

SEARCA CEO integrates agri biotech in variety development to commercialization

By SEARCA

LOS BAÑOS, Laguna, Oct 17 (PIA) --The importance of integrating omics in a crop breeding program from variety development up to commercialization was discussed by Dr. Glenn B. Gregorio, Director of the Southeast Asian Regional Center for Graduate Study and Research in Agriculture (SEARCA), at the recent Mindanao-wide webinar on "Omics Research, Moving Past Pandemics: Omics in Agriculture."

Omics is an emerging field of scientific technology that involves the study of molecular interactions found in living organisms, Dr. Gregorio explained.

Organized by the Philippine Genome Center Mindanao, the webinar focused on potential applications, challenges, and solutions of omics technologies in mitigating impacts of the COVID-19 pandemic.

Dr. Gregorio proposed a modern breeding program that includes laying out breeding strategies in a crop master plan that will also include crop market analysis or market intelligence, and strength-weakness-opportunity-threat analysis by market segment.

"The future for crop improvement in the tropics is incredibly bright, built on a strengthening collaboration between the academic community and commercial crop

breeders. Crop improvement seems slow in the view of business and other disciplines since developing commercially ready products takes a long process. Many are impatient with this process and offer better techniques and tools to shorten it but still fail in the implementation of a new breeding program and much more in the commercialization stage," he said.

Dr. Gregorio noted that omics research has been adversely affected by issues in agriculture, including increased productivity, product quality, resistance to pest and diseases, market of produce, climate change, and the ASEAN Economic integration.

Moreover, he pointed

out that "the recent levelling off in rice yields highlighted the need to introduce new sources of germplasm, genetic variation, and modern breeding techniques into existing rice breeding program."

"Even with no change in harvested area, what needs to be done is to increase the rice production or cereal demand in the next 10 years. We need to mechanize our farmlands and adapt digital agriculture; use smart seeds which are high-quality, pest and disease resistant, and climate change ready," Dr. Gregorio said.

He emphasized the innovative ways in conducting research and extension by considering the business component, value addition to produce, and market-driven and product-oriented research for development.

"The reality of genomics in agriculture is won or lost at the farmer and consumer level, where applicability and sustainability are tested," Dr. Gregorio concluded. (PIA-4A/SEARCA)



DepEd, Bacoor LGU welcome first day of opening of classes for SY2020-2021

BACOOR, Cavite, (PIA) -- The City Government and the Department of Education here welcomed the first day of the opening of the online classes for SY 2020-2021 with preparations to adapt to the new system of teaching and learning.

During last Monday's Flag Raising Ceremony, Congressman Strike Revilla gave a message of greetings in a video recording to the teachers of the city in celebration of the World Teachers' Day and reminded them to stay safe for the children.

Likewise, Mayor Lani Revilla expressed her gratitude to the city's public school officials and teachers who gave their utmost hard work and dedication to be able to prepare for the new teaching approach despite the many issues, concerns and challenges brought by the New Normal set up in education.

"The City Government is doing everything to help the school children as well as the teachers to be able to adapt to the new system of education. We had given funding for the distribution of laptops to the public school teachers, for the acquisition of Risograph machines, inks, bond papers and other materials for the printing and copying of learning modules, and the provision of three (3) rescue vehicles

to the DepEd-Bacoor for use in the distribution of the learning materials for the blended learning modality of education. Also, thru the Office of Vice Governor Jolo Revilla, P7M was allotted to fund for the provision of 12,000 tablets to be given to Grades 10, 11 & 12 public students in the city," said Mayor Revilla.

A total of 885 laptops were turned over to the DepEd-Bacoor during the Monday Flag Raising ceremony on September 28, 2020 which were distributed to the public school teachers that will aid them with their online teaching approach.

Meanwhile, Mayor Lani said that the 12,000 tablets will be given to the students 'on a staggered basis' as delivery of the units were made while thru the efforts of the MIS Department of

the City Government, internet connectivity was strengthened and improved to be able to provide good internet service to children with their online classes. Also, school supplies were given to kindergarten pupils in the city to inspire them to start their education.

Meanwhile, some preparations by the public schools in the city like the Bayanan Elementary School held the distribution of learning modules to the different barangays thru their Modules-on-Wheels project to give parents and students easy access to these learning materials prior to the opening of classes on October 5, 2020.

On the other hand, the Mambog Elementary School had set up a health and safety measure device at the school entrance, a Robotic Health Protocol that takes temperature 'handsfree' and an automated alcohol dispenser for sanitation to all those who will enter the school premises to avoid transmission of the COVID-19 disease. (Ruel Francisco/Bacoor City Information Office)

Masustansiya ang sardinas; Yogurt, pinaka-healthy

DOC WILLIE - Dr. Willie T. Ong (

Marami ang nagmamaliit sa mga delatang sardinas. Ang sabi ng iba, pagkain lang iyan ng mga mahihirap at walang sustansiya. Mali po iyan! Sa katunayan, ang sardinas ay isa sa pinakamasustansyang pagkain sa buong mundo.

Narito ang mga ebidensiya:

1. May taglay na Omega 3 fatty acids – Ang sardinas ay sagana sa Omega 3 na nagpapataas ng good cholesterol at pinoprotektahan ang ating puso at ugat. Dahil dito, makaiwas tayo sa atake sa puso at sa istrok.

2. May Coenzyme Q10 – Ang sardinas ay may mataas na lebel ng Coenzyme Q10, isang anti-oxidant na nagpa-palakas ng katawan.

3. May Calcium – Ang calcium mula sa sardinas ay nagp-apatigas ng ating buto. Kapag sasabayan ito ng eher-sisyo, mas titibay ang ating buto at makaiwas sa osteoporosis.

4. May Vitamin D – Ang vitamin D ay tumutulong sa pag-absorb ng calcium ng ating katawan.

5. May Vitamin B12 – Napakahalaga ng Vitamin B12 para sa kalusugan ng ating mga ugat (nerves), utak, at spinal cord. Ang Vitamin B12 ay nagpapalakas din ng katawan at tumutulong sa paggawa ng dugo.

6. May Phosphorus – Ang sardinas ay iilan lamang sa mga pagkain na may phosphorus, na kailangan ng ating buto at ngipin.

7. Hindi nakatataba – Dahil mababa sa calories and sardinas, puwede ito sa mga taong nagdi-diyeta. Mataas ito sa protina at Omega 3 na nagbibigay sa atin ng energy.

8. Mababa sa masamang Mercury – Ang mga maliliit na isda tulad ng sardinas, dilis, hito, galunggong at bangus ay mababa sa mercury at ligtas kainin.

9. Umiwas sa mga isda na mataas sa mercury – Limitahan lang ang pagkain ng lapu-lapu, sea bass at tuna sashimi dahil may kataasan ang mercury ng mga ito.

10. Sardinas na may tomato sauce – Para sa masustansiyang ulam, piliin ang delatang sardinas na may tomato sauce. Bukod sa lahat ng benepisyo ng sardinas, makukuha rin ninyo ang sustansiya mula sa kamatis (tomato sauce). Ang kamatis ay may sangkap na lycopene at beta-carotene na makatutulong sa pag-iwas sa sakit sa puso, kanser sa prostata at kanser sa bituka.

Kaya para sa healthy na pamilya, huwag nang maghanap ng mamahaling pagkain. Mag-sardinas na lang. * * *

Yogurt: Napakasustansya sa katawan

Alam ba ninyo na ang yogurt ay isa sa mga pinakahealthy na pagkain? Ang yogurt ay gawa sa gatas at kumpleto sa protina, carbohydrates at fats. May calcium para sa ating buto, may potassium para sa mga nag-ehehersisyo at vitamin B para sa ugat at stress. At napakahalaga ang good bacteria sa yogurt, iyung tinatawag na lactobacilli.

Heto ang iilan lamang sa mga sakit na matutulungan ng yogurt:

1. Para sa singaw – Ayon kay Dr. Elmer De La Cruz, ang pag-inom ng yogurt o yakult 3 beses sa maghapon ay nakapagtatapat sa sugat ng mga singaw. Kahit nasaan pa ang singaw mo, sa bibig, dila o lalamunan, matatapan ang yogurt at mababawasan ang sakit.

2. Para sa mga nagpapapayat – Imbes na ice cream o full cream milk ang inumin, mas hindi nakatataba ang yogurt. Piliin ang low-fat yogurt (yung mas maasim) dahil

100 calories lang ito bawat cup.

3. Para sa mga nagtatae sa gatas – May mga tao na may "lactose intolerance." Ang ibig sabihin ay nagtatae sila kapag nakainom o nakakain ng pagkaing may gatas. Bilang kapalit sa gatas, subukan ang yogurt na mas sang-ayon sa iyong tiyan.

4. Para makaiwas sa kanser sa tiyan – Ang yogurt ay makatutulong sa pagpapadami ng good bacteria (ang lactobacillus) sa ating tiyan. Gaganda pa ang ating pagdumi at makaiwas tayo sa kanser sa tiyan (colon cancer).

5. Para sa vaginal yeast infection o impeksyon sa puwerta – Minsan, ang mga babae ay nagkakaroon ng makati at puting discharge sa puwerta. Para magamot ito, nagbibigay ang doktor ng anti-fungal suppository. Bukod dito, kumain din ng isang tasang yogurt sa loob ng 5 araw para manumbalik ang lactobacillus na nasa puwerta rin. Kapag ang mga kababaihan ay kumain ng 4 cups ng yogurt bawat linggo, mas hindi sila magkakaroon ng impeksyon sa ihi at sa puwerta.

6. Para sa mga umiinom ng antibiotics – Kung ika'y umiinom ng antibiotics, mabuti ay sabayan mo na rin ng pagkain ng yogurt araw-araw. Ito ay para mapalitan ang mga good bacteria na maaaring napinsala sa pag-inom ng antibiotics.

7. Para sa marami pang sakit – Ayon sa pagsusuri, pinapalakas ng yogurt ang ating immune system at tinatanggal ang mga bad bacteria sa katawan. Dahil dito marami pang sakit ang pinapalagay na matutulungan ng yogurt, tulad ng ulcer, allergy, kanser at HIV-AIDS.

Mag-yogurt na para sa inyong kalusugan!

Video conference court hearings post 88% success rate: SC

By Benjamin Pulta

MANILA – The conduct of court hearings via video conferencing has been proven to be an effective tool in litigation under the new normal, a Supreme Court (SC) official said on Monday.

In a Laging Handa briefing, SC Administrator Jose Midas Marquez said a total of 110,369 video conference hearings were held from May 4 to October 16, with a success rate of 88 percent while the remaining 12 percent were affected by connectivity issues.

Out of the 81,888 persons deprived of liberty released amid the coronavirus disease 2019 (Covid-19) pandemic from March 17 to October 16, Marquez said 46,032 PDLs were released through video conference hearings.

"It also resulted in the release of 880 minors or what we call children in conflict with the law (CICL). These hearings are at different stages, there are bail hearings, acquittal, plea bargaining and probation," Marquez said.

The use of video conference hearings by courts is one of the measures adopted by the judiciary to ensure smooth dispensation of justice amid the pandemic.

"All our courts are open amid the pandemic. There are some closed physically due to Covid-19 cases among employees but these can still be reached electronically. Pleadings can be filed," he said.

As a general rule, Marquez said judges are required to report physically to their chambers when conducting hearings.

"However, in some instances, such as underlying health conditions or for judges who are senior citizens, they can ask permission from the Office of the Court Administrator to preside from home. We allow that," he said, adding that all courts are able to conduct video conference hearings.

At present, courts are adopting an at least 50-percent skeletal workforce as part of alternative work arrangements amid the Covid-19 pandemic pursuant to SC Memorandum Circular No. 45 series of 2020.

"However, we leave the discretion to the judge. For instance, a court is overloaded with cases. Maybe the judge needs a full workforce. We leave that to the sound discretion of the judge, provided that they would observe minimum health protocols," he added. (PNA)

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GUHIT NG KAPALARAN

SCORPIO: (Okt. 24-Nob. 22) Naglalandas angkatuparan ng iyong wish. Mapapalago ang negosyo. Tuloy lang ang pagsisikap at huwag mawalan ngpag-asa. Isang miyembro ng pamilya ang maglalambing. Lucky numbers at color for the day ang 25, 52, 31, 11, 45 at dollar green.

SAGITTARIUS: (Nob. 23-Dis. 21) Feeling magic ang araw. Mararanasan ang serendipity for the moment. Lahat ng gawa ay nasa perfect time. Lucky numbers at color for the day ang 11, 52, 43, 25, 31 at cyan blue.

CAPRICORN: (Dis. 22-Ene. 19) I-appreciate ang kapwa na nag-serve sa iyo. Ito ang magbibigay ng swerte sa buhay mo. Huwag magalit. Lucky numbers at color for the day ang 31, 11, 43, 55, 22 at mango orange.

AQUARIUS: (Ene. 20-Peb. 18) Buuin ang material at spirituwal na paraan ng meditation. Ito ang susi para sa perfect health. Mag-save. Lucky numbers at color for the day ang 55, 23, 11, 45, 36 at turmeric yellow.

PISCES: (Peb. 19-Mar. 20) Makakatagpo ng katapat sa buhay. Huwag sayagin ang panahon, mahal mo siya para mahal ka rin niya. Lucky numbers at color for the day ang 22, 11, 33, 46, 55 at kidlat red.

ARIES: (Mar. 21-Abr. 19) Huwag mag-init ang ulo dahil sa trapik. Maging mahinahon at makipag-usap with respect. Lucky numbers at color for the day ang 33, 12, 21, 41, 52 at vanilla brown.

TAURUS: (Abr. 20-May. 20) Huwag padala sa takot. Dahil ito ay nasa isip mo lang. Hinahadlangan ng takot ang point of attraction mo. Lucky numbers at color for the day ang 22, 11, 33, 55, 42 at carrot orange.

GEMINI: (May. 21-Hun. 21) Think happy, ito ang point of attraction for the day. Maaakit mo ang mga tagumpay na deal. Mag-ikapu. Lucky numbers at color for the day ang 31, 41, 22, 13, 53 at pearl white.

CANCER: (Hun. 22-Hul. 22) Meron kang power of words. Ang sasabihin mo ay mangyayari. Kailangan mag-ingat sa iisipin na lumabas sa bibig. Lucky numbers at color for the day ang 52, 25, 33, 42, 11 at cobalt blue.

LEO: (Hul. 23-Ago. 22) Huwag padala sa matamis na salita ng ka-chat, lalo na kung humingi na siya ng pera. Lucky numbers at color for the day ang 51, 13, 31, 22, 45 at ube purple.

VIRGO: (Ago. 23-Set.23) Maaaring sabihin ang saloobin gamit ang mabuti salita. Katotohanan ang magpapalaya sa iyo. Lucky numbers at color for the day ang 33, 43, 25, 52, 12 at tangerine.

LIBRA: (Set. 24-Okt. 23) Ang mahal mo ay mahal ka rin. Tagumpay ang naghihintay sa mga pangarap na pinagsisikapan. Lucky numbers at color for the day ang 55, 22, 45, 11, 33, at ruby red.

DOST exec clarifies VCO an adjuvant, not cure for Covid-19

MANILA—An executive from the Department of Science and Technology (DOST) clarified that its sponsored study on the effectiveness of virgin coconut oil (VCO) in treating coronavirus disease 2019 (Covid-19) patients does not signify VCO can cure some-

early stages of infection, as it was found to reduce the viral load by at least 60 percent.

Meanwhile, Montoya said the Philippine General Hospital (PGH) has started screening patients that can be part of the hospital-based study on VCO.



one from Covid-19.

"The study was designed to have VCO as an adjuvant, to be given on top of what is the standard of care," DOST-Philippine Council for Health Research and Development executive director Jaime Montoya told the Philippine News Agency in an interview.

Basically, he said the study would like to see if VCO can help make the patients feel better and if it could help them shorten their stay in the hospital or quarantine facility.

Another DOST-funded study on VCO, done in a laboratory abroad, showed that VCO may be very useful against the virus.

"Based on the laboratory (experiment), it can actually kill the virus such as SARS-CoV-2 that causes Covid-19. (However), this finding may not be as significant as to when you put the VCO inside the body," Montoya pointed out.

He added that the study done abroad showed that VCO is helpful in the

"We need 74 patients, half of them will be given the VCO for 14 days," he said on Tuesday. All hospital-based study participants should be moderate Covid-19 patients.

Last May 1, the DOST started a community-based trial on VCO in Laguna and targeted 90 participants. Half of them would be provided with VCO in their three meals, and compare their performance with the other 45 individuals who would not be given VCO.

Every enrollee in the community-based study must undergo the regimen for 28 days. These participants are asymptomatic, as well as people they have contact with and other high-risk groups.

Montoya said that as of Tuesday, there are 57 active subjects, 49 of them have already completed the regimen while eight are still taking the intervention.

"Right now, we cannot speak yet about the percentage or number of participants who had a short stay at the center," he said. (PNA)

43 Cavite and Quezon mentees complete DTI's KMME-MME program

By DTI CALABARZON

CALAMBA CITY, Laguna, Oct 17 (PIA) --Forty-three micro, small, and medium enterprises from the provinces of Quezon and Cavite had completed the Online KAPATID Mentor Me-Money and Market Encounter (KMME-MME) Program of the Department of Trade and Industry Region 4-A, in partnership with the Philippine Center for Entrepreneurship-Go Negosyo on 13 October 2020.

Launched on 4 August 2020, the mentees completed the 10-module program, Government Services Forum, and presented their Business Improvement Plan (BIP) on 7-9 October 2020 to the panelists composed of the government sector, certified mentors, business sector, and financial partners. The mentees were graded based on the effectiveness of their presentation such as the organization, flow, time, and effectiveness to response to audience questions and comments, including their application of learning from the modules such as market opportunity, competitive advantage, management capability, financial understanding, and innovation.

"We are now having online graduations for our KMME-MME program nationwide, and this is part of going digital as the New Normal during the pandemic. It is very important that we always think out of the box in these times of crisis, so we are very happy to have our first batch of graduates this year in the CALABARZON region. This shows the determination of our MSMEs and their passion to reboot their businesses to survive the pandemic. There's always a way, and we do it the right way," said DTI Secretary Ramon Lopez in his video message.

Presidential Adviser (PA) for Entrepreneurship and PCE-Go Negosyo founder Joey Concepcion in his video message mentioned that they carefully

choose business experts as mentors to provide the mentees high-quality education about the aspects of business for free. On the other hand, PCE Adviser Merly Cruz congratulated the mentees for being resilient and recognized the hard work and effort they exerted to be able to finish the program.

"Sa panahon na halos tumigil ang mundo kasama ang aming mga negosyo, naging kaagapay naming mga mentees ang bawat isa at ang KMME-MME program. Maraming salamat sa DTI dahil sa panahon ngayon, ito ang kailangan naming mga negosyante. We thank the DTI for showing us a light of hope," said Weira Blanca Mortilla, owner of M&M Yema Cake and Pasalubong.

"Through the KMME-MME program, we learned to recreate our brand and our business, to innovate and give more value in our business, to be more passionate in what we do to grow our business, and most of all, to rise up amidst adversity," added Mortilla.

DTI CALABARZON Director Marilou Toledo expressed her happiness and excitement to the graduates. She assured them that DTI's intervention does not end from the program, as there will be more wonderful opportunities that await the mentees.

To survive and thrive amid the COVID-19 pandemic, a blended KMME-MME program for the New

Ipinabatid ni Mayor Gemma Lubigan ang programang 120 days Feeding Program para sa mga kabataan sa lungsod ng Trece Martires.

Nasa 3,700 na kabataan ang target ng Lungsod para sa naturang programa. Ang naturang bilang ay batay sa datos na isinagawa ng Operation Timbang ng City Nutrition Division.

Pitong milyon rin ang inilaan ng DSWD National upang masuportahan ang naturang programa, ayon sa pabatid ni Lubigan. "Naglaan ang



DSWD NATIONAL ng 7M bilang suporta sa ating programa." saad ni Lubigan.

"Mamamahagi tayo ng mga Ready to Eat Foods tulad ng Nutri Packs, Nutri-Bun and Processed Food Items sa mga batang prayoridad at mas nangangailangan." dagdag pa niya.

Ipinaliwanag rin ni Lubigan kung paano isasagawa ang naturang pamamahagi ng tulong.

Aniya, "Atin pong isasagawa ito thru Dry Rationing of foods. House to house sa mga napiling recipient ng programa. Hindi na po kasi posible ang maramihang feeding program dahil sa pandemya."

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PROYEKTONG BINHI PARA SA PAMAYANAN, SINIMULAN SA ALFONSO

Ibinahagi ng Lokal na Pamahalaan ng Alfonso, ang ginawang pamimigay ng mga pananim sa bawat barangay ng naturang bayan upang ipamahagi sa mga mamamayan nito.

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DIY bike repair stations: GenTri SK project from the heart

GENERAL TRIAS, Cavite (PIA) -- The Sangguniang Kabataan (SK) council of Barangay Bacao II here thought long and hard on what project they need to develop that will make a big impact to people not just within their barangay but to all those who would need their service.

As the quarantine protocols loosened and the city as well as the province's economy started to reopen, workers return to their livelihood particularly those employed in the Cavite Export Processing Zone (CEPZ) and in Rosario town.

Hundreds of workers travel each day using bicycles as their means of transportation, since public transportation were allowed to operate with limited passenger capacity and to save what little they earn with the reduced working hours, effect of the ongoing pandemic.

"Nung nagsimula ang

lockdown at nagbalik ang trabaho sa aming lugar ay naging pangunahing transportasyon ang bisikleta. Nag-isip ako kung ano ang pwede kong itulong sa aking mga kabataan na nagwork. Nakita ko ang mga nagba-bike na tulak-tulak at flat ang gulung at sira ang kadena, every day ganun ang nakikita ko. Kaya umisip ako ng paraan upang makatulong sa ating mga nagtatrabaho at yung mga namamalengke gamit ang bisikleta," shared SK Chairman Carlo dela Cruz.

(Since the start of the lockdown and work resumed in our area, bicycles became the primary means of transportation. I pondered on how I could be of help to my fellow youth who are working. Then I saw people pushing their bicycles with flat tires and broken chains. I saw the same scenario every day. So I thought of how I could be able to help these workers including those people who ride their bikes in going to

the market.)

This inspired SK Chairman dela Cruz to put up DIY (Do-It-Yourself) bicycle repair stations along the stretch of the Centennial road which are equipped with air pumps and tools.

Dela Cruz revealed that, "This project did not use any amount from the SK funds. This was funded from my three months' salary."

The youth group plans to put up 8 repair stations but initially set up 4 which are now being used by bikers and cyclists for troubleshooting. All 8 repair stations will be completed by November said the SK chair.

Aside from this, the SK members also distributed anti-radiation glasses to online class learners to protect the students' vision from long hours of exposure to laptops, and other gadgets during online classes. (Ruel Francisco

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OCTOBER 17 - DECEMBER 13, 2020
MON - FRI | CLOSED
SAT & SUN | 10:00AM - 6:00PM
DECEMBER 14, 2020 - JANUARY 3, 2021
MON - SUN | 10:00AM - 6:00PM
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