

REMULLA, KINILALA BILANG CHIEF OF MISSION NG PH TEAM PARA SA 2024 OLYMPICS

Pinangalanan ng Philippine Olympic Committee (POC) si Cavite Governor Jonvic Remulla nitong nakaraang Pebrero 7, bilang bagong Team Philippines' Chief of Mission (CDM) sa gaganaping 2024 Paris Olympics.

Pinalitan ni Remulla si Basketball Association of the Philippines (SBP) President Al Panlilio. Siya rin sa kasalukuyan ang honorary chairperson ng rowing association.

Bukod dito, ang gobernador rin ang kasalukuyang namamahala sa University of the Philippines Fighting Maroons UAAP Men's Basketball Team.



Early voting sa vulnerable, internet overseas voting suportado ng Comelec

MANILA, Philippines — Suportado ng Commission on Elections (Comelec) ang maagang pagboto ng mga nasa vulnerable sector at internet voting para sa mga nasa ibayong dagat.

Sinabi ni Comelec chairman George Erwin Garcia na kung maari ay magpasa na ang Kongreso ng isang batas na magbibigay daan sa vulnerable sector na makaboto ng mas maaga ng kahit isang linggo kaysa sa general population. Ito aniya ay parang local absentee voting.

Kabilang sa vulnerable sector ang mga senior citizen, person with disabilities (PWDs), indigenous people at pregnant women.

Nais ng Comelec na makagawa ng paraan para makaboto ng mas maayos ang vulnerable sector dahil sa mga nakaraang botohan ay sa second o third floor pa ang kanilang voting precinct.

Noong 2022 aniya ay naglaan sila ng presinto para hindi na umakyat pa sa matataas lalo na ang mga



nakatatanda.

Gayunman, hindi pa aniya, sapat ang mga hakbang nila para sa kaiga-igayang pagboto para sa vulnerable sectors.

“Kaya po ang Comelec pinu-push talaga natin na ‘pag nakatatanda, sa mga vulnerable sectors tulad ng may kapansanan... Sana po kung kakayanin ng ating Kongreso na maipasa ang isang panukalang batas na nagbibigay ng tinatawag na early voting for senior citizens and PWDs,” aniya.

Inihayag din ni Garcia ang pagsuporta sa internet voting para sa overseas voters, dahil sa mababang turnout ng mga boto sa abroad.



3-4 PANG SUBWAY SA MAYNILA HANGGANG CAVITE, PINAG-UUSAPAN NG PINAS AT JAPAN-DOTR

Transportation Secretary Jaime Bautista shared this Friday that the Department of Transportation (DOTr) and Japan International Cooperation Agency (JICA) are planning to install more underground railway systems in Metro Manila that will reach the province of Cavite.

“As early as now, we are already planning for more subways in Metro Manila because this will ease the traffic,” saad ni Bautista sa naganap na Philippine Business Opportunities Forum.

In an interview, the agency head said discussions were already underway for more subways in the country.

“In the planning stage... That was about three or four. Metro Manila all the way to Cavite,” he said.

Bautista said the planned subways could be connected to the Metro Manila Subway Project, which is currently under construction.

When asked when the subways



would be built, Bautista said, “That’s a long time...”

“We will have to prepare feasibility studies.”

Meanwhile, Bautista said in the forum attended by the Japanese business community that the operation of tunnel boring machines for Metro Manila Subway is continuing for now.

“We hope this will be completed before the end of the term of the President,” pahayag pa niya.

The local government of General Emilio Aguinaldo spearheaded the so-called “Produktong Bailen” Trade Fair to raise awareness of their local products.



DTI-Cavite Provincial Director Rev Cortez and Froy Galapon identified and assessed different products such as paminta, coffee, atsara, chips, natural seasoning, fruit powders, shirts, and macrame that could potentially be enrolled in the OTOP program and trade fair. The fair will run on Feb. 6-12, 2023 at St. Joseph Parish Church Grounds. (RF/DTI-Cavite)



Health Tips: Pagkain Sa Pusong

Payo ni Doc Willie Ong

Heto ang listahan ng pagkaing mabuti sa ating puso at ugat. Damihan ang pagkain nito para maging healthy.



1. Matatabang isda tulad ng tuna, tamban, tilapia, sardinas at salmon. Sagana ito sa omega-3 fatty acids na nagpapaluwag ng ugat sa puso at utak.

2. Oatmeal. May sangkap itong omega-3 fatty acids, magnesium, potassium, vitamin Bs, calcium at fiber. Kapag kumain ka ng oatmeal bawat umaga, siguradong malaki ang ibababa ng iyong kolesterol. Subukan ninyo.

3. Saging. May bagong kasabihan na "Two bananas a day will keep the doctor away." May potassium, vitamin C, tryptophan at carbohydrates ang saging. Mahalaga ito sa pasyenteng may altapresyon at umiinom ng maintenance na gamot sa puso. Pero ang saging talaga ay para sa lahat.

4. Kamatis, karrots, kamote at kalabasa. Ang 4Ks na ito ay mataas sa beta-carotene, lycopene, vitamin C at potassium. Maganda ito sa mata at sa puso.

5. Monggo beans. Mataas ito sa protina, vitamin B, magnesium, omega-3 fatty acids, calcium at fiber. Pampalakas ito ng katawan at abot-kaya pa!

6. Mani, tulad ng almonds at walnuts. Ang mani ay may good fats, vitamin E, magnesium at fiber. May tulong ito sa puso, ugat at balat natin. Kumain ng isang dakot lang at hindi isang bowl. Piliin iyung mababa sa asin (low-salt).

7. Tofu, tokwa at soy milk. Mataas ang mga ito sa protein, niacin, folate, calcium at potassium. Ang protina ng tokwa ay mas healthy at hindi nakatataba kumpara sa protina ng karneng baboy at baka.

8. Spinach at broccoli. May sangkap ito na lutein, vitamin Bs, magnesium, potassium, calcium at fiber. Kung si Popeye ay lumalakas sa spinach, subukan din natin kumain ng spinach. Hindi ako nagbibiro. Mabuti ito sa tiyan, katawan at puso. Nagpapasaya pa ito at pinapaganda ang ating emosyon.

9. Bawang (Garlic). Ang bawang ay may sangkap na allyl sulfides na tumutulong magpapababa ng ating kolesterol at blood pressure. Lutuon ng bahagya ang 2-3 pirasong bawang. Huwag sunugin dahil mawawalan ito ng epekto. Mag-ingat lang sa pananakit ng sikhura sa sobrang pagkain ng hilaw na bawang.

10. Dark chocolate. May espesyal na sangkap na resveratrol at flavonoids ang maitim na tsokolate. May posibilidad na ang resveratrol ay puwedeng makapagpabata sa atin. Mas healthy ang dark chocolate kumpara sa milk chocolate, na puros gatas at mababa sa cocoa. Kumain ng 1-2 piraso lang para hindi tumaba.



Continuous gains from FTA with EFTA states vital to PH's int'l trade policy, economy – Legarda

Philippine international trade policy and economy gained significantly since the free trade agreement with the European Free Trade Association (EFTA), according to Senate President Pro Tempore Loren Legarda.

The Philippines has maintained its strong foothold in the European market since the EFTA. EFTA States are Switzerland, Norway, Iceland, and Liechtenstein and the agreement entered into force on June 2018.

Legarda, as then Chairperson of the Senate Committee on Foreign Relations, sponsored the measure to ratify the agreement.

"Given the current developments with our cooperation with EFTA states, I am confident that the partnership would be beneficial to our economy. The preference utilization rate of the Philippines continues to improve, from 30% in 2019 to 31% in 2020 as per the Department of Trade and Industry (DTI)," she said.

"We will maximize the benefits from this FTA as we recognize our bilateral trade as a promising tool toward economic recovery and building back better post-COVID pandemic, the global economic recession following the Russia-Ukraine war, and the twin crisis of climate and biodiversity" Legarda added.

On January 10, 2023, delegations from the Philippines and EFTA member states met in Geneva, Switzerland for its first Joint Committee meeting focused on trade in goods, sustainable development, trade facilitation, and technical cooperation.

DTI Undersecretary Ceferino S. Rodolfo headed the Philippine delegation, while Ms. Karin Büchel, Minister at the Swiss State Secretariat for Economic Affairs, acted as the EFTA spokesperson.

The Philippines was

able to secure duty-free market access for all industrial and fisheries tariff lines and significant concessions on agricultural products through the FTA.

In 2020, around EUR 24.84 million worth of Philippine agricultural and industrial products entered the EFTA market. The country exported tunas, desiccated coconuts, fruits and nuts, processed foods and other food preparations, pasta, malt products, vacuum cleaners, new pneumatic tires, and hairdressing apparatus with reduced or zero tariff rates.

The DTI also noted that Switzerland remains the Philippines' primary partner in the EFTA and has been its regular source of foreign investments in the European region. It said that from 2018 to the third quarter of 2022, the Investment Promotion Agencies (IPA)-approved Swiss investments totalled PhP 1.40 billion in the manufacturing, real estate, and administrative sectors.

From 2018 to the second quarter of 2022, investments from Norway, Iceland, and Liechtenstein amounted to PhP 229.4 million in the finance and insurance, manufacturing, administrative, transportation, and storage sectors.

DTI also remarked that the opening of 100% foreign capital in renewable energy projects will pave the way for more investments from EFTA to the Philippines, particularly in the energy sector.



"The DTI would like to convey our utmost appreciation for Sen. Loren Legarda's leadership in the Senate Committee on Foreign Relations during the ratification of the Philippines-European Free Trade Association Free Trade Agreement (PH-EFTA FTA) in 2018. The EFTA countries have been the country's steadfast partners, and this important milestone in boosting our strong linkages in the European region was made possible by the senator's support," DTI Secretary Fred Pascual said.

The PH-EFTA FTA is the Philippines' second bilateral FTA next to the Philippines-Japan Economic Partnership Agreement (PJEPA), which officially entered into force on December 2008. As Legarda pointed out, the Philippines is behind compared to other countries in actively engaging other trading partners through FTAs.

"Opening markets through agreements such as the EFTA enables a business environment conducive for investments, and thus, provides opportunities for producers, consumers, and service suppliers alike. We want to promote international trade to help Filipino businesses and MSMEs through the benefits that we get from FTAs," she said. (end)



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Bill promotes innovative agri methods to strengthen food security

MANILA – Farming without soil?

It’s possible and can be lucrative, especially with government support, according to Senator Imee Marcos.

Marcos has filed Senate Bill 1805 or the Soilless Agricultural Production Act that seeks to promote the use of agriculture technologies such as aeroponics, hydroponics and aquaponics for the production of high value fish, crops and vegetables.

She said such methods are in use in Japan, the United States, India, South Africa and the United Kingdom, which produce tons of agricultural products to enhance food security.

Aeroponics is the process of growing plants in an air or mist environment without the use of soil or an aggregate medium; hydroponics is the cultivation of plants by placing the roots in liquid nutrient solutions rather than in soil; and aquaponics combines aquaculture and hydroponic plant production in a closed-loop water system that simultaneously grows both plants and fish.

“Despite the advances in modern agriculture, high-tech farm mechanization, modern irrigation system and advanced controlled environment agriculture, food production in the country remains at the mercy of nature and is subject to various destructive elements of the changing climate,” read the bill’s explanatory note.

The Bureau of Fisheries and Aquatic Resources promoted aquaponics at the height of the Covid-19 pandemic.

In Naga City, Camarines Sur and Tuguegarao City, Cagayan for instance, beneficiary communities received aquaponics units in 2021 for them to plant fruits and vegetables and grow fish.

The bill said that with the increasing population and huge demand in food supply, the country must utilize advanced systems to grow more food while conserving limited resources.

“We must devote more research and development to



the use of state-of-the-art technologies aimed at improving agricultural production and ensuring food security and safety,” the bill stated.

The measure mandates the Department of Agriculture, in coordination with the Department of Science and Technology, to conduct research and promote the use of aeroponics, hydroponics, and aquaponics technologies as instruments to further improve the production of fish, crops and vegetables.

Idle government lands, either owned by the national or local government, and other land resources in state universities and colleges shall be considered for fish farming and growing crops using aeroponics, hydroponics or aquaponics technology.

Aeroponics, hydroponics and aquaponics technologies, as used in agricultural production, shall likewise be integrated in the academic curriculum of public and private academic institution’s secondary and tertiary level students who are studying Agriculture, Practical Arts, Home Economics and other subjects related to agriculture. (Leonel Abasola/PNA)

‘No homework’ policy for elementary, junior high: Revilla

MANILA – Senator Ramon Bong Revilla Jr. has filed a measure seeking a no-homework policy in elementary and junior high school, saying take-home assignments lower the productivity and attitude of learners toward education, which in turn leads to more dropout rates and lesser grades.

Under Senate Bill No 1792 or the “No Homework Act of 2023,” there will be no mandatory homework or assignment on weekends, and will only be allowed on weekdays. Also, the homework will only have to be minimal and should not require more than two hours to be completed, and on a voluntary basis.

Revilla said less homework gives parents more time with their children, allowing the latter to engage in more co-curricular activities.

He said that a 2009 study conducted by The Organization for Economic Cooperation and Development’s Program for International Student Assessment (OECD PISA) found that the additional time invested in homework has a negligible impact on a student’s performance.

“Countries that have significantly reduced homework



load on students expounds that there is a correlation between assigning more homework to students and increased level of anxiety that leads to low motivation in school work. The additional time allows the children to relax their mind, and increases their ability to better grasp concepts,” Revilla said in his explanatory note.

The bills, according to Revilla, aim to institutionalize and expand the Department of Education (DepEd) Memorandum Circular No. 392, s. 2010, which provides guidelines on giving homework to all public elementary school pupils.

The circular is in response to concerns from parents regarding the amount of time pupils consume in accomplishing their homework, instead of having enjoyable and quality time with their families. (PNA)



GUHIT NG KAPALARAN

AQUARIUS: (Ene. 20-Peb. 18) – Kung may pananaw sa kinabukasan tutukan. Walang makukuha sa barkada dahil iiwanan ka ng mga ito balang-araw kung hirap ka sa sarili. Lucky numbers at color for the day ang 8, 28, 30, 40 at blue.

PISCES: (Peb. 19-Mar. 20) – Ang gagawin sa iyo ay salamin lamang ng iyong pagkatao. Lucky numbers at color for the day ang 20, 30, 39, 42 at green.

ARIES: (Mar. 21-Abr. 19) – Maganda ang pakiramdam. Maging maingat lang. Lucky numbers at color for the day ang 4, 17, 23, 40 at orange.

TAURUS: (Abr. 20-May. 20) – Kahit labag sa kalooban, susundin ang magulang. Lucky numbers at color for the day ang 11, 22, 39, 40 at red.

GEMINI : (May.21-Hun. 21) – Maging matapang at matatag sa pagpapahayag. Lucky numbers at color for the day ang 13, 23, 35, 39 at indigo.

CANCER: (Hun. 22-Hul. 22) – May pagkakataon kang maibahagi ang 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 sa problema. Lucky numbers at color for the day ang 18, 24, 36, 38 at green.

VIRGO: (Ago. 23-Set.23) – Maaaring maabala sa gawain. Huminto muna at bigyan ng panahon. ang pamilya. 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 ang detalye. Lucky numbers at color for the day ang 4, 39, 40, 43 at aqua blue.

SCORPIO: (Okt. 24-Nob. 22) – Tamang diyeta at disiplinang kailangan para sa health. Lucky numbers at color for the day ang 2, 12, 32, 33 at red.

SAGITTARIUS: (Nob. 23-Dis. 21) – Hindi sapat ang dasal kung walang gawa. 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 pera ay kailangan. Lucky numbers at color for the day ang 7, 27, 29, 37 at sky blue.



CALAX Supports 2023 Silang Festival

MPCALA Holdings Inc. (MHI), a subsidiary of Metro Pacific Tollways Corporation (MPTC), the concession holder for the Cavite-Laguna Expressway (CALAX), has partnered with the local government of the Municipality of Silang, Cavite to support this year's celebration of the town's fiesta.

Silang residents and tourists commemorate the 428th Feast of Nuestra Señora de Candelaria with fun and exciting activities like fireworks display, online raffle, 'Beki' boxing competition, *palorong Pinoy*, pageantry, tree planting, float parade, street dancing, and music festival featuring local and big artists such as Side A, and



Mayonnaise. MHI sponsored hydration to a thousand event attendees and cash prizes to the winners of competitions, particularly on the Grand Float Parade and the to the crowned 'Binibining Silang', who also holds the title of the 'Binibining CALAX-Silang'.

At the festival, residents were also able to avail

the installation of free Easytrip RFID, RFID replacement, and RFID check-up on-ground at the designated Easytrip RFID booth.

"We are very thankful for the utmost support of the management of MPCALA Holdings Inc. and to the whole MPTC in supporting this festival and by making our town accessible thru CALAX, which increase tourism, brought new businesses, and generated more jobs to our town," said Silang Mayor Atty. Kevin Anarna.

The Municipality of Silang, Cavite has been known as the "center" of ornamental plants for the past two years of the pandemic, thanks to its fertile soils, abundant water sources, and good weather conditions. Besides, Silang is seen to become a go-to place for healthy food and coffee lovers as more farm-to-table restaurants and instagrammable cafes are rising rapidly.

"Silang can always count on MPCALA's support, especially on promoting sustainable tourism in the town. With our tourism page "Biyaheng South", we hope to continue working hand-in-hand with the Silang LGU in introducing the town's growing tourist businesses to more travelers and increasing tourist arrivals via CALAX," said Ms. Arlette Capistrano, Assistant Vice President for Communication and Stakeholder Management of MPCALA Holdings Inc.

MHI's "Biyaheng South" is an award-winning tourism program of the toll road company that has been active on social channels like Facebook and TikTok for promoting its toll road network Manila-Cavite Expressway (CAVITEX and CAVITEX C5 LINK) and CALAX as a gateway towards the sensational sites and attractions in South.

Currently, CALAX's operational segment extends from SLEX Mamplasan, Binang up to the east portion of Silang, providing easy access to Silanguenos and travelers from Metro Manila, and boosting the town's tourism industry. Moreover, the soon-to-open Silang (Aguinaldo) Interchange will stretch the high-speed road network and connect to the Silang portion of the busiest highway in Cavite- the Aguinaldo Highway. Once operational, the toll road operator is projecting a 70% traffic growth or an additional 20,000+ average daily traffic.

Soon, CALAX will expand to 45 kilometers and will have eight interchanges namely Technopark, Laguna Boulevard, Santa Rosa-Tagaytay Road, Silang East, Silang (Aguinaldo), Governor's Drive, Open Canal, and Kawit Interchange linking to the 14-kilometer CAVITEX.

MPTC is the toll road development arm of Metro Pacific Investments Corporation (MPIC). It is the biggest toll road developer and operator in the Philippines. Aside from CALAX and CAVITEX, MPTC also holds the concession rights for North Luzon Expressway (NLEX), NLEX Connector Road, Subic-Clark-Tarlac Expressway (SCTEX), and Cebu-Cordova Link Expressway (CCLEX) in Cebu.

For inquiries about this press release please email us at: corpcomm@mptsouth.com



KUMAKALAT NA DISENYO NG BAGONG P150 BILL SA SOCIAL MEDIA, PEKE -BSP

Ipinapaalam ng Bangko Sentral ng Pilipinas (BSP) sa publiko na hindi ito naglabas ng 150-peso denomination banknote kung saan natatampok si Dr. Jose Rizal. Ayon sa bangko, ang mga larawan ng nasabing pera, na kasalukuyang kumakalat sa social media, ay kathang-isip lamang.

Pinapayuhan ang publiko na laging suriin ang pagiging lehitimo ng impormasyong makikita sa social media at iba pang channnels tungkol sa mga banknotes at barya ng Pilipinas. Upang ma-verify, maaari umanong bisitahin ang Notes and Coins section



sa opisyal na website ng BSP na www.bsp.gov.ph.

Hinihikayat rin ng BSP ang publiko na iulat ang mga taong sangkot sa paggawa at/o pamamahagi ng pekeng pera ng Pilipinas sa BSP Payments and Currency Investigation Group sa email address pcig@bsp.gov.ph o sa pamamagitan ng mga numero ng telepono +63-2-8988-4833 at +63-2-8926-5092.



Republic of the Philippines
Department of Agriculture
BUREAU OF FISHERIES AND AQUATIC RESOURCES
REGIONAL OFFICE NO. 4A

NOTICE TO THE PUBLIC

Please be informed that the Bureau of Fisheries and Aquatic Resources will hold its Public Consultation on the 'Rules and Regulations on the Importation of Fresh Chilled/Frozen Fish and Fishery/Aquatic Products for Human Consumption' in the following cluster schedules:

Luzon - February 8, 2023

Visayas - February 15, 2023

Mindanao - February 22, 2023

The hybrid public consultation shall be held through in-person and virtual platforms from 8:00 a.m. to 4:00 p.m. Kindly register on or before February 7, 2023 at <https://forms.gle/WderYtvMdBkU2nqK6> for the in-person attendance or access to the virtual meeting link.

A copy of the proposed Regulations shall be made publicly available at the BFAR Central Office website and BFAR Regional Offices websites no later than **January 3, 2023**.

For inquiries, you may contact the Fisheries Inspection and Quarantine Division at cellphone numbers **09985587859** and **09190014318** or at fiqd@bfar.da.gov.ph and bfar_certification@bfar.da.gov.ph.



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