

DA eyes higher palay harvest in 2020

Department of Agriculture (DA) targets to produce more palay (unhusked rice) and import less rice this year, as farmers begin to reap the initial benefits of the government's Rice Competitiveness Enhancement Fund (RCEF) program.

"We aim to harvest 19.6 million metric tons (MMT) of palay, net of damage due to adverse weather conditions," said Agriculture Secretary William Dar, during his first media briefing, on January 3, 2020, at the DA main office in Quezon City.

"Our 2020 palay yield forecast would be three percent more than the estimated 2019 palay output of 19 MMT," added the recently-confirmed DA chief.

"We expect that initial

benefits of interventions under the P10-billion RCEF program, particularly on inbred rice seeds given free to farmers, will be realized during the dry and main season crops starting this year," Secretary Dar added.

Inbred certified palay seeds produce an average of 4.54 MT/ha as compared to farmer home-saved seeds' yield of 3.50 MT/ha and traditional seeds' yield of 2.13 MT/ha, according to the DA-Philippine Rice Re-

search Institute (DA-PhilRice).

"Hence, with RCEF seed intervention, we would generate an incremental yield of at least one MMT, as we will provide farmers nationwide, tilling a total of one million hectares, free certified palay seeds," said Secretary Dar.

The DA-PhilRice started distributing certified palay seeds in October 2019 for the dry-season planting in 947 rice-producing towns and cities in 57 provinces.

Under RCEF, P3 billion is set aside each year for certified seeds up to 2024, where farmers will receive



Kasama ang iba pang mga miyembro ng Kongreso, dumalo ang inyong lingkod sa Ceremonial Signing ni Pangulong Rodrigo Roa Duterte sa pagsasabatas ng General Appropriations Act 2020 (GAA).

Naniniwala tayo na ang Pambansang Budget na ito ay lubos na makakatulong sa mga pangunahing proyekto at programa ng kasalukuyang administrasyon kabilang na ang edukasyon, kalusugan at mga proyektong pang-imprastruktura.

Harvesting the earned hard work from mushrooms



Mushroom in colors white, yellow, gray, and pink, varying from the size of a fist to wider than a human's head. This miraculous fungi gives lots of benefits to the body, which includes prevention of illnesses and boosting of immune system. These mushrooms became not just a help in health for everyone but also delivers good fortune in Myrna's life.

Mushroom is not easy to cultivate. There are several procedures to follow thus it needed focus and should be hands-on. From building the protein bags to sterilizing and packaging the finished products.

Investing on right thing. In 14 years in the mushroom business, Myrna Alonsagay, a resident of Trece Martires City, Cavite, built a remarkable journey from scratch.

Myrna was a plain housewife while her husband is a Pastor when she found out about mushroom business that has been introduced to her by her friend from Taiwan. She later discovered CARD Bank, Inc., and from there, the loan she got helped her expand her business.

After years of running her business, she was transferred to CARD SME Bank so she can avail of large amount for her business to grow more.

Inspired to strive more, Business will not always be successful in the first try. Problems transpired and there were always be trials and errors. Those hindrances didn't stop Myrna and her husband to learn the ins and outs of the business. It helped them seek more knowledge to handle challenges.

"Dedication, passion, and hard work are some of the values a businessman must have in order to stay and be successful in their business," Myrna said.

As her business continually flourish, she was introduced to Mga Likha ni Inay, the retail marketing arm of CARD MRI. This introduction paved the way to more opportunities for her business.

"I am very much thankful to Mga Likha ni Inay for guiding me in creating a stable business and

helping me in promoting my products to a bigger market."

MLNI sets the stage for the goods of CARD MRI microfinance clients in the mainstream market

to help them and their products be known in bigger markets.

As they gain more experience and knowledge, they started to innovate their products, a good

sign of being a good entrepreneur. No wonder, this helped them gain access to better

opportunities.

Myrna sought new ways to innovate their mushroom products to keep attuned with changing

taste buds of the consuming public. She didn't hesitate to combine the mushroom with other

products to make it mushroom-version of foods.

Incidentally, Myrna another farm in Amadeo,

CITY DISASTER RISK REDUCTION AND MANAGEMENT COUNCIL

ALERTO SA BAHÀ

IMUS LISTO SA BAHÀ

ALERT LEVEL 1 YELLOW RAINFALL ALERT	ALERT LEVEL 2 ORANGE RAINFALL ALERT	ALERT LEVEL 3 ORANGE RAINFALL ALERT	ALERT LEVEL 4 RED RAINFALL ALERT
<p>LAKAS NG ULAN: 7.5-15 MM / HOUR</p> <p>PAGHAHANDA: MAGMONITOR / MAGHANDA ANG MABABA O BAHANG LUGAR</p>	<p>LAKAS NG ULAN: 15-30 MM / HOUR MAGASID SA LOOB NG UNANG 1 - 6 NA ORAS</p> <p>PAGHAHANDA: * MAGHANDA SA PAGLIKAS ANG KABAHAYANG MALAPIT SA ILOG * SUMUNOD SA EMERGENCY EVACUATION PROCEDURES</p>	<p>TULOY-TULOY NA PAG-ULAN: KUSANG PAGLIKAS / MAGMASID SA SUSUNOD NA 6-10 ORAS (MABILIS NA PAGLAKI NG TUBIG BAHÀ HABANG MALAKAS ANG PAG-ULAN</p>	<p>LAKAS NG ULAN: 30 MM / HOUR PATAAS O MALAKAS NA PAG-ULAN NA MALABONG PAG-ANINAG SA DAANAN (ZERO VISIBILITY)</p> <p>PAGHAHANDA: * LUMIKAS ANG NASATABING ILOG * MAG-INGAT * SUMUNOD SA EMERGENCY EVACUATION PROCEDURES</p>

CITY EVACUATION CENTER: IMUS SPORTS COMPLEX AND PLARIDEL SUBDIVISION
 ALAMIN ANG MGA ITINANDANG EVACUATION CENTER NG MGA BARANGAY.

IMUS CDRRMO HOTLINE:
 (0908) 850 0046 / (046) 472-2618

facebook.com/IMUSCDRRMO twitter.com/IMUSCDRRMO

EDITORIAL**Stoking COVID fears**

As we might have observe, globalist business and financial groups have been stoking the flames of the COVID-scare around the world and they seem so hooked up the idea that the world economy and our normal social life must stop in the name of health. These organizations want lock us all up for ill-defined scientific facts and real doctors and scientists voices on the real score of the pandemic have been ignored by the mainstream media and the biggest social media network are on these globalists' side censoring alternative voices.

A few days ago, Education Secretary Leonor Briones insisted that face-to-face classes must resume in areas at low risk of COVID-19, and President Rodrigo Duterte abided for good reasons. But the Asian Development Bank, a very unlikely organization to weigh-in on issues of health, pitch in brandishing its supposed study that face-to-face classes might cause an increase in COVID-19 death by 8%. With an unsolicited opinion, it said that full resumption of face-to-face classes in the first half of 2021 may cause a jump in COVID-19 deaths based on its "Cost-Benefit Analysis." "When the new normal is maintained, overall mortality from COVID-19 from school opening is about 1,500 lives nationally, or around an 8% increase from the cumulative value simulated if schools were to remain closed," the ADB said. "The average age at which these deaths occur is 63, and this figure represents 0.3% of 2019 mortality in the Philippines," it added. The ADB said closing face-to-face schooling only for those over 15 "averts 60% of those deaths, and reduces mortality to about 600 lives, while allowing 78% of learners to attend face-to-face classes." Education Secretary Leonor Briones on Wednesday said that a total of 1,114 schools were recommended for the reopening dry run.

The National Economic and Development Authority (NEDA) backed the pilot test of face-to-face classes, as it can pave the way for further reopening of the economy and allow those in lower age brackets to go out. The ADB said, however, that protracted school closure does not appear to be especially effective in controlling COVID-19. "The pandemic risk to children is limited, as a very small share of diagnosed COVID-19 cases globally and in the Philippines is among those under 20 years of age, and severe medical outcomes, including mortality, are rare among children and adolescents," it said. But what's the point of ADB's gloomy forecast? What is its purpose? The government must ignore it.

BARANGAY KORNER

Ni: George Arce

**SUBOK NA SA TATAG AT TIBAY ANG ISANG BARANGAY SA MAYNILA**

Hello po mga ka-barangay! Kumusta na po ang isang linggong nagdaan sa buhay ninyo? At kumusta rin po ang Paskong nagdaan sa inyong mga barangay? Alam ko kahit mayroon pa ring pandemya ay pilit pa rin ninyong maging masaya ang buhay sa inyong barangay. Sa muli nating pag-iikot, kung saan-saang barangay ay sa Barangay 659-A Zone 71 District V Manila tayo nagawi. Madalas po nating maisulat sa ating kolum na "Barangay Korner" ang Barangay 659-A. Lagi po nating napupuri ang barangay na ito dahil sa napakalaking pagbabago mula nang maging punong barangay si Chairman Robert Bunda sa barangay na ito. Nito lamang nagdaang Pasko ay namigay na naman sa kaniyang nasasakupan ng pamaskong biyaya, kaya't puring-puri siya ng mga taong kanyang nasasakupan. Hindi raw nila ito naranasan sa nagdaang punong barangay. Maging sa kainitan ng COVID-19 ay naging suportado ng chairman ang buong barangay na sakop niya. Marami nga ang nagsabing ang kanilang barangay ngayon ay "SUBOK NA MATIBAY AT SUBOK NA MATATAG NA".

Magaling at maayos nga raw ang ginagawang pamamalakad ng punong barangay kasama ng pitong kagawad. Unang termino ng chairman ang kaniyang panunungkulan sa barangay na ito pero sobrang laki na ang pagbabago ang nagawa. Binago niya ang lahat ng bulok na sistema sa kaniyang barangay. Naging aktibo ang lahat ng mga ginagawa at marami ang nagulat dahil naging buhay na buhay na ang araw-araw na operasyon ng Brgy. 659-A.

Sa totoo lang po kapag kayo ay nagawi sa Barangay Hall ng Barangay 659-A na matatagpuan sa may LRT Central Terminal Station, doon ka magsasabing totoo ang lahat ng istorya ko rito sa kolum ko, kumpleto ang ang pasilidad dito. Mayroon na itong daycare center na napakahalaga sa isang barangay. Sobrang linis din ng paligid dito at laging bukas sa pagbibigay ng serbisyo sa lahat ng nasasakupan nila.

Paano makatitipid sa medikal na gastusin**Payo ni Doc Willie Ong**

MARAMING tao ang natataranta kapag sakit na ang pinag-usapan. Hindi na nila alam kung ano ang gagawin. At dahil dito, madalas ay nagagastusan sila nang malaki para lang gumaling. Paano ba natin matitipid ang inyong budget?

1. Alamin ang sakit – Una sa lahat, dapat malinaw ang diagnosis o sakit ng pasyente. May sakit ba siya sa puso, sa atay o sa bato? Ano ang tawag sa sakit niya? Isulat ito sa papel para hindi makalimutan. Kung hindi pa alam ng doktor kung ano ang sakit, itanong ang hinihinalang sakit o "working diagnosis." Puwede na rin iyan.

2. Alamin ang gamutan – Kailangan ba ng pas-yente ang operasyon, laboratory test o gamot lamang? Ilinaw maigi sa doktor. Ano ang maiging paraan ng gamutan? Tandaang maigi ang pangalan ng gamot. Ilista ito sa isang papel. Ano ang dosis at ilang beses iniinom bawat araw? Mahalaga po ito para maintindihan ng doktor at ibang tao ang kalagayan n'yo.

3. Magtanong kung may matipid na gamutan — Huwag mahiyang magtanong sa doktor kung may mas murang gamot. Puwede bang generic na lang? Magsabi ng tapat na kulang ang budget. Hindi naman ito kasa-lanan, 'di ba?

Kung hindi kayo kuntento sa paliwanag ng inyong doktor ay humanap ng second opinion. Magtanong sa ibang doktor. Pumunta sa mga government hospitals kung saan mas alam nila ang mga murang alternatibo.

Hindi ko pinapayo na pumunta sa albularyo o herbal na gamutan. Subukan muna sa tunay na doktor at tunay na gamutan bago magbakasali sa iba.

4. I-xerox ang lahat ng inyong records — Huwag iwa-wala ang mga resulta ng inyong lab tests. Kapag nawala ito, parang tinapon n'yo na rin ang pera ninyo. Huwag itong iasa sa laboratory center o sa doktor. Ikaw ang pasyente at kaila- ngang hawak mo ang buhay mo. Hiramang resulta ng test at i-xerox ito. Ilagay sa isang folder at laging dalhin sa inyong pagpapa- check-up.

5. Maging masipag sa follow-up — Maraming pas-yente ang tamad magpa-check-up. Kasi raw, mabuti naman ang pakiramdam nila. Marami rin ang inihihinto ng kanilang gamot dahil naubos na raw ang reseta.

Alam n'yo ba na karami-han ng sakit ay kailangan ng maintenance na gamot? Ang mga sakit sa puso, alta-pres-yon, diabetes at sakit sa utak ay kailangan nang mataga-lang gamutan. Walang short-cut sa lunas. Kailangan ang matagalang pagmamasid at pag-iingat sa sarili.

Sa katunayan, mas maka-titipid kayo kung madalas kayong magpapa-check-up. Kung kulang sa budget, pumila na lang sa government hospitals at health centers.

Sa susunod, may tips ako sa paghahanap ng budget sa gamot. Abangan!

EDITOR'S NOTE: All comments and opinions submitted by our contributing writers and herein published shall remain as personal opinion of our column writers. Viewliner shall not be held liable to any legal issues related to any commentaries that may appear herein.



An English-Filipino newsweekly published every Monday by Pahayagan ng Kabitenyo with Editorial and Business Office at 147 Panapaan IV, Bacoar, Cavite.

Email: pahayaganngkabitenyo@yahoo.com. Entered as Second Class Mail at Postal Region IV San Pablo City under Permit NO 200305 on May 27, 2003

MEMBER

ERNA M. BALAGTAS
Publisher

DIOSAN MARUAL
KCEE NACION
Marketing & Circulation Manager

DIOSDADO ARIEL F. ALTO, JR.
Editor-In-Chief

SUBSCRIPTION RATE : P1,000.00/year
Advertising Rate : P200.00/col. cm.
Legal Rate : P160.00/col. cm.

'Halayang ube': Making the holidays sweeter for Pinoy families

By Priam Nepomuceno

MANILA – While physical reunions and gatherings for the holiday season are put on hold, not even a pandemic could stop the holidays, which also means a season of eating for many Filipinos.

At the stroke of midnight on Thursday, Filipino families would welcome another year by trooping to the dining table for the “media noche”, which would be incomplete without a sumptuous dessert.

In the Philippines, one of the delicacies that complete the holiday feast of families is the delicious and sticky “halayang ube” (purple yam).

But more than just a sweet treat, many Filipinos have considered this as a part of their family heritage that binds them together.

Jeca Marie Curammeng, 27, a long-time resident of Malabon City, said cooking “halayang ube” has been a long-time holiday tradition of their family.

“Tradisyon na kasi ng pamilya namin na magluto at mamigay ng ‘halaya’ tuwing Pasko. Parang hindi kumpleto yung okasyon kapag wala siya (It is a tradition of our family to cook and give ‘halaya’ during the

Christmas season. The festivities won't be complete without it),” Curammeng said in an interview with the Philippine News Agency (PNA) on Monday.

She said the tradition was passed down to them by her late grandfather, Armando Fernandez Sr., who religiously cooked “halaya” throughout his life.

“Si Lolo nga daw, sabi ni Nanay, mga first week pa lang ng December nagluluto, at katulong nya sa paghalo yung mga mas matatanda niyang apo (My grandfather, according to my mother, is known to cook ‘halaya’ starting the first week of December. Helping with the task of stirring the mixture are his older grandchildren),” Curammeng added.

Walter Lopez, 43, also a resident of Malabon, said receiving “halayang ube” from friends and loved ones means a lot.

“Sobrang feeling privileged pag nabigyan or nakatanggap ako, lalo’t nalaman ko kung gaano kahirap gawin ‘yun (I feel very privileged every time I receive ‘halaya’ during the holidays, knowing how much work goes into cooking it),” Lopez said.

Before one can savor its sweetness and chunky texture, “halayang ube” is cooked arduously for three to four hours with the cooks getting splattered and



scalded with the mixture as they cook it over a charcoal or wood fire or in the much modern gas stove.

The ingredients of this all-time favorite consist of purple yam, white sugar, cheddar cheese, margarine, eggs, coconut milk, and cans of condensed milk.

It is made by peeling and boiling the yam until it is soft like rice porridge.

When the yam reaches that consistency, the mixture is left to cool before it is mashed using a spatula to make it softer and easier to mix along with other ingredients.

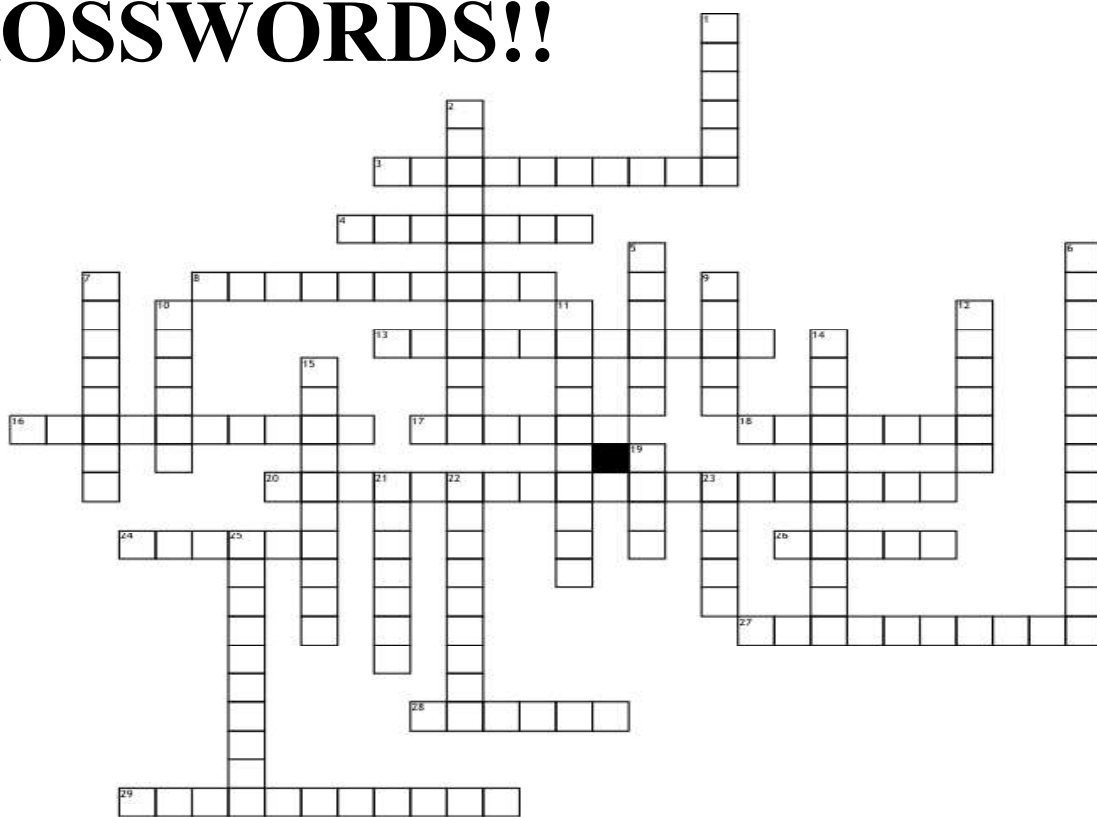
Depending on the cook, mixing can take as little as 10 minutes or as long as 30 minutes for the traditionalist who wants all ingredients to blend properly.

Once this is done, the mixture is placed on a huge basin-like container atop a fire fed by charcoal, coconut husk or dried wood.

The mixture would then be transferred to llaneras (aluminum oval containers) where they are left to cool down to room temperature.

After this tedious procedure, the “halayang ube” is stored in the refrigerator, ready to be presented to the family and guests during the “noche buena” and “media noche” feasts or distributed as gifts during Christmas or New Year's Day reunions or get-togethers. (PNA)

CROSSWORDS!!



Across

- 3. boxing
- 4. skating
- 8. water polo
- 13. motor bike
- 16. snowboarding
- 17. hockey
- 18. horse riding
- 20. american football
- 24. surfing
- 26. swimming

27. cycling

- 28. golf
- 29. softball

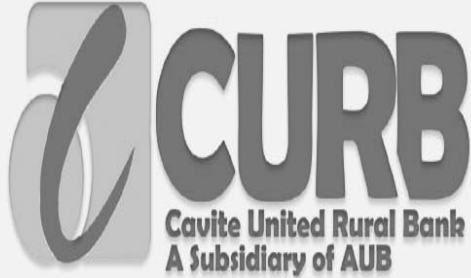
Down

- 1. tennis
- 2. skateboarding
- 5. karate
- 6. basketball
- 7. bowling
- 9. skiing
- 10. table tennis

11. volleyball

- 12. baseball
- 14. water skiing
- 15. badminton
- 19. judo
- 21. rugby
- 22. cricket
- 23. fishing
- 25. football

DAGDAG PUHUNAN BA ANG HANAP MO?



CURB
Cavite United Rural Bank
A Subsidiary of AUB

KAAGAPAY NEGOSYO LOAN

ANG SAGOT SA PROBLEMA MO.

TAWAG NA!

- IMUS BRANCH -- Tel: (046) 235-9855 (046) 455-1702 Call: 0917-805-7475
- TRECE BRANCH -- Tel: (046) 419-9440 (046) 235-9917 Call: 0917-806-2382
- DASMA BRANCH -- Tel: (046) 413-2620 (046) 235-9851 Call: 0917-805-7426
- BACCOOR BRANCH -- Tel: (046) 683-4032 (046) 235-9911 Call: 0917-806-1389

"D.A.H.L.I.A. 2020 (Direct Access to Healthy Lifestyle,

Intervention, and Advocacy): Bawat isa ay may ngiti sa bayang masigla lagi!"

The Direct Access to Healthy Lifestyle, Intervention, and Advocacy or more commonly known as D.A.H.L.I.A., is an initiative by the Municipal Government of Carmona, Cavite.

Through this program, the local government aims to promote and encourage its citizens to adapt a healthy lifestyle through regular exercises and balanced diet.

This year, the D.A.H.L.I.A. program shall be celebrating its 14th anniversary with the theme "Bawat isa ay may ngiti sa bayang masigla lagi." As the annual organizer, the Municipal Health Office also imparted that they're expecting 4,000 participants from different sectors who'll join this healthy lifestyle movement. There will also be guests from GMA and Silang, Cavite.

The 14th anniversary of D.A.H.L.I.A. shall take

place at the Carmona Town Plaza on January 31, 2019, Friday at 4:00 PM. It will start with street aerobics at Poblacion, followed by the mass aerobics at the plaza. For further inquiries regarding the D.A.H.L.I.A. program, these can be directed to Dr. Homer L. Aguinaldo, the Municipal Health Officer, or Ms. Estelita Q. Cadiente, Health Education and Promotion Officer. They can be reached at (046) 430-3072 or (046) 443-5397.

City Government of Bacoor



Gold para sa Bacoor! Pinarangalan ng Gold Award ang Lungsod ng Bacoor ng Department of the Interior and Local Government para sa patuloy na pagpupursige nito sa Manila Bay Clean-up Rehabilitation and Preservation Program at LGU Compliance Assessment. Tinanggap ni Mayor Lani Mercado Revilla ang parangal mula sa mga kinatawan ng DILG at DENR: DILG Provincial Director Lionel Dalope, DILG Cluster Head Celia Martal, CLGOO Norma Corpuz, LGOO Brian Ballon, Manila Bay Program Officers Don Paolo Teodoro at Kristel Cale Francisco, DENR-PENRO Judaline Fabro, at DENRO-PENRO Aileen Joy Es



Hijos Tours trains locals of Davao in tour guiding



As part of its mission to promote Philippine tourism and culture by empowering women, CARD MRI Hijos Tours organized a two-day tour guide training at Hotel Uno, Davao City.

The training was participated in by seven CARD microfinance clients. It aims to produce tour guides who are passionate to share the identity, heritage, culture, and history of the province to the travelers of the tour company.

They were taught about history, culture, and heritage of Mindanao specifically Davao City to give them the basic foundation of an Hijos tour guide.

CARD MRI Hijos Tours is a community-based travel and tour company that integrates its microfinance clients of CARD in its tour programs to provide them additional source of income.

"It is our creative way of giving additional income generating activities to these clients. We have seen potentials in our clients that need to be properly developed," said Marilyn M. Manila, Hijos Tours president.

The travel and tours company was established on July 11, 2017 under CARD MRI to provide an experience where history and tradition meet empowerment.

She also shared that the tour program also teaches the locals to take pride of their community and create a livelihood from it as the company's suppliers. From food to souvenir items, it all comes from the community.

As of November 2019, Hijos Tours has a total of 2,649 travelers with 12 tour guides in its three tour programs.

City Government of Bacoor



Mahigit sa 350 ang nakabilang sa Araw ng Pagtatapos sa ating mga mag-aaral sa TESDA na pinangunahan ng ating Livelihood Center. Kasama sa dumalo sa kaganapan ang ating City Administrator Jerome Oliveros, TESDA Cavite Provincial Director Conrado E. Maraan Jr., City Councillor Mike Bautista, at City Livelihood Officer in Charge Lita Gawaran. Nagtapos ang mga mag-aaral sa mga sumusunod na kurso: Beadwork, Beauty Care, Bread and Pastry Production, Cake Decoration, Candle Making, Commercial Baking, Cookery, Dressmaking NCII, Floral Arrangement, Food and Beverage Services, Hairdressing, at Massage Therapy. Congratulations po sa mga nagtapos!