para sa mga ekonomista, mas pangambahang pa raw ang paggamit ng pondo kaysa sa mabilis na pagkabaon sa utang ng Pilipinas. Walang dudang pamali-mali ang budget priorities ng 2020 at 2021, kaya inaasahang mas pagtutuunan ng pansin ang gastusin sa 2022. Isang dahilan: eleksyon.

Matatandaang nakuha ng isang maliit na kompanya ang bilyon-bilyong halaga ng kontrata sa pakikipagkasundo nitong magsuplay sa pamahalaan ng mga PPE at face shield. Pharmally ang pangalan ng kompanya na peke ang address at wanted ang mga opisyal sa Taiwan.

Sa Davao International Airport sa Davao City naaresto ang magkapatid na Mohit at Twinkle Dargani, at kinalunan nama'y nakulong sa Pasay City Jail sina Pharmally corporate secretary and treasurer Mohit Dargani at ang direktor na si Linconn Ong sa pwersa ng Senate security personnel sa pangunguna ni Senate Sergeant-At-Arms Rene Samonte.

Kulang na nga sa kita ang pamahalaan, garapalan pa sa transakysyon ang ilang ahensya, kaya mahalaga ang patuloy na pagtutok sa mga ulat ng Commission on Audit (COA). **DC Alviar**

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