PAHAYAGAN NG
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HIGIT 150 KALAHOK SA MGA AGRICULTURAL ANF FISHERY COUNCILS (AFC) SA LUZON, NAGTIPON SA AFC CONGRESS SA GENERAL TRIAS, CAVITE

Higit 150 kalahok mula sa mga Agricultural and Fishery Councils (AFC) sa Luzon ang nagtipon para sa ginanap na AFC Luzon Congress noong 5-7 Setyembre 2022 sa General Trias, Cavite. Ito ay naging posible dahil sa pagtutulungan ng Department of Agriculture IV-CALABARZON (DA-4A), Regional Agricultural and Fishery Council 4A (RAFC- 4A) at ng Philippine Council for Agriculture and Fishereis (PCAF).

Ang naturang aktibidad na may temang, "Agricultural and Fishery Councils: Strengthening Adaptability, Food Security, and Economic Stability," ay naglalayong matalakay ang mga napapanahong suliranin at ang mga nararapat na polisiya, programa at direktiba para sa sektor ng agrikultura.

Ang mga kalahok ay binubuo ng regional at provincial AFC chairpersons, regional AFC executive officers, coordinators at regional sectoral committee chairpersons mula sa rehiyon Cordillera, Ilocos, Cagayan Valley, Central Luzon, Calabarzon, Mimaropa at Bicol. Sila ay nagsama-sama sa pagbalangkas ng mga resolusyon sa patuloy na pagpapaunlad ng industriya ng agrikultura bilang mga katuwang sa pribadong sektor ng gobyerno.

Tumuon ang diskusyon sa pagpapalakas ng National Urban and Peri-Urban Agriculture Program (NUPAP), Digital Marketing of Agricultural Commodities at Rebuilding Strategies for Swine Fever.

"Isa sa tagubilin ng ating Presidente at Kalihim, Fedinand Marcos Jr., ay palakasin ang mga local producer at bilang suporta ay sana ang ating mga magiging resolutions sa congress na ito ay makakatulong na matugunan ang layuning ito," ani OIC-Regional Technical Director for Research and Regulations Fidel Libao.

"Makakaasa kayo na patuloy ang aming pakikipag-ugnayan sa inyo bilang aming katuwang sa pagpapatupad ng ating mga programa sa pagpapalakas ng agrikultura," dagdag pa nya.

Nagpasalamat naman si PCAF OIC-Executive Director Julieta Opulencia sa pagtatapos ng programa at siniguro ang patuloy na suporta sa mga AFCs.

Nakilahok din sa congress sina DA-4A OIC-RTD for Operations and Extension Engr. Marcos Aves Sr., at mga division chiefs ng Administrative and Finance, Field Operations, Research, Regulatory, at Integrated Laboratory, Felix Ramos, Engr. Redelliza Gruezo, Eda Dimapilis, Dr. Linda Lucela, at Eleanor de Jesus, ayon sa pagkakabanggit at RAFC- 4A coordinator Amor Dela Cruz kasama ang iba pang kawani ng DA-4A. ####

(???Chieverly Caguitla)

DTI NEGOSYO KITS PARA SA MGA MSME, IPINAMAHAGI SA AMADEO

Muling namahagi ng mga livelihood kit ang Department of Trade and Industry (DTI) para sa maliliit na negosyante sa bayan ng Amadeo noong Martes, Setyembre 7.

Umabot sa 10 negosyante mula sa Poblacion 5 at 6 ang nabigyan ng Negosyo Kits na maaari nilang gamitin upang makapagsimula ng sarili nilang sari-sari store, salon, carinderia at printing shop bilang bahagi ng programang Livelihood Seeding Program Negosyo Serbisyo sa Barangay (LSP-NSB) ng ahensya.

Siniguro naman ni Cavite Provincial Director, Revelyn Cortez na ipagpapatuloy ng DTI ang pagbibigay ng mga monitoring activity at capacity-building training upang tulungan ang mga benepisyaryo na mapaunlad ang kanilang mga negosyo.

Target ng DTI Cavite na makapagbigay ng livelihood kit sa 250 MSME sa buong lalawigan ngayong taon. | via DTI Cavite

COMMUNITY-BASED MONITORING SYSTEM 2022 SA CARMONA

Ipinababatid ng Lokal na Pamahalaan ng Carmona, sa pangunguna ng Office of the Municipal Planning and Development Coordinator, na magsisimula na sa LUNES, SETYEMBRE 12, 2022 ang Community-Based Monitoring System (CBMS) sa lahat ng barangay.

Inaanyayahan po ang lahat na MAKILAHOK AT MAKIBAHAGI sa HOUSEHOLD SURVEY na pangungunahan ng mga CBMS enumerators. Ang datos na makukuha rito ay gagamitin sa paggawa ng mga programa, proyekto, at polisiya na angkop para sa pangangailangan ng mga mamamayan.

Sinisigurado ng Lokal na Pamahalaan na ang datos at impormasyon ay mananatiling confidential bilang pagtugon sa Data Privacy Act.

Swak na datos para sa komunidad na maayos!

ACCEPTING ADS - 0928-4682788/0922-3648349 * E-mail add: pahayagangkabitenyo@Yahoo.com / pahayagancavite@gmail.com

Neck Pain: Dahilan ng Pananakit ng Leeg

Payo ni Doc Willie Ong

Ang pananakit ng leeg ay posibleng may kaugnayan sa masel, nerve at cervical vertebrae (buto sa leeg). Sa kabutihang palad, maraming dahilan ng pananakit ng leeg ay hindi naman seryoso at maaaring magamot.

Mga Dahilan:

1. Hindi maayos na pagtayo at pag-upo. Ang hindi maayos na pagkaka-upo habang nasa harapan ng computer o ang pagkaka-baluktot habang nasa harapan ng iyong ginagawang trabaho, at maling posture ay maaaring makapag-pangalay ng muscle.

2. Pangangalay ng muscle. Sobrang paggamit gaya ng pag-ikot ng ulo, ay maaaring makapag-pangalay sa muscle, gayon din ang pagkiskis ng ngipin (teeth grinding).

3. Pag-edad ng joints. Ang leeg ay nakararanas ng pagkapagod lalo na kung nagkaka-edad, na nagiging dahilan para magkaroon ng osteoarthritis.

4. Pagkaipit ng ugat o nerve. Ito ay nangyayari sa puwang sa may palibot ng neck vertebrae o buto sa leeg. Puwede dahil sa arthritis o sobrang paninigas ng masel dulot ng stress.

5. Pagkapinsala. Ang pagkaka-pinsala sa whiplash, kung ang leeg ay pinatutunog ng paulit-ulit, nababanat ang leeg sa maling galaw.

6. Sakit. Ang pananakit ng leeg ay maaaring sintomas ng sakit gaya ng rheumatoid arthritis o meningitis.

Kung minsan ang pananakit ng leeg ay nagpapahiwatig ng seryosong sakit. Kumonsulta agad sa doktor kung makaranas nito:

1. Pananakit ng iyong balikat pababa sa iyong braso.
2. Pamamanhid o pagkawala ng lakas sa iyong braso at kamay.
3. Pagbabago sa oras at panahon ng pagdumi.
4. Kawalan ng kakayahan na maabot ang dibdib ng baba.

MAGALING KA BANG HUMUGOT? ITO AY OPEN SA LAHAT KAYA SALI NA!

Madali lang sumali. Sundin ng mabuti ang sumusunod na instructions:

1. I-follow ang aming official Facebook Page, DENR CALABARZON

2. I-like at i-share ang post na ito na may kasamang caption #ICC2022 #DENRCALABARZON #HugotsaBasura

3. I-tag ang tatlong (3) kaibigan sa comments box ng post na ito

4. I-post sa iyong timeline ang iyong photo habang nasa isang clean-up activity kasama ang iyong original hugot line bilang caption. Isama din sa caption ang hashtags na ito: #ICC2022 #DENRCALABARZON #HugotsaBasura. Siguraduhing naka-ang iyong post.

Criteria for judging:

40% - Originality (Hugot line)

40% - Creativity (Hugot line and photo)

15% - Audience impact/social media interaction

5% - Fresh point of view

Deadline ng pagpapasa ng entry:

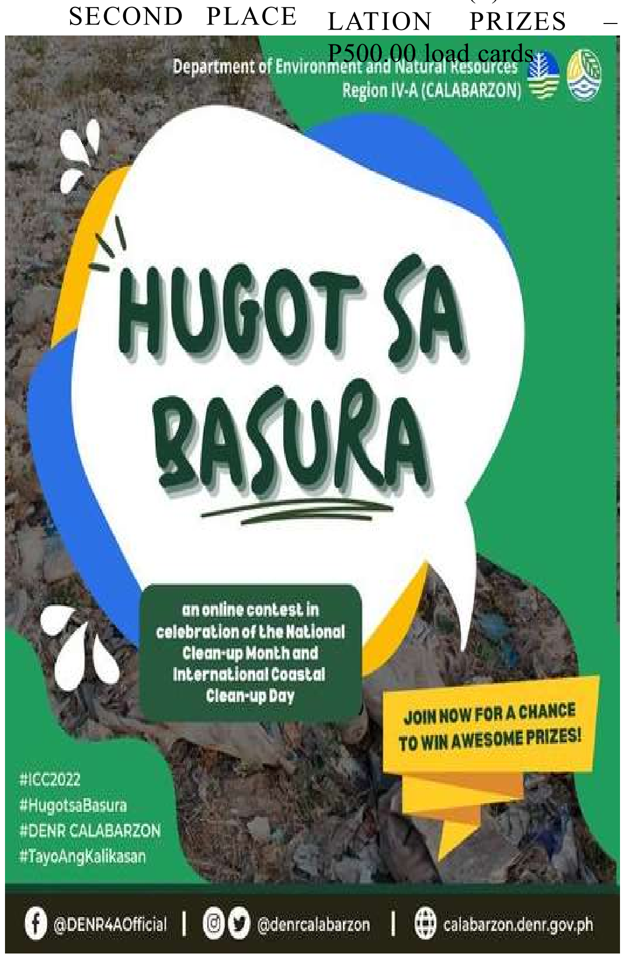
Mga premyo ng mananalo:

GRAND PRIZE – P7,000.00 worth Gift Certificate

SECOND PLACE PRIZE – P4,300.00 worth Gift Certificate

THIRD PLACE PRIZE – P1,500 worth Gift Certificate

TWO (2) CONSOLATION PRIZES – P500.00 load cards.



EDITORYAL

Pag-rondahin ang mga Pulis

NAGING mapayapa ang pagbubukas ng klase noong nakaraang linggo kung saan tinatayang 28 milyong esudyante ang bumalik. Ayon kay Phi-lippine National Police chief Gen. Rodolfo Azurin Jr. maraming pulis ang ipinakalat sa pagbubukas ng klase para masiguro ang kaligtasan ng mga estud-yante. Ayon pa kay Azurin nakahanda ang pambansang pulisya na protektahan ang mga mag-aaral at ang mama-mayan sa kabuuan.

Sa pagbubukas ng klase, hindi lamang ang mga estudyante ang nagbabalik kundi pati ang mga masa--samang loob. Hindi lamang mga estudyante ang gigil- na nagbalik-eskuwela kundi pati na rin ang mga holdaper-, snatcher, mandurukot at pati mga kidnaper. Sa loob nang mahigit dalawang taon na pagkakatigil ng face-to-face classes dahil sa CO-VID-19 pandemic, tiyak na nag-uulol ang mga masa-samang loob para makapambiktima ng estudyante at iba pa na inaakala nilang may mapapakinabang.

Sa university belt kadalasang nangyayari ang cell phone snatching at mga panghoholdap. Modus ngayon ng mga snatcher na gumamit ng motorsiklo- para makapang-snatch hindi lamang cell phone kundi pati na rin handbag.

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.

DUGONG ALAY, DUGTONG BUHAY

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Foundation lauds study on narra tree's medical value

MANILA – The Million Trees Foundation, Inc. (MTFI) has lauded the result of a scientific study conducted by De la Salle Dasmariñas College of Pharmacy finding the medical value of narra as among the world's top 10 antioxidants that can cure various illnesses.

"This landmark findings about the medicinal value of Narra tree gives us more reasons to pursue our ambitious goal of planting 10 more million trees by 2030," said MTFI president and executive director Melandrew Velasco.

Researchers from De la Salle Dasmariñas College of Pharmacy based in Cavite revealed the finding of their scientific study on narra extracts during a press conference held at Rembrandt Hotel in Quezon City last week.

Professors from the De La Salle College (DSLC) who presided over the press briefing were Dr. Alicia Catabay, Louie Fernando D. Legaspi, Sigfredo B. Mata and Timothy Jay L. Bengala.

They confirmed that the antioxidant properties of the bark and branch wood of the critically endangered narra, the Philippine national tree, has the highest ORAC or Oxygen Radical Absorbance Capacity, which is No. 1 in the country and it is among the top 10 in the world.

ORAC is a method developed by scientists at the National Institute of Health and Aging to measure the antioxidant capacity of different foods.

The ORAC score is also the unit of measure of antioxidants which is the body's natural defense versus harmful compounds that are linked to multiple illnesses, including weakened immunity, diabetes, heart disease and cancer.

At the same time, the study revealed that the ORAC scores of all methods tested displayed similarly high levels of antioxidant potency.

"Indeed, our native trees are precious and they have medicinal value waiting to be tapped. It is a matter of time that cure to various illnesses could be discovered and developed into life-saving drugs that can help save millions of lives," said retired Police Brig. Gen. Reynaldo V. Velasco, chairman emeritus of MTFI.

It may be recalled that Gen. Velasco, who was then chairman and administrator of the Metropolitan Waterworks and Sewerage System (MWSS), was the prime mover of the successful Annual Million Trees Challenge (AMTC) that saw the planting of 5.2 million trees in five years from 2017 to 2021.

The MTFI, which was established to sustain the gains of the AMTC, targets to plant 10 million more trees in critical watersheds in various parts of the country by 2030.

Over the years, native trees planted in Ipo-Angat watersheds through AMTC and MTFI stakeholders include narra, batino, malaruhat, rambutan, cacao, guyabano, bayog, kawayan tinik, white lauan, malaigot, malapapapaya, makaasim, lipote, ipil, palosapis, and lago calumpit.

Various native tree species have also been planted by the group in La Mesa and areas around Laguna de Bay, Kaliwa-Umiray and Upper Marikina watersheds.

Narra has antioxidant properties that can help improve the lives of millions of Filipinos.

Scientifically known as Pterocarpus indicus, narra is a tree species that can be found in southeastern Asia, northern Australasia, and the western Pacific Ocean islands, southernmost China, East Timor, Indonesia, Malaysia, Papua New Guinea, Ryukyu Islands, Solomon Islands, Thailand Vietnam, and the Philippines where it is protected by law.

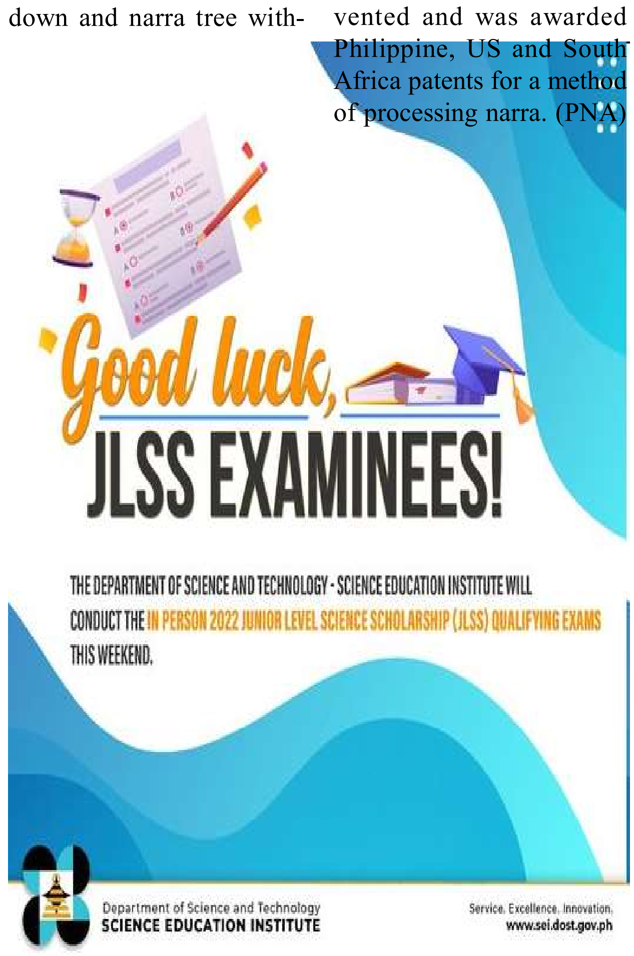
In the Philippines, it is strictly prohibited to cut down and narra tree without a permit.

"We should really protect and conserve our native trees and reforest our watersheds to protect our water source and ensure a steady supply of important ingredients for life-saving drugs that could save millions of lives worldwide," Velasco said.

Timothy Bengala, professor and primary investigator of the Narra Research, also cited the health benefits of pterostilbene, according to the study by Xu et al in 2021.

Based on the study, pterostilbene, a potent antioxidant, is proven to be effective as immune-enhancing, anti-asthma, anti-cancer, anti-fungal, anti-ulcer, and anti-allergy.

Narra has been found to have medicinal value and was used as the main ingredient of a dietary supplement for the improvement people with diabetes, hypertension, arthritis, bladder stones and infectious diseases by Ecarma Health Options, a Filipino-owned company founded by Capt. Virgilio Ecarma, who invented and was awarded Philippine, US and South Africa patents for a method of processing narra. (PNA)



GUHIT NG KAPALARAN

VIRGO: (Ago. 23-Set.23) Maluwag at maaliwalas ang pakiramdam kung maipagtatapat ang tunay na damdamin at pakay. Kung malinis ang sadya, walang masama kung maging totoo sa kapwa at sa sarili. Sa trabaho, may pagkakataong panigan ang isang kasamahan, bagay na dapat iwasan. Lucky numbers at color for the day ang 3, 8, 19, 33 at brown.

LIBRA: (Set. 24-Okt. 23) Ang nakaraang suliranin ay makakalimutan o maaaring magkaliwanagan sa kinauukulan. Magaan ang pasok ng pera. Lucky numbers at color for the day ang 11, 20, 34, 41 at royal blue.

SCORPIO: (Okt. 24-Nob. 22) May lihim na pagtingin ang isang kasamahan o kaibigan. Huwag bigyan ng pagkakataon para hindi mabiktima. Lucky numbers at color for the day ang 3, 24, 38, 41 at lavender.

SAGITTARIUS: (Nob. 23-Dis. 21) Madaling pakitunguhan ang mga kaibigan. Ang samahang pangkaibigan ay posibleng mauwi sa pag-iibigan. Lucky numbers at color for the day ang 2, 10, 16, 31 at pink.

CAPRICORN: (Dis. 22-Ene. 19) Ang mga kaibigan ay maaasahan ng tulong kung kailangan. May pagkasensitibo ang mahal mo, magparaya. Lucky numbers at color for the day ang 10, 14, 33, 41 at strawberry.

AQUARIUS: (Ene. 20-Peb. 18) Iwasan ang palaging mainit ang ulo. Magiging lubos ang kaligayahan kung kasama ang minamahal. Mag-budget ka. Lucky numbers at color for the day ang 7, 18, 29, 37 at white.

PISCES: (Peb. 19-Mar. 20) Masaya ang pakikisalamuhang sosyal kung bibigyan ng panahon. Ang tamang asal sa pananalita at pakikisama ay pairalin. Lucky numbers at color for the day ang 3, 11, 18, 36 at yellow.

ARIES: (Mar. 21-Abr. 19) Gagawin mo ang lahat ng paraan sa magulong pinansiyal na napasukan. Tandaan ang mahalagang leksyon na ito. Lucky numbers at color for the day ang 2, 8, 23, 40 at maroon.

TAURUS: (Abr. 20-May. 20) Kung may problema sa pinansiyal, huwag lumapit sa iba, maliban sa isang Gemini na tanging makakatulong sa'yo. Lucky numbers at color for the day ang 8, 9, 19, 40 at blue.

GEMINI: (May.21-Hun. 21) Ang mga kaibigan ang magbibigay ng swerte, kaya pahalagahan sila. Maging maingat sa pagsasalita. Lucky numbers at color for the day ang 10, 144, 31, 39 at yellow.

CANCER: (Hun. 22-Hul. 22) Malaking tulong ang magagawa ng regular na pag-eehersisyo para makapag-relax. Posibleng mamuhunan sa negosyo. Lucky numbers at color for the day ang 5, 24, 40, 42 at red

LEO : (Hul. 23-Ago. 22) May kasamahan o kaklase kang hindi gaanong matalino pero masipag at matiyaga. Gayahin siya para umasenso. Lucky numbers at color for the day ang 9, 20, 38, 39 at green.

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DILG to LGUs: Implement countermeasures vs dengue in communities

As dengue cases rose by 143% this year, the Department of the Interior and Local Government (DILG) today rallied all local government units (LGUs), particularly barangays, to implement countermeasures such as clean-up drives to prevent the spread of dengue in communities.

DILG Secretary Benjamin 'Benjur' Abalos, Jr. said the alarming increase of dengue cases must be tackled down to the grassroots level now that millions of students have gone back to face-to-face classes. He said LGUs must step up their countermeasures in communities to reduce cases by the end of the year.

"Dengue remains to be a public health threat and with the escalating cases in the country today, LGUs must take a proactive stance and implement strategies to protect our people in the communities from this deadly disease," Abalos said.

"Hindi na po tayo bago sa dengue outbreak at napagtagumpayan na natin ito. Sa pangunguna ng mga LGU sa pamayaman, malalagpasan ulit natin ito," he added.

According to the Department of Health (DOH), the 118,785 recorded cases from January 1 to August 13, 2022 translating to a 143 percent jump is a far cry from the 48,867 during the same period last year.

DOH data show that most dengue cases this year or 18 percent were reported in Central Luzon at 21,247 followed by Central Visayas with 11,390 cases (10 percent), and the National Capital Region (NCR) with 11,064 (9 percent). The death toll due to dengue across the country has also reached 400 last month.

Abalos said as dengue cases increase, LGUs must lead in implementing measures that can counter its proliferation, especially in regions of the country, where dengue cases are high.

"Inaasahan namin na pangungunahan ng mga LGUs ang pagsugpo sa tumataas na kaso ng dengue sa mga pamayanan," he said.

Fighting dengue in the barangays

DILG Secretary Abalos said that LGUs can activate the Aksyon Barangay Kontra Dengue (ABKD) in all communities to elicit a movement to counter the spread of dengue in communities.

He said that ABKD, an inter-agency effort against dengue, has been institutionalized since 2012 and has led to victories in the battle against the deadly disease.

Under ABKD, Punong Barangays (PBs) shall lead in the clean-up drive within the community by mobilizing volunteers, residents, and barangay health teams such as the Barangay Health Emergency Response Team and Barangay Health Workers.

Meanwhile, local chief executives (LCE) are expected to monitor the health situation in their jurisdiction; provide dengue data for partner agencies; and ensure dengue patients are provided with timely and proper medical attention, among others.

Abalos likewise urged the public to partake in reducing dengue cases by exercising the 'Enhanced 4S' or the search and destroy breeding sites; seek early consultation; self-protection; and say 'Yes' to fogging only in hotspot areas where an increase is registered for two consecutive weeks.

"What we learned during the pandemic is that the government cannot eliminate a disease alone. Kailangan po ang pakikiisa ng ating mga kababayan upang maging matagumpay ang ating mga hakbangin

PRDP 4A delivers 50 pregnant dairy cows to BADACO to help increase milk production

The Department of Agriculture - Philippine Rural Development Project Regional Project Coordination Office CALABARZON delivered 50 pregnant dairy cows to the Batangas Dairy and Multipurpose Cooperative (BADACO) as part of the interventions under its Batangas Dairy Cattle Production enterprise subproject.

The dairy cows are expected to increase the cooperative's milk production by 400-500 liters a day and the number of its stock dairy animals by 25. To increase the likelihood of achieving these, the DA-PRDP, BADACO, local government units, experts, and other stakeholders inspected the animals before and after the delivery. All the delivered cows fit the specifications set by BADACO.

"Sa tulong ng additional dairy cows, mas magiging stable at dadami pa ang aming dairy production. Sisiguraduhin namin na maayos namin silang aalagaan upang magtuloy-tuloy ang aming production," shared Jose Alilio of the BADACO.

The dairy farm enterprise of BADACO is among the ongoing subprojects of the DA-PRDP under its enterprise development component, Investments in Rural Enterprise and Agriculture and Fisheries Productivity (I-REAP). It aims to improve the beneficiaries' production and income and the local dairy industry by helping them increase their milk production, build up a breeder-based dairy cattle population, improve nutrition management, and reduce production costs. By November, all interventions of the DA-PRDP for the enterprise are expected to be delivered to the cooperative.#

???: My Bejasa, CALABARZON InfoACE Unit

#CALABARZONAgri #PRDP4A #AyosSaNayon

KAMARA, INAPRUBAHAN ANG PANUKALANG GAWING LUNGSOD ANG CARMONA

Inaprubahan ng House of Representatives o KAMARA nitong Lunes sa ikatlo at huling pagbasa ang panukalang gawing component city ng Cavite ang munisipalidad ng Carmona.

Sa botong 249 affirmative, no objection and abstention, inaprubahan ni Deputy Speaker at Las Piñas Rep. Camille Villar, na namuno sa session, ang panukala.

Magiging lungsod ang Carmona kapag naratipikahan ang panukala ng mayorya ng mga boto ng mga kwalipikadong botante sa isang plebisito na isasagawa 60 araw mula sa pagsasabatas ng panukala.

Sa ilalim ng panukala, ang mga botante ng Carmona ay magiging kwalipikadong bumoto at tumakbo para sa anumang elektibong posisyon sa pamahalaang panlalawigan.

Sa kasalukuyan, ang Carmona ay isang first-class urban municipality.

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