PAHAYAGAN NG Kabitenyo
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PANUKALA UPANG GAWING LUNGSOD ANG CARMONA, NASA IKALAWANG PAGBASA NA

Inaprubahan ng Senado sa ikalawang pagbasa ang panukalang naglalayong gawing component city ang munisipalidad ng Carmona. Ito ay batay sa sesyon ng plenaryo noong Martes kung saan inaprubahan ng Senado ang House Bill No. 3968, o ang Charter ng Lungsod ng Carmona.

"The Municipality of Carmona shall be converted into a component city to be known as the City of Carmona, hereinafter referred to as the City, which shall comprise the present jurisdiction of the Municipality of Carmona, Province of Cavite," saad sa panukalang batas.

"The territorial jurisdiction of the City shall be within the present metes and bounds of the Municipality of Carmona," dagdag nito.

Lahat ng mga senador ay ginawang co-sponsor ng nasabing panukala, na unang inihain at nagmula sa mababang kamara na pangunahging akda ni Cavite 5th District Representative Roy Loyola.

A total of two hundred seventy-nine (279) residents from the patio Medina, Poblacion 3 in Silang benefitted from the provincial government's medical mission.

A medical team from General Emilio Aguinaldo Memorial Hospital composed of Dr. Michael Joe Medina, John Joseph Martal, and GEAMH midwives rendered free medical consultations and were assisted by the Barangay Health workers. Silang Mayor Kevin A. Anarna also sponsored other services such as legal consultation and reading comprehension for children. (RF/PICAD)

Cavite First District Representative Jolo Revilla officially turned over a high-end quality ambulance

in fulfillment of his promise to improve the health services of Kalayaan Hospital. Said ambulance is fully equipped to meet the need of the patients. Congressman Jolo also announced that his year, the construction of the Kalayaan Hospital will begin after he allocated 300 million pesos of funds for the completion of the said hospital. He said that "it's only a matter of time before the residents of the first district will not travel to Manila to seek medical needs because we will a hospital that will cater to them with quality medical services." (RF/Jolo Revilla FB page/photo courtesy by Jolo Revilla FB page)

Pilot testing ng mall voting sa Barangay at SK election, pinaplantsa

MANILA, Philippines — Pinaplantsa ngayon ng Commission on Elections (Comelec) ang posibilidad na magsagawa ng 'pilot testing' ng mall voting para sa darating na Barangay at Sangguniang Kabataan Elections (BSKE) sa Oktubre.

Sinabi ni Comelec Commissioner George Garcia na nabanggit na niya ang panukala sa mga mall owners at naging napakaganda umano ng pagtanggap nila sa naturang ideya lalo na at nauna na silang binigyan ng mga espasyo para sa Register Anywhere Project (RAP).

"Baka pupuwede, itong darating na barangay and SK elections magpilot muna tayo, mag-sample tayo ng ilang malls, kahit dito sa Metro Manila, upang makuha natin, kaya ba talaga, pwede ba natin talaga dalhin ang ating mga kababayan sa malls, doon sila boboto," saad ni Garcia.

Bukod dito, malaki umano ang espasyo sa mga malls at mas makakatiyak na may sapat na seguridad ito.

Para mapatupad ito, sinabi ni Garcia na tanging mga residente ng barangay na nakakasakop sa malls ang papayagang makaboto dito, bilang pagsunod na rin sa Omnibus Election Code.

Hindi naman gagastos ng malaki ang Comelec para rito at posibleng makatipid pa nga kung ibibigay ng mga malls ng libre ang espasyo para sa halalan kung ang kapalit nito ay mas mataas na foot traffic o mas maraming parokyano sa loob ng kanilang malls.

Mas praktikal pa umano ito dahil sa ilan sa mga Pilipino na matapos na bumoto sa mga paaralan ay nagtutungo rin sa mga malls para magpalamig. Mas magiging komportable umano ang eleksyon kung gaganapin ito sa mga shopping malls.

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Pagkaing Panlaban Sa Kanser (Part 1)

Payo ni Doc Willie Ong

May mga pagkain bang panlaban sa kanser? Oo, ayon kay Dr. David Servan-Schreiber, pinuno ng Center of Integrative Medicine sa University of Pittsburgh School of Medicine at tanyag na autor ng librong Anticancer: A New Way of Life.

Ayon sa libro ni Dr. David, heto ang mga listahan ng mga panlaban sa kanser:

1. Green tea – Ang green tea ay may sangkap na catechins, na nagpapabagal sa paglaki ng tumor. Ayon kay Dr. David, painitin ang green tea ng 5-8 minuto, at uminom ng 2 basong green tea bawat araw. Piliin ang green tea na non-caffeinated, para walang side effect.

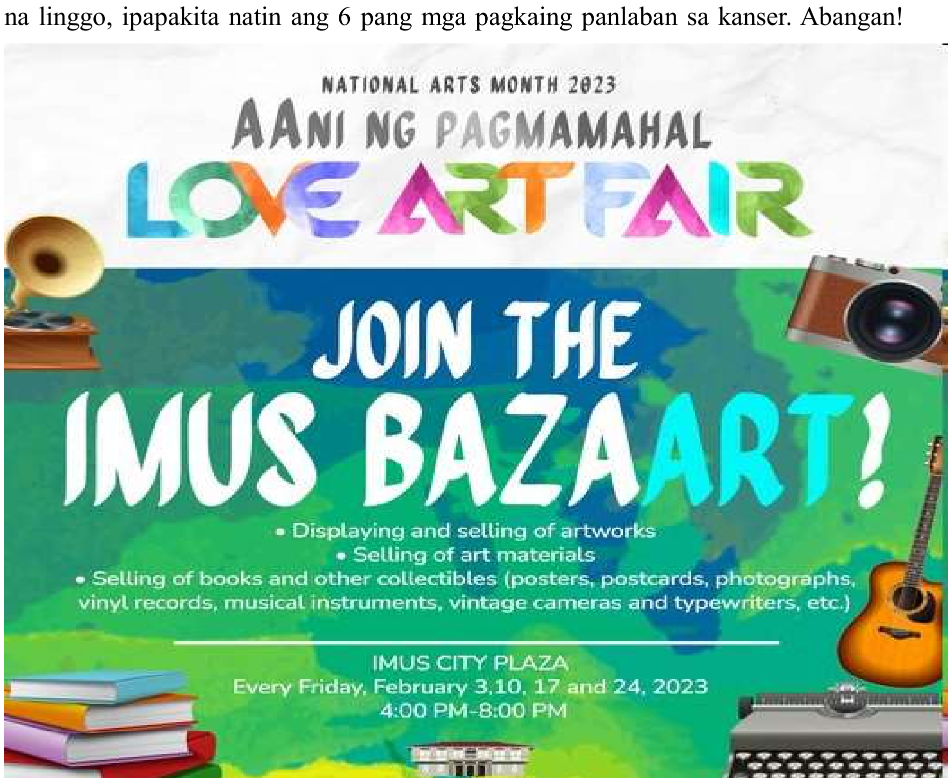
2. Pagkaing may curry – Ang dilaw na curry ay mabisang panlaban sa pamamaga ng ugat. Sa pagsusuri, nakatutulong ang curry sa mga taong nag-che-chemotherapy para mapabagal ang paglaki ng bukol.

3. Luya – Ang luya ay matagal nang ginagamit sa Asia para gamutin ang pagduduwal, pagsusuka, ubo, sipon sakit ng ulo, sakit ng tiyan at arthritis. Ang matinding amoy nito ay nanggagaling sa sangkap na gingerols, na siyang nagpapagaling sa mga sintomas na nabanggit. May tulong din ang luya sa pagsugpo sa kanser.

4. Cabbages tulad ng bok choy, broccoli, cauliflower at brussels sprouts. Ang mga cabbages (repolyo) ay may sangkap na sulforaphane at indole-3-carbinols, na mabisang panlaban sa kanser. Sa pagluluto ng gulay, i-steam o lutuin lang ng bahagya na may kasamang olive oil. Huwag pakuluan ang gulay dahil mawawala ang bisa nito laban sa kanser.

5. Bawang, sibuyas at leeks – Sa pagsusuri, ang mga sibuyas ay malakas pumigil sa paglago ng cancer cells. Ang bawang ay may sangkap na allyl sulfides, na tumutulong sa pagsugpo ng kanser sa colon, suso, baga at prostate. Para maging epektibo, ang bawang ay kailangang durugin at prituhin ng kaunti. Huwag sunugin! Puwede ring kainin ng hilaw ang bawang, pero mag-ingat lang at nakahahapdi ito ng sikmura.

6. Madilaw at mapulang gulay at prutas – Ang mga pagkaing ito ay sagana sa beta-carotene, vitamin A at lycopene, na maaaring makapigil sa kanser. Kumain ng maraming karots, kamote, kalabasa at kamatis (4 K's). Napakasustansya po nito. Sa isang pagsusuri ng breast cancer patients, napatunayan na ang mga pasyenteng malakas kumain nitong mga 4 K's ay mas humahaba ang buhay kumpara sa mga hindi kumakain nito. Sa susunod na linggo, ipapakita natin ang 6 pang mga pagkaing panlaban sa kanser. Abangan!



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EDITORYAL

Mga dahilan para itigil ang POGOs

NANG tanungin ng mga mamamahayag si Presi-dent Ferdinand Marcos Jr. habang nasa Switzerland noong nakaraang linggo kung ano ang masasabi nito sa panawagang itigil na ang operasyon ng Philippine off-shore gaming operators (POGOs) sa bansa, ang kanyang sagot, kailangan daw niya ng magandang dahilan para ipatigil ang POGOs. Ang problema raw ayon sa presidente ay ang illegal POGOs dahil hindi nagbabayad ng buwis ang mga ito. Ang mga patayan daw na nagaganap ay kagagawan ng illegal POGOs. Kaya raw pina-de-port na ang mga nag-ooperate ng illegal POGOs. Marami na raw personnel ng illegal POGOs ang ipina-deport.

Panahon pa ni dating President Duterte ay marami nang humihiling na ibawal na ang POGOs sapag-kat marami nang krimen na nagaganap sangkot ang mga personnel nito. Kabi-kabila ang kidnapan at mayroong pinapatay. Majority ng mga senador ay nagsabing panahon na para itigil ang POGOs. Hindi dapat maging balwarte ng sugalan ang bansa. Kung sa China nga raw ay mahigpit na ipinagbabawal ang sugal e bakit hindi rin ipagbawal sa Pilipinas.

Maraming magagandang dahilan kung bakit dapat ibawal ang POGOs. Una ay ang mga nagaganap na kidnapping na hindi lamang mga kapwa Chinese ang kinikidnap kundi pati Pilipino na rin. Gaya ng sinabi ni Sen. Grace Poe na pagkidnap sa hipag ng kanyang kaibigan at saka ipinatubos sa pamilya nito. Pangalawa, hindi na nakakatulong sa pagpapalago ng ekonomiya sapagkat marami ang hindi nagbabayad ng buwis. Kung may nagbabayad man, kaunti na lang at hindi sapat. Nagpakitang gilas lang ang POGOs noong 2018 hanggang 2019, tumabo ng bilyong piso ang revenue collection. Pero noong 2021 hanggang sa kasalukuyan, katiting na ang nakolekta—P3 bilyon na lang. Mahina na.

Ipatigil na ang POGOs. Hihintayin pa bang lumala- ang krimen sa bansa bago itigil ang operasyon ng mga ito? Huwag nang maging sakim sa kaunting kikitain. Hindi uunlad ang ekonomiya ng Pilipinas sa ganitong paraan. Darami lang ang problema at hilahod ang ekonomiya.

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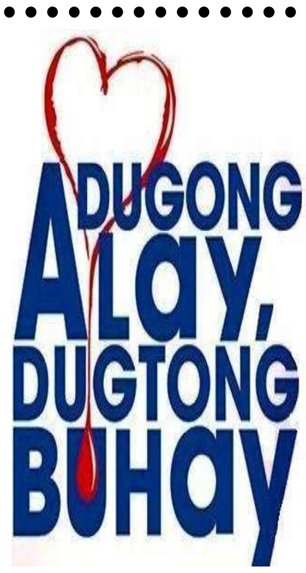

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Senate bill aims to create nationwide bike lanes, safety laws

MANILA – These days, a bicycle is no longer just for exercise and recreation.

The two-wheeled vehicle has become a necessary means to go around – cheaper, easier to maintain, and can escape heavy traffic.

When the coronavirus disease 2019 (Covid-19) pandemic broke out three years ago and movement was nearly at a standstill, bicycle imports saw a 112 percent increase at 2.1 million in 2020 as against about 1 million units shipped to the country in 2019, according to the National Economic and Development Authority.

A recent survey of the Social Weather Stations (SWS) showed 87 percent of Filipinos prefer bicycles and public transportation to be given priority over private vehicles.

As of April last year, 7.3 million households owned a bicycle, a million more since May 2021, when SWS counted 6.2 million households.

In filing Senate Bill 1698 or the Bicycle Act, Senator Raffy Tulfo said the government must create a local bikeways office (LBO) to head the establishment of bike-related infrastructures.

"The pandemic boosted demand for bicycles, with people using them to commute, for exercise instead of going to gyms and to get some fresh air. Keen to stay fit and keep clear of infection, commuters around the world have turned to bicycles to get around during the coronavirus pandemic," read the bill's explanatory note.

The measure will update local ordinances, such as the one implemented in Marikina City in 1996 that allows the use of all streets, avenues, alleys, sidewalks, bridges, parks, and other public places as bicycle lanes.

Other cities and municipalities have since emulated Marikina, especially since the pandemic when the demand for bicycles soared.

The bill seeks to provide a framework for a bicycle law on a national level so that Filipino commuters may find a cheaper alternative to get to their destination while saving the environment from harmful emissions.

Under the bill, all main roads and highways shall be provided with bicycle lanes or bikeways identified by the LBO and under the supervision of the city or municipal engineering office.

The LBO will be an adjunct of the city or municipal engineering office and will manage the construction and maintenance of a bikeway network, including the identification of a bikeway roadmap; establish the provision of safe and strategic parking facilities, road signage, and maps, including the planting of trees in designated areas of the network; encourage partnership with local and foreign organizations to facilitate easy access to bicycles; conduct education and information drives on the benefits of using bicycles; and cause all bicycles operating on the bikeways to be registered and determine therefore the manner of such registration.

The LBO must maintain and keep a bicycle registry within 60 days.

Each city or municipality must provide parking areas funded by the local government unit by allocating 30 percent of their revenues from miscellaneous activities, such as parking and license fees.

On the part of the cyclist, aside from following road regulations, the rider shall keep one hand on the handlebar at all times; always wear a helmet properly where the chin strap is securely fastened; not cling to another vehicle while in the designated bikeway; not park in areas other than those specifically designated; not ride the bicycle on a sidewalk or crosswalk; and not carry anything on the bicycle unless it is in a basket, bag, rack, or trailer designed for that purpose.

Prohibited under the measure are modified bicycles or that which make the hands higher than the shoulders when gripping the handlebars; ownership or custody of a bicycle, which has a destroyed, removed, altered, covered or defaced serial number; and operating a bicycle at a speed greater than is reasonable. (PNA)

Nagpatupad ng curfew ang local government unit (LGU) ng Cavite City para sa mga menor de edad kasunod ng pagsabog ng granada na ikinamatay ng tatlo at ikinasugat ng apat na iba pa sa isang away ng dalawang grupo ng kabataan noong Enero 25.

Simula nitong Huwebes, Enero 26, lahat ng taong may edad 18 taong gulang pababa ay hindi papayagang lumabas mula 10:00 ng gabi hanggang 4:00 ng madaling araw.

Sa isang post sa Facebook, sinabi ni Mayor Denver Chua na nakikiramay ang pamahalaang lungsod sa mga pamilya ng mga biktimang nasawi sa pagsabog at nakikipag-ugnayan na rin ang kanilang LGU sa iba pang pamilyang naapektuhan ng insidente.

Matatandaan na base sa pahayag ng Cavite Police Provincial Office (PPO), dalawang grupo ng mga binatilyo ang nag-aaway, naghahabulan at nagbabatuhan ng gabi iyon hanggang sa maaktuhan sila ng mga opisyal ng barangay.

Sa kasamaang palad isang hand grenade na umano'y dala ng isa sa mga suspek ang sumabog sa insidente dahilan upang bawian ng buhay ang ilan sa kanila at masugatan ang iba pa.

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GUHIT NG KAPALARAN

AQUARIUS: (Ene. 20-Peb. 18) – Kung may pananaw sa kinabukasan, tutukan ang pag-aral. Walang makukuha sa pansa-mantalang mga barkada o kaibigan dahil iiwanan ka nila balang araw kapag dumanas ka ng kagipitan o kahirapan. Huwag padala sa pansamantalang kaligayahan. Lucky numbers at color for the day ang 8, 28, 30, 40 at blue.

PISCES: (Peb. 19-Mar. 20) – Ang magagawa sa'yo ay hindi kataka-taka dahil salamin lamang ito ng iyong pagkatao. Ang kabutihan ay may ganting kabutihan. Lucky numbers at color for the day ang 20, 30, 39, 42 green.

ARIES: (Mar. 21-Abr. 19) – Ang pinakamainam, gawin ay ituloy ang isang plano na matagal mo nang itinakda. Maliit man ang pag-usad, happy ka naman. Lucky numbers at color for the day ang 4, 17, 23, 40 at orange.

TAURUS: (Abr. 20-May. 20) – Kahit labag sa kalooban, sundin ang gusto ng magulang dahil hangad nila ang iyong kabutihan. Pairalin ang disiplina sa sarili. Lucky numbers at color for the day ang 11, 22, 39, 40 at red.

GEMINI: (May.21-Hun. 21) – Upang mapanindigan ang kapakanan, kaila-ngan maging matapang at matatag sa pagpapahayag ng panig. Lucky numbers at color for the day ang 13, 23, 35, 39 at indigo.

CANCER: (Hun. 22-Hul. 22) – Malaki ang magiging impluwensiya at kakayahan mo. May pagkakataon na maibahagi ang magandang plano. Lucky numbers at color for the day ang 14, 27, 36, 42 at bold yellow.

LEO : (Hul. 23-Ago. 22) – Gamitin ang praktikal na paraan at hindi pa-nay puso tungkol sa love problem. Pag-isipan ang dapat gawin. Lucky numbers at color for the day ang 18, 24, 36, 38 at jade green.

VIRGO: (Ago. 23-Set.23) – Ang kaganapan sa paligid ay maaaring makaistorbo sa trabaho. Huminto muna at bigyan ito ng kaunting panahon. Lucky numbers at color for the day ang 8, 9, 39, 41 at brown.

LIBRA: (Set. 24-Okt. 23) – Kung hangad na mapangalagaan ang kapakanan, alamin muna ang mga detalye bago magdesisyon. Lucky numbers at color for the day ang 4, 39, 40, 43 at aqua blue.

SCORPIO: (Okt. 24-Nob. 22) – Ehersisyo, tamang dyeta at disiplina sa sarili ang panatilihin para sa kalusugan. Ito ang iyong puhunan. Lucky numbers at color for the day ang 2, 12, 32 33 at red.

SAGITTARIUS: (Nob. 23-Dis. 21) – Hindi makukuha sa pagdarasal lamang ang nais. Magbanat ng buto kung gustong umangat ang buhay. Lucky numbers at color for the day ang 10, 33, 40, 41 at neon green.

CAPRICORN: (Dis. 22-Ene. 19) – Ang matino at tamang desisyon sa pag-iingat ng pera ay kailangan para hindi kapusin. Galingan ang pagba-budget. Lucky numbers at color for the day ang 7, 27, 29, 37 at sky blue.

HOLLOW BLOCKS MULA SA BASURA

Ibinida ng lokal na pamahalaan ng Amadeo ang mga hollow block at bricks na gawa sa pulverized o shredded segregated waste materials tulad ng mga bote at plastic mula sa kanilang bagong Material Recovery Facility.

Parte ang nasabing pasilidad ng adbokasiya ni Mayor Redel John Bawalan Dionisio na maisulong ang "Waste Segregation" upang mabawasan ang kala tang mga basura sa kanilang lokalidad.

Senators say GDP growth result of clear economic targets

MANILA – The Senate leadership on Friday recognized the Marcos administration's clear economic targets and "strong push" to sell the country as an investment hotspot that resulted in the gross domestic product (GDP) growth.

The country's GDP growth of 7.2 percent in the fourth quarter of 2022 and a 7.6 percent growth for the entire year marked the country's highest in 46 years, or since an 8.8 percent growth in 1976.

Senate President Juan Miguel Zubiri said the "remarkable success" is proof that the government's pandemic recovery efforts are working.

"Covid-19 has been a long nightmare, but our move to slowly and surely reopen our borders and our businesses has paid off," Zubiri said in a statement, noting that the Philippines currently holds the distinction of having the fastest GDP growth in Southeast Asia.

"I am hopeful that we will continue on an upward trajectory this 2023 and with the coordination between the executive and the legislative, we are committed to strengthening our economic measures and building on the gains that we have made so far," he added.

However, sectors that are still slowly recovering from the pandemic, such as trade, tourism and transport, need more support, according to Zubiri.

"We must work on cascading this GDP growth to the masses. For this growth to be a genuine triumph, it has to be felt in the lives of every Filipino, especially in terms of day-to-day expenses," he said.

To prepare for the threat of a global recession, Zubiri stressed the importance of making sure that the country's macroeconomic policies and fundamentals are kept in check to outstand its possible effects.

Senator Sonny Angara, who chairs the Committee on Finance, said in a previous statement that the GDP growth clearly shows the economy has "bounced back after the historic slump brought about by the pandemic.

He likewise pointed out that a lot more must be done to sustain the momentum.

"The 2022 growth data showed that it was buoyed by consumer spending. This is not ideal and sustainable. Prices of goods remain high and this, coupled with the hit on household savings will have an impact on spending in the first quarter this year," Angara explained.

"We, in Congress, will provide our support to its initiatives that will contribute to addressing inflation, creating jobs and pump priming the economy," he added.

Socioeconomic Planning Secretary Arsenio Balisacan said in a briefing with the Philippine Statistics Authority on Thursday that the country's GDP expanded faster than the pandemic-blighted 5.7 percent output in 2021.

He attributed the growth to labor market conditions, increased tourism, revenge and holiday spending, and resumption of face-to-face classes. (PNA)

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Online filing of tax returns proposed for overseas Filipinos

MANILA – The online filing of tax returns must include overseas Filipinos workers to enable them to fulfill their obligations even while out of the country.

Senator Win Gatchalian said payment of real estate and estate tax, among others, would be easier for non-residents or those working overseas if they would be accommodated under the Electronic Filing and Payment System of the Bureau of Internal Revenue (BIR).

"If we are to improve our efficiency in tax collection, we need to make it easier for our taxpayers to pay their taxes. Kailangan nating magkaroon ng maayos na sistema at mas maayos na pagtrato sa ating mga taxpayer upang mapataas natin ang (We need to fix our system and create a better means for our taxpayers to increase our) tax compliance," Gatchalian said in a news release on Friday.

The proposal is integrated into Gatchalian's Senate Bill 1346 or the Ease of Paying Tax, which introduces administrative tax reforms by amending certain provisions of the National Internal Revenue Code of 1997.

As per data from the BIR, only 43 percent of the total number of tax returns were filed electronically in 2015, rising sharply in 2020 to about 94 percent of the tax returns amid the global pandemic.

Aside from providing taxpayers the option of filing their returns and paying the taxes due through electronic means, the bill also seeks to allow the payment of taxes to any authorized agent bank (AAB), not just in AABs in the revenue district office where the taxpayer is registered. (PNA)

Fourteen Barangays in the municipality of Carmona recently joined the simultaneous launching of the Halina't Magtanim ng Prutas at Gulay (HAPAG) sa Barangay:

Araw ng Pagkaing Masustansya at Sapat. Initiated by the Department of Interior and Local Government (DILG) and the local government of Carmona, HAPAG sa Barangay Project in support of one of the thrusts of President Ferdinand R. Marcos, Jr. in addressing hunger and ensuring food security in the country. The activity also aims to raise the awareness of stakeholders, especially the barangays as essential partners of the national government in addressing food insecurity in the country, through the intensification and fostering of agricultural activities, such as barangay community gardening. (RF/ Barangay Cabilang Baybay FB page/photo courtesy of Barangay Cabilang Baybay)