



Lt. Gen. Sobejana keynotes PAPER.Ph 1st Anniversary



by Daniel
 Ian M. Asprec

SAN PABLO City, Laguna--The Prime Alliance of Publishers, Editors, and Reporters of the Philippines, Inc. (PAPER. Ph, Inc.) celebrated its 1st Founding Anniversary with the launching of their magazine and election of new set of officers held at RX Garden Resort, Brgy. San Gregorio in this city, Dec. 5.

With the theme, "The Media, The New Era, and The New Normal," Lt. Gen. Cirilito E. Sobejana, Commanding General of the Philippine Army, was the guest of honor and keynote speaker.

Nena Mallari, PAPER.Ph corporate adviser and The Southern Tagalog Herald publisher, opened the program stressing the need for a media alliance that is inclusive of not only publishers, but also editors, reporters, vloggers, and other stakeholders.

She said that this is what former PAPER.Ph president and founding member, the late Abel Pablo, advocated, that is, to unite all media practitioners in the

country.

In his speech, Lt. Gen. Sobejana, a graduate of the Philippine Military Academy Class of 1987 and a medal of valor recipient, cited the media's critical role in this time of pandemic as well as in curbing terrorism.

Lt. Gen. Sobejana said, "We're not above you. We're not below you. We're side by side with you," emphasizing that the military needs a helping hand in combating terrorism and the Covid-19 pandemic.

He praised journalists for their honest and balance reportage specifically in disseminating information related to the government troops campaign to end armed conflicts and atroci-

ties.

"Filipino journalists should practice ethic journalism, thus, resulting into an accurate and unbiased news gathered from reliable sources," he stressed.

Lt. Gen. Sobejana said defending democratic principles is one of their top priority. He stated that he used to see media personnel suffer from oppression and tyranny but now, the so-called "fourth estate" serves as the truth-bearers for the country.

"The media and the Philippine Army are quite the same. Both of us want transparency and accountability," the Army officer said.

He assured that the Philippine Army strictly adheres to the rule of law and respects press freedom.

"In behalf of the Philippine Army, we fully support PAPER.Ph and all me

(SEE PAGE 7)

EDUCATIONAL ASSISTANCE PARA SA MGA MAG-AARAL NG SOLO PARENTS, INILUNSAK SA TRECE MARTIRES

Ipinahayag ni Mayor Gemma Lubigan ang pinakabagong programa ng Lungsod ng Trece Martires City para sa mga mag-aaral ng mga rehistradong solo parents sa kanilang bayan.

Ayon kay Lubigan, "Ito ay para sa mga nanay/tatay natin na solong itinataguyod ang kanilang mga anak."

Para sa mga nais mag-apply o sumali, narito ang mga hakbang base sa pabatid ni Lubigan:

1. I-download ang Application Form. Iclick ang link na ito: <https://bit.ly/33Y6tmU>
2. Ipasa ang Accomplished Form kasama ang mga nasabing Requirements:
 - A. Letter addressed to Mayor Gemma Buendia Lubigan
 - B. Photocopy of Solo Parent I.D. , (validated for 2020) bring the original for validation.
 - C. Original Certificate of Enrollment of Student (S. Y 2020-2021)
3. Ipasa ang kumpletong dokumento sa Dec. 11-15, 2020 sa City Social Welfare Department Office."

EDUCATIONAL ASSISTANCE FOR CHILDREN OF REGISTERED SOLO PARENTS OF TRECE MARTIRES CITY

SUBMISSION OF COMPLETE REQUIREMENTS:
 DECEMBER 11 - DECEMBER 15, 2020 ONLY

LIST OF REQUIREMENTS:

- ✓ LETTER ADDRESSED TO THE CITY MAYOR: HON. GEMMA BUENDIA LUBIGAN;
- ✓ PHOTOCOPY OF SOLO PARENT I.D (VALIDATED FOR 2020) AND BRING THE ORIGINAL FOR VALIDATION;
- ✓ ORIGINAL CERTIFICATE OF ENROLLMENT OF STUDENT (S.Y 2020-2021)
- ✓ FULLY ACCOMPLISHED APPLICATION FORM

TO DOWNLOAD FORM, PLEASE CLICK THE LINK IN THE DESCRIPTION OR SCAN QR CODE

NOTE:
 * ONE STUDENT PER REGISTERED SOLO PARENT ONLY (PRE-SCHOOL TO SENIOR HIGH SCHOOL)
 * INCOMPLETE REQUIREMENTS WILL NOT BE ENTERTAINED.
 * WE WILL NOT ACCEPT LATE DOCUMENTS FOR THE GIVEN PERIOD OF DATE.



Thru the effort of:
MAYOR GEMMA BUENDIA LUBIGAN

THE GOAL OF GOD IS THE GOSPEL OF AGAPE LOVE



By: Bro. Romy Salcedo

AGAPE LOVE IS "TRUE BORN AGAIN" EXPERIENCED

YOU MUST BE BORN AGAIN

"There was a man of the Pharisees, named Nicodemus, a ruler of the Jews." "The same came to Jesus by night, and said unto Him, Rabbi, we know that thou art a teacher come from God, for no man can do these miracles that thou doest, except God be with him."

Jesus answered and said unto him, verily, verily, I say unto thee, except a man be born again, he cannot see the Kingdom of God." Nicodemus saith unto him, how can a man be born again when he is old? Can he enter the second time into his mother's womb and be born?

"Jesus answered, verily, verily I say unto thee, except a man be born of water and of the spirit, he cannot enter into the Kingdom of God." "That which is born of the flesh is flesh; and that which is born of the spirit is spirit." "Marvel not that I said unto thee, Ye must be born again." (John 3: 1-7)

MAN IS BOTH FLESH AND SPIRIT

"And God said, let us make man in our image, after our likeness, and let them have dominion over the flesh of the sea, and over the fowl and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth." (Genesis 1:26)

"And the Lord God formed a man of the dust of the ground, and breathed into his nostrils the breath of life, and man become a living soul." (Genesis 2:7)

"So God created man in His own image, in the image of God created He him, male and female created He them." (Genesis 1:27 ; 2:15-25)

ADAM WAS MADE FLESH WITH A SPIRIT

(I Corinthians 15:45-49)

"And so it is written, the first man Adam was made a living soul, the last Adam was made a quickening Spirit." The first man is of the earth, the second man is of the Lord from heaven." "As is the Earthy, such are they also that are

Earthy, and as is the Heavenly, such are they also that are Heavenly." "And as we have borne the image of the Earthy, we shall also bear the image of the Heavenly."

ANG LANGIT AY PARA SA DIYOS AT MGA TAONG ISPIRITUAL, AT ANG MUNDO AY PARA SA MGA TAONG BUHAY NA MAY LAMAN

Sa lahat ng mga planeta sa Uniberso na nilikha ng Diyos, ay ang Planet Earth ang pinili ng Diyos upang maging tahanan ng tao na kaniyang nilalang ayon sa kaniyang larawan, wangis at anyo.

Nilikha niya ang tao mula sa alabok ng lupa at kaniya itong hiningahan ng kaniyang espiritu kaya ang tao ay naging kaluluwang buhay.

Ang ibig sabihin, ang katawan ng tao ay alabok at siya ay mayroong kamatayan. Lahat ng tao ay mamamatay ay babalik sa lupa na kaniyang pinanggalingan. Subalit habang siya ay nabubuhay ay nararapat niyang pagyamanin ang kaniyang buhay rito sa daigdig. Siya ang maghahari at mamamahala sa lahat ng mga bagay na nilikha ng Diyos. Siya ay kukuha ng pagkain mula sa dagat na sagana sa lahat ng uri ng isda. Siya ay pipitas ng iba't ibang uri ng bunga ng mga punungkahoy sa kagubatan na mabuti sa kaniyang katawan para humaba pa ang kaniyang hiram na buhay mula sa Diyos. Dapat siyang pawisan para magtanim ng iba't ibang uri ng mga halamang gulay na pampalusog sa katawan at lalaban sa lahat ng uri ng mga sakit at mga karamdaman. Sa madaling salita ay dapat niyang gawin ang mundo na kaniyang ginagalawan para ito ay maging isang ganap na "Paraiso sa Ibabaw ng Lupa" na tulad sa naging tahanan ng unang mga tao na sina Adan at Eba sa Hardin ng Eden.

Nais ng Diyos na ang tao ay maging masaya at maging maligaya sa buong panahon na ilalagi ng kaniyang buhay dito sa lupa. Kapag siya ay namatay ay magiging katulad na rin siya ng Diyos na Ispirital na walang laman at dugo na tulad ng kaniyang naging buhay dito sa lupa. Magkakaroon pa rin sila ng katawan subalit isang uri ng katawang walang kasiraan at maluwalhati. Ito ay magiging isang "Glorious Body" na walang kamatayan magpasawalang hanggan at ang kaniyang kabataan ay hindi na magbabago at kailanman ay hindi na siya tatanda.

Kaya ang nais ng Diyos ay samantalain natin ang paninirahan sa daigdig na may katapusan pagkatapos ng ating kamatayan. Dapat tayong magmahalan at pairalin ang "AGAPE LOVE" ng Panginoon sa ating mga puso na walang galit, selos, inggit at mga damdaming makasarili at hindi makatao. Kailangang ibigin at mahalalin natin ang ating kapwa tao ng taos sa puso at walang halong pagkukunwari. Iyan ang layunin ng Diyos para sa ating lahat.

(For questions, comments, and free marriage, just text Dr. Bishop Romulo L. Salcedo, D.D. 0919-6081588; 0915-5769415; 0933-5012202 or PLDT: 400-5594)

EDITORIAL Pawiin ang pangamba ng mamamayan sa bakuna

Gumugulong na ang pagbabakuna sa ibang bansa. Noong Lunes, binakunahan na sa Great Britain ang mga matatanda. Unang binakunahan ang isang 90 year old na babae. Ang nurse na Pinay pa ang nagbakuna sa matandang babae.

Dito sa bansa, nananatiling hati ang mamamayan kung magpapabakuna sila o hindi. May gustong magpapabakuna at mayroon namang ayaw. Sa mga post sa social media, may nagsasabing gusto nilang magpapabakuna para may panlaban sa coronavirus. Sabi naman ng isa, handa siyang sumalang agad para maunang mabakunahan.

Sabi naman ng mga kontra sa bakuna, hindi pa gaanong subok ang mga bakuna at masyadong ma-ikli ang trial. Dapat ay taon ang bibilangin ng pagsasailalim sa testing para matiyak ang bisa. Pa-ano kung may mangyari sa binakunahan? Sino ang mananagot? Hindi raw nila isusugal ang buhay sa bakuna na masyadong maikli ang trial.


May katwiran ang mga kontra sa bakuna na ma-ngamba sapagkat sariwa pa sa alaala ang nang-yaring kontrobersiya ng Dengvaxia noong 2016. Ang Dengvaxia ay bakuna laban sa dengue. May mga bata umanong namatay makaraang mabakunahan. Hindi nilinaw ng manufacturer (Sanofi) na ang tuturuan lamang ay ang mga nagka-dengue na. Lumalabas na hindi na nagkaroon ng pag-eksamin sa mga bata at basta pinapila na lamang at binakunahan. Dahil sa kontrobersiya inatras ng bansa ang kontrata sa Sanofi. Hanggang ngayon, may kinakaharap pang usapin ang mga dating opis-yal ng Department of Health (DOH) sa panahon ng Aquino administration.

Hindi magtatagal at may darating na bakuna sa bansa. Ang tanong ay handa na ba ang mamamayan para rito. Kahit pa sabihing mauunang magpapabakuna si President Duterte at si DOH Sec. Francisco Duque III, hindi pa rin ito sapat para mawala ang pangamba.

Magkaroon nang malinaw na kampanya ang pamahalaan para mapawi ang pangamba, pag-aalala at pagdududa sa bakuna laban sa COVID 19 na posibleng dumating sa bansa sa Marso 2021. Marami ang dapat mabigyan ng inpormasyon bago magsimula sa bansa ang pagbabakuna.

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GUHIT NG KAPALARAN

SAGITTARIUS: (Nob. 23-Dis. 21) Mas maramiang achievement kung susundin ang kutob. Dumarating ang pagkakataon hinihintay ng maramiang ma-share nabiyaya. Sunggabanito. Lucky numbers at color for the day ang 55, 41, 31, 45, 11 at cyan blue.

CAPRICORN: (Dis. 22-Ene. 19) Palitan ng mabuting gawa ang ginawasaiyong masama at mata-tamo ang pagpapalanghinahangad. Lucky numbers at color for the day ang 52, 35, 45, 11, 25 at lavender.

AQUARIUS: (Ene. 20-Peb. 18) Mag-let go k a n a s a n a k a r a a n , p l a n u h i n a n g b u h a y n g a y o n p a r a m a g t u l o y - t u l o y a n g b i y a s a b u h a y m o . Lucky numbers at color for the day ang sun yellow.

PISCES: (Peb. 19-Mar. 20) Sunod-sunod ang mga zoom conference mo, maramiang mare-recruit. Magbawasngutang. Lucky numbers at color for the day ang 21, 11, 35, 45, 53 at vermilion red.

ARIES: (Mar. 21-Abr. 19) Maging tapatsaiyong pangarap. Ang lahat ng wish ay granted. Ang negative memories ay ibaon nalimot. Lucky numbers at color for the day ang 53, 35, 15, 25, 43 at sapphire blue.

TAURUS: (Abr. 20-May. 20) Huwag mag-focus sa pagkakamali, kundisa lesson nito. Gamitin ito para mas mapalapitsaiyong pangarap. Lucky numbers at color for the day ang 35, 53, 25, 41, 15 at mango orange.

GEMINI: (May. 21-Hun. 21) Mag-enjoy sa social experiment, mag-focus sa peace and harmony meditation. Ito ang mae-experience mo. Lucky numbers at color for the day ang 11, 51, 25, 35, 43 at dollar green.

CANCER: (Hun. 22-Hul. 22) Angiyong social connection ay magiging business investor mo. Paangatang buhay mo, congrats. Lucky numbers at color for the day ang 52, 25, 32, 45, 11 at tulip pink.

LEO: (Hul. 23-Ago. 22) Masaya kasanegosyo at enjoy kanapasayahin ang mga bata. Huwag makalimotsamgan katulong sa'yo. Lucky numbers at color for the day ang 33, 43, 25, 52, 12 at carrot orange.

VIRGO: (Ago. 23-Set. 23) H u w a g k a l i m u t a n a n g p a g - i i n g a t s a a n u m a n g b a g a y n a g i n a g a w a o g a g a w i n . I b a b a a n g p r i d e . Lucky numbers at color for the day ay 53, 33, 31, 13, 43 at ube violet.

LIBRA: (Set. 24-Okt. 23) Huwag paapektosaparinig ng kasama. Matutupad pa rin ang hinahangad mo sa negosyo, masaya ang resultanito. Lucky numbers at color for the day ang 53, 25, 42, 12, 36 at scarlet red.

SCORPIO: (Okt. 24-Nob. 22) Piliin ang positive feelings at words paralalong maging masaya. Papaborsa'yo ang resultang gawain. Lucky numbers at color for the day ang 33, 11, 25, 43, 45 at ocean blue.

More studies needed to see VCO's efficacy in Covid-19 therapy

By Ma. Cristina Arayata

MANILA – More studies are needed to see the effectiveness of virgin coconut oil (VCO) as an adjunct therapy for coronavirus disease (Covid-19) patients, the Department of Science and Technology (DOST) said on Thursday.

"We note that further studies are needed to determine the effectiveness of VCO as an adjunct therapy for Covid-19 patients and with other co-morbidities," DOST Undersecretary Rowena Cristina Guevara said in a virtual presser.

Guevarra made this statement despite the result of the DOST-led community-based study "Effects of Virgin Coconut Oil among Suspect and Probable Cases of Covid-19" which showed that VCO could prevent the progression or severity of the disease.

The study started earlier this year at the Santa Rosa Community Hospital Isolation Unit and Santa Rosa Community Isolation Unit in Laguna.

Out of 57 participants of the study, 29 were provided with meals mixed with VCO for 28 days while the remaining 28 in the "controlled group" did not receive VCO.

In the same virtual presser, DOST Secretary Fortunato de la Peña said those who participated in the study were 20 years old or older, with controlled hypertension, and with normal liver enzyme tests.

He said the study did not include those with a history of heart ailment, with a history of high cholesterol levels, pregnant, and those who are taking statins.

Signs and symptoms of Covid-19 such as cough, colds, body aches, headache, loss of taste, and fever were checked daily, he said.

"Results of the VCO study showed that five of the 29 patients in the VCO group manifested diminishing signs and symptoms as early as the second day (of the 28-day intervention), while only one from the controlled group showed similar improvement," de la Peña said.

He added that the VCO group showed no Covid-19-related symptoms on Day 18, while symptoms persisted in some patients in the controlled group until Day 23.



De la Peña said the VCO group has recovered from infection or inflammation approximately 14 days after being subjected to the intervention.

He also said symptoms in the VCO group significantly declined on Day 2, and no symptoms were observed on Day 18.

"Compare this to the controlled group that showed diminishing symptoms on Day 3 and no symptoms only at Day 23," he added.

In an interview with the Philippine News Agency, study leader Imelda Agdeppa said each participant took a reverse transcription-polymerase chain reaction (RT-PCR) test on the second day from the time the patient was admitted to the isolation facility.

She said 17 participants in the VCO group and 16 in the controlled group have tested positive for Covid-19.

While a total of 33 in the study were confirmed cases of Covid-19, Agdeppa clarified that those participants were considered "suspect and probable case" upon screening and admission.

"All those who tested positive (tested) negative after the 28-day intervention," she said.

Agdeppa said VCO is not a cure, but just an adjunct therapy that can prevent Covid-19 from becoming severe. (PNA)

Food security...

50 years, IFS has earned its own place by providing support to early career researchers in low- and lower-middle-income countries, many of whom now occupy leadership roles in the region and around the world."

According to Orenco, "to be eligible for the grants of up to US\$20,000, applicants must be enrolled in a PhD program or have recently completed a master's or PhD degree within the five years before the call, with proven limited access to start-up funds for their research."

He added that proposed projects must contribute to knowledge and practice in food security. The topic of proposed projects must also fall within the common thematic priorities of IFS and SEARCA, which are biological resources in terrestrial systems, water and aquatic resources, dietary diversity and healthy livelihoods, agri-business models for increased productivity and income, sustainable farming systems and natural resource management, food and nutrition security, transformational leadership for agricultural and rural development (ARD), gender and youth engagement in ARD, enhanced ARD towards climate resilience, EcoHealth/One Health applications to ARD.

Moreover, Orenco said the proposed projects must be applied or developmental research—that is, drawing upon explicitly referenced basic research. (PIA-4A/SEARCA)

DAGDAG PUHUNAN BA ANG HANAP MO?

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P7.51B worth of illegal drugs, chemicals & equipment seized by PDEA, incinerated

TRECE MARTIRES CITY, Cavite, (PIA) – More than P7.51B worth of assorted illegal drugs, chemicals and equipment seized from anti-illegal drug operations of the Philippine Drug Enforcement Agency (PDEA) and the Philippine National Police (PNP) were destroyed late afternoon of Dec 3 at the Integrated Waste Management, Inc. in Barangay Aguado.

President Rodrigo Duterte led the ceremonial destruction with the assistance of PDEA Director General Wilkins M. Villanueva and Senator Bong Go and witnessed by guest officials of different government agencies, NGOs, Mayor Gemma Lubigan of Trece Martires City, and media partners.

The President acknowledged the commitment of the law enforcement agencies and the operatives to rid the streets of illegal drugs and keep the families from the dangers brought by drug abuse.

According to Villanueva, thru PDEA's Barangay Drug Clearing Program as of October 31, 2020 a total of 20,535 barangays were already cleared and about 14,300 barangays are left to be cleared.



He added the activity was made in compliance with the requirements of the law on the custody and disposition of seized dangerous drugs, chemicals and laboratory equipment and more importantly, in response to the President's directive to immediately destroy all shabu evidence, residual or otherwise, to avoid recycling.

This is the second

time PDEA responded to the President's call to destroy drug evidence.

On October 15, 2020, a total of P6.2B worth of seized drugs were burned in

the facility and on August 21, 2020, about P13.36B worth of dangerous drugs were also incinerated, making it the largest in terms of volume and value in the country's history of drug law enforcement.

DG Villanueva committed to do the activity (destruction) on a monthly basis until the Zero-drug inventory is reached. (Ruel Francisco, PIA-Cavite)

PAHAYAGAN NG

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Namahagi ang Pamahalaang Lungsod ng Bacoor ng tulong pinansyal para sa mga pamilya na naapektuhan ng sunog at ni-relocate sa Rancho Verde, Naic, Cavite.

Personal na pinunthan ni Mayor Lani ang mga residente upang kamustahin at siguraduhing maayos ang kanilang kalagayan.

Source: City Government of Bacoor



Food security research grants to address COVID-19 impacts available to Filipinos, other Southeast Asians

By SEARCA

LOS BAÑOS, Laguna, (PIA) --Grants for research on accelerating transformation through agricultural innovation in Southeast Asia with a focus on food security during the COVID-19 pandemic and its economic and social impacts are available to Filipinos as well as nationals of Cambodia, Indonesia, Laos, Myanmar, Timor-Leste, and Vietnam.

The grants are under the auspices of a Mentorship Program for Advanced Grants jointly funded by the International Foundation for Science (IFS) and the Southeast Asian Regional Center for Graduate Study and Research in Agriculture (SEARCA). It is the first activity under the agreement signed by IFS and SEARCA last November 26.

SEARCA Director Glenn B. Gregorio said this is the second collaboration of Stockholm-based IFS and Philippine government-hosted SEARCA.

"The first was in 2015-2019 on the IFS-SEARCA

Collaborative Grants Pilot in Southeast Asia, which awarded research grants to 12 teams composed of a total of 41 scientists and researchers from seven countries in Southeast Asia. The research focus then was on climate change adaptation and mitigation," Gregorio explained.

He said the IFS-SEARCA grant is intended to enhance the research capacity of early career scientists in the specified Southeast Asian countries.

Gregorio also highlighted the role of higher education and research institutions, particularly in the global pandemic, to "promote a transformative mindset and produce experts who understand the growing complex social concerns and are able to contribute positive change now and in the future."

IFS Director Nighisty Ghezze stressed that "No single organization, no matter how large or well-funded, can address future challenges by itself. In this era of interdependence, strategic partnerships with like-minded institutions are not an option, but a ne-

cessity. Thus.... this MOA between our two organizations symbolizes a collaboration which we believe will lead to addressing short- and long-term food security challenges, enable us to invest in more resilient food systems, and take us closer to achieving the 2030 Sustainable Development Goals."

Ghezze said "we are aware of SEARCA's reputation for excellent work in this field and its strong commitment to creating a critical mass of early career researchers who can generate applicable knowledge."

SEARCA Program Head for Research and Thought Leadership Pedcris M. Orencio asserted that "research formally articulates the truth" and that collaborative research increases productivity and quality. He likewise affirmed the value of the mentorship program as an approach to enhancing the conduct of research and as an intervention to nurturing young minds and honing skills through the guidance of technical experts and those with decades of research experience. On the other hand, Ghezze shared that "over the past