

Dr. Agpuldo mentors Luna ornamental plant growers

Dr. Mirasol L. Agpuldo, the Director for Extension and Knowledge and Technology Management, exhibited her expertise on ornamental plant production as a resource speaker during a training held at the Multi-Function Hall at Poblacion, Luna, Apayao on May 24-26, 2023.

The training was spearheaded by the Local Government Unit of Luna to enhance productivity and economic growth among ornamental plant growers of the municipality.

“Flowers and ornamental plants not only improve the aesthetic appeal of the garden property but they also act as wind barriers providing great quality of space. This fact necessitates a training on ornamental plant production and we thank LGU-Luna for making this materialized.” Engr. Julius G. Casil, the Municipal Agriculturist said.

Dr. Agpuldo tackled about the / turn to page 9



Hon. Josephine M. Bangsil, Mayor of Luna Apayao, Mr. Julius G. Casil, the Municipal Agriculturist of Luna, and Dr. Mirasol L. Agpuldo, the ASC Director for Extension and KTM, give each participant a Certificate of Participation.

ASC inks MOA with Divine Word High School for Project SET: Sports Enhancement Training



Dr. Rema B. Ocampo, the Academic Dean of ASC-Luna Campus with the BPED faculty and the stakeholders from Divine Word Highschool display the docs. after the MOA signing.

The Apayao State College strengthened its external linkages by forging a Memorandum of Agreement (MOA) with Divine Word High School of Dana-Ili, Abulug, Cagayan for Project SET: Sports Enhancement Training on May 4, 2023. The signing was witnessed by Dr. Rema B. Ocampo, the Academic Dean of ASC-Luna Campus. The faculty members of Bachelor of Physical Education and DWHS stakeholders also took part of the event. Both institutions expressed their commitments to the success of the Project SET.

“Sports are crucial elements in the holistic development of young individuals. Engaging in sports can provide numerous physical and mental health benefits, it can also promote important life skills such as leadership, teamwork, and communication. ASC is committed in making a positive impact to the community by providing such initiatives,” Mr. Marfred T. Sanchez, / turn to page 4

Profit maximization strategies tackled in Salvacion



Mr. Jhey Mark E. Guillermo explains how packaging influences consumer's buying behaviour.

Do you want to increase your profit? This was the question asked by Mr. Jhey Mark E. Guillermo, a faculty member of the Bachelor of Science in Business Administration, as they carried on a training titled “Maximizing Profit” to the residents of Barangay Salvacion, Luna last May 4, 2023.

Mr. Guillermo began the lecture proper by discussing packaging strategies.

He mentioned that packaging influences consumer's buying behavior. The participants gained insights into effective labeling, creative design, the importance of eco-friendly packaging, and the use of visual elements to attract buyers.

On the other hand, Mr. Dexter O. Butel, another BSBA faculty member, talked about promotion techniques such

as social media marketing, influencer collaborations, print media, and community event organization for product visibility in order for a business to create a strong brand presence.

The topic of efficient distribution was tackled next wherein Ms. Daiann V. Martinez, also a BSBA faculty member, discussed direct sales, leveraging e-commerce platforms, forming partnerships with retailers, and establishing distribution networks which are also important for businesses in order to reach their target market and consumers.

Meanwhile, Ms. Kriselle Donna A. Baletbet, the Program Chair of the BSBA Department, underscored various pricing models which include cost-based pricing, value-based pricing, and competitive pricing to strike a balance between profitability and customer demand.

For the last lecture, Dr. Mary Anne P. Umayam, also a BSBA faculty member, said that every business needs an accurate bookkeeping because an organized records enable business owners to identify deductible expenses, provide accurate

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Defensive driving taught in Salvacion, Luna

The Bachelor of Technical Vocational Teacher Education Department of the College initiated a training on defensive driving in Salvacion, Luna Apayao last June 30, 2023 through the Extension Unit with 30 participants.

“There are many drivers in every barangay who need to be educated with driving techniques to reduce the likelihood of collision or reckless imprudence. Hence, we express our gratitude to ASC for this training opportunity,” Brgy. Kagawad Boyet Balicao said in his opening remarks.

The resource speakers from the BTVTED Department provided a complex discussion on the topic of traffic rules, road signs and symbols, traffic violations and there corresponding fines.

The over-all training orientation granted the participants a profound understanding on safe driving which they can apply whenever they are on the road.

One of the speakers emphasized that defensive driving is very important to



Mr. Romy Rigates, Chairperson of BTVTED, orients participants on defensive driving.

learn to save lives, time and money. He also reiterated that drivers should take personal responsibility to make the road safer for

everyone. Hence, drivers need to employ driving strategies that will protect them and other people on the road.



BSF faculty and RDE personnel grabbed a photo opportunity with the participants in Ecological Solid Waste Management Training.

Training on ecological solid waste management pulled off

“Waste management is a huge problem we encounter in our community,” Punong Barangay Esmeria C. Ven blunted out as she opened the two-day training on Ecological Solid Waste Management last May 11 & 12, 2023 at San Juan, Sta. Marcela, Apayao.

The said training was spearheaded by the Forestry Department of the Apayao State College as a contribution of the academic community in the implementation of RA 9003: An act providing for an Ecological Solid Waste Management Program, creating the necessary institutional mechanisms and incentives, declaring certain acts prohibited and providing penalties, appropriating funds therefor, and for other purposes.

Forester Hannie T.

Martin, the BSF Program Chair, provided the rationale for the two-day activity and then pointed out the consequences of improper waste segregation. She further discussed the significance of the Republic Act 9003 otherwise known as the Ecological Solid Waste Management Act of 2000. This law provides the framework and mandate of the Local Government Units (LGUs) to achieve 25 percent waste reduction through establishing an Integrated Solid Waste Management Plans based on the 3Rs which stands for reduce, reuse, and recycle.

Ms. Olivia C. Tomas, a BSF faculty member, said in her lecture, “It is necessary for every barangay to have a materials recovery facility

(MRF). This facility will serve as a final stage for sorting, segregating, composting, and recycling before transferring the residual wastes as a long-term storage or disposal facility such as sanitary landfill. LGU’s are responsible to observe

the requirements for both the collection and transportation of solid waste as stipulated in Republic Act 9003.”

An open forum followed and the giving of certificates to the participants ended the two-day activity.



The participants working hands-on in segregating different waste during a visitation.

ASC inks MOA with Divine Word High School ... from p1

the proponent of Project SET, stated in his speech.

Article XIV Section 19 of the 1987 Philippine Constitution states that “The State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry. All educational institutions shall undertake regular sports activities throughout the country in cooperation with athletic clubs and other sectors.” This provision serves as the legal basis for the implementation of Project SET that will be effective for one year wherein 13 sessions or meetings will be enforced as specified in the Memorandum of Agreement (MOA). The first session took place on May 19, 2023 where the BPED program played a vital role in the success of the activity as they delivered informative topics related to sports enhancement●



Mr. Judel B. Tabason discusses the positive impacts of sports participation.

Profit maximization strategies ... from p2



The participants of Barangay Salvacion, Luna strike a pose after receiving their Certificates of Participation.

financial statements, and file tax returns on time and most importantly it can lead to better financial management and increased profitability.

The interactive nature of the sessions fostered a collaborative learning environment. The lecturers desire that the knowledge gained from the activity

will empower participants to implement these strategies in their own ventures, contributing to the economic growth and progress of the community●



The facilitators conduct a one-on-one session to ensure that each of the struggling students learns how to read at the end of the program.

BEEd initiates Project MAESTRA in Upper Maton Elementary School

Strived by the Department of Education's (DepEd) battle cry that "No child should be left behind!", the Bachelor of Elementary Education faculty and volunteer students joined forces to create a new remedial reading program for struggling learners; the Project Mentoring for Adaptive,

Excellent, Striving, Tactful, Resourceful, Awarding and Organized Learners. Project MAESTRA was conducted in Upper Maton Elementary School dated March 31, April 28 and May 12, 2023.

Mrs. Noemi Corales, Master Teacher I of UMES and in-charge of the Brigada

Pagbasa Program, introduced the 26 struggling learners to the BEEd faculty and students. The pupils according to Mrs. Corales were identified based on the result of the Philippine Informal Reading Inventory (Phil-IRI) conducted by the teachers of the school.

The sessions include reading of single words; phrases and simple sentences; reading rhyming words and stories. The facilitators provided one-on-one session for more interactive learning experience and to assure that each of the students learn how to read at the end of extension activity. Tutorials and games were also done throughout the program to build up skills among the students.

Project MAESTRA aims to intensify students' skills in reading and comprehension; in grammar and correct usage from Grades I-VI. Consequently, 90 percent of the struggling students in each grade level got a passing score. This made the extensionists believe that the objectives of the program were evidently achieved. The BEEd plans to make a follow-up extension activity by the next semester for the learners' continuous improvement.



Mrs. Noemi Corales, Master Teacher I, introduces the struggling learners (identified through the result of Phil-IRI) to the BEEd faculty and volunteer students.

NTFIH: Technology cross-over to Lydia farmers



Dr. Maria Christina Z. Manicad, the Director for R&D and Special Projects is flanked by the participants of Brgy. Lydia, Pudtol.

The program entitled “Natural Textile Fiber Innovation Hub (NTFIH): Technology Cross-over to Farmers as Source of Livelihood” was held on May 16-17, 2023 at Brgy. Lydia, Pudtol and NTFIH Facility, ASC-Payanan respectively.

The first day of training started with an opening program wherein Hon. Conrado Tailan, the Brgy. Chairman, gave his opening remarks by recognizing LGU-Luna, DOST and ASC for facilitating the training activity.

“The use of natural fibers is very important as these are sustainable, renewable, biodegradable, and carbon neutral resources, and they can be used without depleting or damaging the environment. Here, we are announcing a ₱20,000 grant from our office that will be given to potential farmers. This grant will be used as a capital in selling raw fibers derived from the banana pseudo-stem and pineapple leaves in this area,” Mr. Philip Uba, the Local Economic Development and Investment Promotion Officer of PLGU, stated in his message.

“The aforesaid natural plant fibers are abundant in this area which makes a sustainable source of livelihood for local farmers through the establishment of the NTFIH situated in Payanan. The final output from the process of fiber extraction will be purchased by the Regional Yarn Production and Innovation Center (RYPIC),” Dr. Maria Christina Manicad, the Director for R&D and Special Projects, added.

Subsequently, Dr. Mirasol Agpuldo, the Director for Extension and KTM, gave a lecture on cultural management of banana and pineapple plantation which are important agricultural methods used to enhance crop productivity through conserving water and

soil to improve crop health and productivity by reducing weeds, pests, and diseases.

Hands-on activities were done on the second day wherein the use of



The demonstration of the process of fiber extraction from banana pseudo stem using decortivating machine.

decortivating machine for fiber extraction of banana pseudo-stem and pineapple leaves was executed by the participants and facilitated by Mr. Jerico Jaravata and Mr. Orencio Calon, the Research Based Staffs. As a result, the participants were able to produce around 3-5 kgs. of raw fibers (wet basis).

The province has 640 banana plantations and 50 hectares of pineapple plantation which are enough to sustain the requirement of one Natural Textile Fiber Innovation Hub (NTFIH). The NTFIH strategically partnered with the Local Government Unit of Luna, Apayao, and the Department of Science and Technology – Cordillera Administrative Region to ensure the successful piloting of the technology in a community-scale.

TECHNOLOGY IN FOCUS

CARINGER IN ONE:

A New Taste of Beverage

Cacao, rice and ginger in one:

While some drinks are not beneficial to the health of the people, the Caringer-in-One provides a new taste of beverage offering health benefits and energy. Furthermore, the three main ingredients in the production of this coffee are abundant in the province all year round which means that it is readily available in nature and has the benefit of 'low-cost'.

The Caringer-in-One can be used as a substitute for coffee (caffeine) because rice, cacao, and ginger complement its tastes and most importantly the health benefits each of these ingredients contain. The production towards the appearance of this product is inevitable.



BENEFITS :

Cacao

- Flavonoids- These are phytochemical compounds with potential benefits of lower blood pressure, improve blood flow to the brain and heart, and aid in preventing blood clots.

Rice

- Rich source of carbohydrates, the body's main energy source. Carbohydrates can keep someone energized and satisfied and are important for fueling exercise.
- Brown rice, is an excellent source of many nutrients including fiber, manganese, selenium, magnesium, and B vitamins.
- Dietary Guidelines suggest that at least half of grain intake must come from whole grain. Brown rice is considered as whole grain.
- White rice has nutrients. It is considered a good source of folate.

Ginger

- Gingerol- A natural component of ginger root, benefits gastrointestinal motility – the rate at which food exits the stomach and continues along the digestive process. Eating ginger encourages efficient digestion, so food doesn't linger as long in the gut."



Dr. John N. Cabansag, the College President, together with RDE Officials & Staffs and BSIT Faculty poses with the constituents of Barangay Salvacion, Luna.

Coping with modern technology through ICT Training

Be techy, or else....!

At least 23 participants from Barangay Salvacion, Luna took benefit of the Computer Literacy Training administered by the faculty of Bachelor of Science in Information Technology last May 10-12, 2023 at the Computer Laboratory 3, 3rd Floor of the MITHI Building in ASC.

“In today’s generation, it is very essential for us to learn modern technology as it has become an integral part of our daily lives, revolutionizing the way we work, the way we communicate, and the way we access information. With this, I welcome the constituents from Brgy. Salvacion, Luna for participating in this training,” Dr. John N. Cabansag, the College President stated in his welcome remarks.

To inspire the participants, Dr. Mirasol L. Agpulto, the Director for Extension & KTM, encouraged them to keep on exploring computers for in so doing, they will soon familiarize themselves how to use them.

The training sessions covered various topics such as file management, Microsoft Offices (MSWord, MSExcel, MS

Powerpoint), internet & email usage and troubleshooting methodology.

The resource speakers included, Associate Prof. Magilyn Racacho, Associate Prof. Jonathan Bien Domingo, Associate Prof. Imelda Taguim, Assistant Prof. Lloyd Mark Razalan and BSIT Instructors; Ms. Shelly Love Tabbang, Ms. Nympha Jane Agudong, Mr. Darwin Raralio, Mr. Angelo Nathaniel Lomibao, Wreyloyd Manzano, and Valentino M. Balubal; Mr. Mark Flor Malvar, IT

Technician.

The trainers used a combination of lectures, demonstrations and hands-on exercises that harnessed the participants’ skills in using modern technology which is very essential for today’s innovating digital age. The proposed Barangay e-Learning hub (BELHUB) aims to upgrade delivery of instructions in the College and to provide basic computer literacy skills to the people with little or no prior experience with computers.



Ms. Magilyn Racacho introduces the use of tables which is one of the features of MS Word.

Hog Production and Management Training transpired in San Juan



Mr. DennMark Centeno talks about the importance of selection of boars and sows to the local hog growers of Sta. Marcela, Apayao.



Mr. Norbert Ralustian shares strategies to achieve the *babuyang walang amoy*.

“Babuyang walang amoy” was the highlight of the Bachelor of Science in Agriculture Extension Program held last May 17, 2023 at San Juan, Sta. Marcela, Apayao

Among the participants are current and future pig producers who attentively listen as the faculty members of the BSA Department discuss lectures on hog production and management.

Mr. Norbert Ralustian gave a comprehensive overview of the criteria for site selection and pointed out the importance of choosing the right location. He also delved into various type of swine housing,

with a particular focus on *“babuyang walang amoy”* also known as “odorless pig farming”. The topic explored innovative and sustainable approaches to pig farming that minimize or eliminate unpleasant odors. In addition, he tackled the different practical management for sows, gilts and piglets which is highly significant managerial skill to a hog raiser.

Thereafter, Mr. DennMark Centeno presented the breeds and breeding of swine which include selection of boars and sows. He also shed light on various swine breeds emphasizing their distinct characteristics, adaptability to climates, and desired traits.

He then enumerated the popular breeds such as Duroc, large white, Hampshire, etc. specifying their unique strength and advantages in commercial pig farming.

Meanwhile, Ms. Quennie Berbano delivered an informative session on various feeding practices. She stressed on the different local feeds and their nutritional benefits. She also voiced out the importance of nutrition in the context of feeding practices and mentioned the significance of incorporating local feeds into daily diets. An open forum followed, addressing queries and clarifications of the participants.

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Dr. Agpuldo flaunts expertise on cutflower ... from p1



The officials, facilitators, and participants commune during the Ornamental Plant Production Training.

classification of ornamental plants based on life span, season of growth, market value, plant type, and mode of propagation. She also highlighted the importance of these plants by enumerating the uses and benefits in the household and the community.

“Ornamental plants are an important part of human life. They provide shade and beauty around homes, schools, markets, workplaces, along streets and highways, in city parks and other areas. They also help conserve energy and the quality of air, water and soil,” Dr. Agpuldo added.

During the second day,

Dr. Agpuldo made a combination of lecture and demonstration on ornamental plant propagation such as seed production, cutting, marcotting, grafting, budding and layering.

The participants did a hands-on plant propagation during the last day. Their outputs were evaluated after the activity. One of the participants was impressed and he said: “As flowers brighten and enhance the human environment, the training has brightened and enhanced our skills and knowledge in the production of cut flower and ornamental plants ●”

Landbank pilots financial literacy; ASC extends expertise

It takes two to tango.

Apayao State College partners with the Landbank Countryside Development Foundation Inc. to extend Financial Literacy Program in Pudtol, Apayao during the 2nd quarter of 2023. The extensionists conducted FLP in seven barangays; in Alem and Imelda on April 14; in San Mariano and Cabatacan on April 28; in Amado and in San Luis on May 5; in Doña Loretta on May 12. There were 316 participants who attended the FLP in the seven barangays.

“This training will help recipients understand the value chain of the crops and will also serve as a stepping stone in enjoying the services that Landbank may offer in the municipality in the future,” Dr. Mary Anne Umayam, the Project Leader, said.



Participants fill out information sheets for profiling purposes through LCDFI online databank.

The resource speakers composed of the faculty members of the Bachelor of Science in Business Administration; Associate Prof. Mary Anne

Umayam, Program Chair Kriselle Donna Baletbet; and Instructors; Mr. Dexter Butel, Mr. Jhey Mark Guillermo, Ms. Daiann V. Martinez. Furthermore,

information sheets were filled out for profiling purposes through the LCDFI online databank.

“We are very thankful that ASC and LCDFI brought this training to our municipality. This program will surely broaden the understanding of our farmers and fisherfolks in managing their resources and most specially their finances,” Ms. Reina Herrera, the Municipal Agriculture Technologist of Pudtol, stated in her closing remarks.

As stipulated in the Memorandum of Agreement (MOA) between ASC and LCDFI in January 2023, the training will carry on until December 2023 with a general objective to train farmers, fishers and farm laborers in the unbanked municipalities to become profitable and bankable.



Dr. Mary Anne P. Umayam, the Financial Literacy Program Leader, discusses the rationale of the activity to the participants.

BSA Dep't conducts training on vegetable production in San Juan



Participants to the Vegetable Production and Management Training display their certificates together with the BSA faculty and RDE staffs.

To further carry out the objectives of Adopt-A-Barangay Program, a training on Vegetable Production and Management was held at San Juan, Sta. Marcela on May 24, 2023 facilitated by the Agriculture Dep't. There were 25 participants who attended the training composed of indigenous people.

Barangay Captain Esmenia C. Ven expressed her gratitude to ASC in her opening remarks for delivering to their community the aforementioned training. Ms. Rowena E. Gasmuña started the lecture proper by enumerating the advantages and procedures in seedling production and the basic management of nursery production such as management of protective fence;

roads and paths; irrigation and drainage channels; water sources; temporary plants; permanent plants; planting material during marketing; structure, tools, equipments and staff.

Mr. Marcel B. Tomas took the floor to discuss the cultural management practices which cover from land preparation to transplanting of seedlings, watering management and harvesting. He said that these practices will enhance productivity and improve the health of their crops. Meanwhile, Dr. Geronimo L. Digma shared his knowledge on pest management and the computation in fertilizer application. He emphasized the ecological approach

of managing pest which includes cultural, physical, and mechanical control of pests. He reiterated to the participants that pest control is an important component of crop production as pests can have detrimental effects on horticultural operations by affecting the quantity, quality, and ultimately the marketability of the crops grown.

The constituents of San Juan, Santa Marcela gained knowledge on the proper management of the vegetable crops.

Some of the participants shared their insights, and experiences before the awarding of certificates to the resource speakers and to the participants as well.

Hog Production... from p9

Swine production plays a major role in ensuring the country's food security by providing about 60 percent of the total animal meat consumption of Filipinos. Hog raising in the Philippines has been a profitable business enterprise and its popularity common in the backyards of rural families ●



BSA faculty members, RDE staffs and the participants from San Juan commune during the Hog Production and Management Training.

ASC HYMN

Music & Lyrics by: Dr. Orlando Batugal Sr.

Chorus:

On march here we are all A-S-Cians
One heart, One soul, One mind
With joy we bravely all stride
ASC is our pride
The future smiles on us
That's why we study hard
This is our school song
For the truth, the just, the right

Today we all stand
On ASC verdant land
It's beautiful hills and valleys
Wonderful people, rivers and trees

Onward we all strive
Thru faith and hope alive
Bring forth happy people
Undivided peaceful tribe

Forward we all march
Our vision great and bright
Nourished body and mind
Aspirations great divine

repeat chorus

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VISION

"An innovation – driven higher education institution in the Asia – Pacific region pursuing excellence in instruction, biodiversity conservation, pioneering research, and community empowerment."

MISSION

Apayao State College is committed to nurturing and developing nation builders in critical fields towards producing graduates equipped with internationally competitive innovations who can transform society for sustainable development.

CORE VALUES GUIDING PRINCIPLES

The following principles will be observed in performing institutional tasks:

- Transparent & accountability
- Synergy of efforts
- Nationalism and patriotism
- Innovativeness
- Academic excellence

QUALITY POLICY

The Apayao State College (ASC), as an institution of higher learning is totally committed to satisfying excellent education for its stake – holders empowering human resources and generating innovation-driven technologies anchored on sustainable development goals and client satisfaction.



KASARANAY

The Official Quarterly Newsletter of the
RDE—Extension Unit (Luna)
April–June 2023 Volume 4, Issue 2

"KASARANAY" is an Ilokano term for "brotherhood" which represents the Extension Unit's goal in partnering with various agencies and groups who are in need of trainings and assistance from the different sectors of the society.

It aims to give up-to-date information on the accomplishments of the unit including trainings and activities undertaken within the quarter.

The Extension Unit is focused on the continuing education and livelihood programs, in close coordination with the LGUs, people's organizations and other stakeholders for manpower development and entrepreneurship. It aims to empower the YApayaos, equipping them with necessary knowledge, values, skills and competencies, and entrepreneurial abilities, to promote self-reliance, greater productivity and better communities.

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YOUR SAY**

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