

ARAL program implementation likely in early 2025 – House leader

MANILA – The Academic Recovery and Accessible Learning (ARAL) program, a newly enacted law targeting learning gaps, is projected to be implemented early next year, the chair of the House Committee on Basic Education and Culture said on Monday.

In a Bagong Pilipinas Ngayon interview over People's Television, Pasig City Lone District Rep. Roman Romulo said the Department of Education (DepEd) needs time to prepare, especially in providing early interventions to address students' struggles.

"Realistically, this will probably take the Department of Education, siguro (probably) early next year," Romulo said.

Romulo said the ARAL program aims to ensure students are "grade-level ready"



through free tutoring and mentorship.

The program will focus on improving students' competencies in essential learning areas, including reading and mathematics for Grades 1 to 10, and science for Grades 3 to 10, in order to attain competencies set by the DepEd.

"Iyong academic calendar, doon pa lang makikita na po ang ating mga guro base sa mga exam, sa mga test na binibigay nila kung mayroon mga estudyante

na medyo nahihirapan (During the academic calendar, teachers can assess through exams or tests if there are students who are struggling)," Romulo said.

"Mag-a-assign ng tutor, parang mentor, iyong ating paaralan para siguraduhin na agad-agad makahabol po iyong estudyante na struggling in certain competency (The schools will assign a tutor or a mentor to ensure that the student struggling in a certain competency can catch up immediately)," he

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MMDA, NAIA gear up for 'Undas'

MANILA – The Metropolitan Manila Development Authority (MMDA) and the Ninoy Aquino International Airport (NAIA) on Friday bared plans for a safe observance of All Saints' and All Souls' Days, locally known as "Undas."

The MMDA gathered law enforcement and traffic bureau chiefs across the National Capital Region (NCR) to discuss the traffic management and emergency response measures.

During a press conference at the MMDA headquarters in Pasig City, Chair Don Artes called on the Philippine National Police - Highway Patrol Group, NCR Police Office and all traffic bureau chiefs of NCR local government units to prepare for the expected exodus of passengers and motorists going to the provinces.

Artes ordered the implementation of traf-



fic measures to alleviate vehicular flow in major thoroughfares and roads leading to and from major cemeteries in NCR.

He said 1,257 personnel will be deployed from the MMDA's Traffic Discipline Office, Special Operations Group-Strike Force, Metro Parkways Clearing Group, and Road Emergency Group to prioritize transportation terminals, cemeteries, and major thoroughfares.

"We will activate our Oplan Undas 2024 from Oct. 27 to Nov. 4 to ensure a safe observance of remembering our departed

loved ones. We will also implement the no day off, no absent policy for our traffic personnel," he said.

He said MMDA personnel will extend their duty hours until midnight a day before and after Undas.

To ensure quick response to emergencies, the MMDA Road Emergency Group will deploy 12 tow trucks and six ambulances.

"Help desks and command posts will also be set up in bus terminals," Artes said.

On the other hand, the Metro Parkways Clear-

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BACOOR CITY NAGBIGAY NG TULONG SA MGA NANGANGAILANGAN: WHEELCHAIRS, WALKER, AT TENTS



Nagsagawa ng pamamahagi ng wheelchairs, walker, at tents ang tanggapan ni Congresswoman Lani Mercado Revilla sa Strike Gymnasium ngayong araw. Dumalo rin sa event sina Mayor Strike B. Revilla, BM Ram Revilla, at mga miyembro ng Sangguniang Panglungsod. Nakatanggap ng tulong ang 10

residente ng Bacoor na nangangailangan ng wheelchairs, 1 na walker, at 5 tents. Layunin ng pamamahagi na mapabuti ang kanilang mobility at magagamit sa mga okasyon.

Nagpasalamat naman ang mga benepisyaryo sa tulong na natanggap nila mula sa lokal na pamahalaan.

DOH chief urges 3,845 newly licensed physicians to join gov't service



MANILA – Department of Health (DOH) Secretary Teodoro Herbosa on Saturday enjoined 3,845 newly licensed physicians to join government service.

The Professional Regulation Commission (PRC) announced that 58.26 percent of 6,600 examinees passed the Physician Licensure Examination administered by the

Board of Medicine in October 2024.

"To all the new Filipino physicians who recently passed the Physicians Licensure Examinations 2024, my greetings and congratulations to you all," Herbosa said in a statement.

"Join us in government service at DOH. Let us do public health,

health systems strengthening, health policy, health financing."

The registration for the issuance of a professional identification card and certificate of registration will be done online starting Nov. 25, the PRC said.

Herbosa said the new physicians may opt to join the Doctor to the Barrios program for underserved rural areas.

He added that DOH-run hospitals also offer residency and specialization programs.

He urged them to help the government "build a health system Filipinos truly deserve."

"Consider Fam-

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Mass and Turnover Ceremony of Dasmariñas Integrated High School

The Mass and Turnover Ceremony for the newly constructed Senior High School Department buildings 16, 17, and 19 at Dasmariñas Integrated High School was held, marking a significant milestone in the institution's commitment to enhancing educational facilities. The event began with a solemn mass, emphasizing gratitude and community spirit, followed by the formal turnover of the buildings to the school administration. Esteemed guests, including local government officials,



school board members, and parents, attended to celebrate this achievement, which aims to provide students with modern learning environments equipped with state-of-the-art re-

sources. The ceremony highlighted the school's dedication to fostering academic excellence and supporting the growing needs of its student population.

DMW, TESDA ink deal to boost skills of OFWs

MANILA – The Department of Migrant Workers (DMW) and the Technical Education and Skills Development Authority (TESDA) on Tuesday inked a memorandum of agreement to enhance the skills and employability of the overseas Filipino workers (OFWs).

DMW Secretary Hans Leo Cacdac and TESDA Director-General Jose Francisco Benitez signed the agreement which will provide skills and livelihood training programs to the OFWs.

"Skills are not only a means to gain employment. But skills are the highest form of OFW protection," Cacdac said as quoted in a news release.

"Once an OFW



steps up to the level of a globally integrated skilled, enhanced worker, that worker will become more productive, more happy, more able to contribute to his family, to his community and to his nation," he added.

During the signing at the TESDA office in Taguig City, TESDA and DMW initially released 249 scholarship training certificates for selected qualified beneficiaries.

The DMW said the agreement would help augment the program to reintegrate OFWs and their families through scholarship grants for skills and livelihood training.

The partnership would also equip OFWs with expertise that they can use in acquiring decent jobs and to establish and eventually manage their own businesses should they decide to return in the country for

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Cavite-Laguna Expressway (CALAX) at SHAMBALA SILANG, MEDIA ROUNDTABLE

The Cavite-Laguna Expressway (CALAX) recently hosted a media roundtable at the serene Shambala Silang in Cavite. The event brought together key media partners to discuss the ongoing construction of the CALAX, which aims to connect Kawit, Daang Hari, Governor's Drive, Aguinaldo Highway, Silang, Santa-Rosa-Tagaytay, Laguna Boulevard, Technopark, and will have a toll barrier before the South Luzon Expressway (SLEX).

Beyond the informative discussions on the expressway's progress, the event was also filled with delightful



activities. The media guests were treated to a sumptuous lunch prepared by Shambala Silang's owner, Mrs. Riza Matibag Muyot. Following the meal, Muyot personally guided the media partners on a tour of the entire Shambala Silang property. To cap off the day, participants engaged in a

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Cayetano nagbigay ng tulong sa Noveleta, Cavite, suporta para sa oil spill sa Bataan

Sa patuloy na pag-suporta sa mga nangangailangang komunidad, muling bumisita ang tanggapan ni Senador Alan Peter CAYETANO sa Noveleta, Cavite upang magbigay ng tulong sa 136 residente. Bilang bahagi ng outreach activity, nag-organisa sila ng hair donation drive kung saan aktibong lumahok ang mga residente sa pamamagitan ng pag-donate ng kanilang buhok sa pamamagitan ng libreng gupit. Ang mga nakolektang buhok ay gagamitin upang



makagawa ng "hair booms" — isang kasangkapan sa pag-kontrol at paglinis ng oil spill sa karagatan sa Bataan na nakaapekto sa probinsya hanggang ngayon. Ang inisyatibang ito ni CAYETANO ay nagsisilbing halimbawa kung paano maaaring makatulong ang mga komunidad sa mga pambansang hamon sa pamamagitan ng makabago at malikhaing pamamaraan.



Ano ang fatty liver at paano ito maiiwasan

Payo ni Doc Ong



Ang fatty liver ay isang kondisyon kung saan nababalot ng taba ang atay at kadalasan ay nakikita ito sa mga edad 40's at 50's. Kung may fatty liver, kadalasan ay mataas din ang kolesterol sa dugo, blood sugar at uric acid. Malamang ay sobra rin sa timbang at malapad o malaki ang tiyan.

Malalaman na may fatty liver ang pasyente sa pamamagitan ng Ultrasound ng atay o Ultrasound of the Whole Abdomen. Tumataas din ang liver enzymes o SGPT. May taong nakararamdam ng pananakit sa kanang bahagi ng tiyan. Ang iba naman ay walang sintomas.

Minsan ay lumalala ang fatty liver at umaabot sa pamamaga ng atay at liver cirrhosis.

Kadalasan, wala itong sintomas pero sa ibang pasyente ay lumalaki ang atay, makirod sa kanang bahagi ng tiyan at madaling mapagod.

Ayon sa mga eksperto, maaaring may kaugnayan ang fatty liver sa pagiging mataba, mataas na asukal sa dugo o diabetes, mataas ang triglyceride at kolesterol. Ang iba pang risk factor ay PCOS o Polycystic ovary syndrome, hypothyroid at iba pang sakit.

Para maiwasan ang fatty liver, sundin ang mga sumusunod na payo:

1. Itigil ang pag-inom ng alak. Kahit isang patak ng wine, beer or hard drinks ay huwag nang subukan pa. Ihinto na rin ang paninigarilyo.
2. Magpapayat kung sobra ka sa timbang. Kapag nagbawas ka ng timbang, puwedeng mabawasan din ang taba sa iyong atay.
3. Umiwas sa pagkain ng matataba at matatamis na pagkain. Limitahan ang pagkain ng cake, mantikilya, ice cream at karneng baboy at baka. Umiwas o bawasan na rin ang pag-inom ng matatamis na inumin tulad ng soft drinks at iced tea.
4. Kumain ng masustansyang pagkain tulad ng maberdeng gulay at isda. Puwedeng kumain ng prutas pero huwag din sosobrahan ito dahil ito'y matamis din.
5. Gumalaw-galaw at mag-ehersisyo. Kapag nabawasan ang taba sa iyong katawan, mababawasan din ang taba sa atay.
6. Kung ikaw ay may diabetes, gamutin ito. Kumonsulta sa inyong doktor.
7. Kung mataas ang iyong kolesterol sa dugo, ibaba ito sa pamamagitan ng diyeta at gamot.
8. Kumain ng yogurt. Ayon sa isang pagsusuri, may tulong ang good bacteria sa yogurt sa paggamot sa fatty liver. Hindi pa ito tiyak pero pwede ninyong subukan.
9. Huwag basta-bastang uminom ng kahit anong tableta, supplements o vitamins.
10. Kumain ng dalawang tasang gulay at dalawang tasang prutas araw-araw.
11. Puwedeng kumain ng mais, patatas, kamote, ube at kamoteng kahoy. Magbawas sa kaning puti.
12. Mabuti ang protina galing sa isda, mongo, karne, manok na walang taba, low fat milk, yogurt at soya milk.
13. Piliin ang healthy fats tulad ng mani, kasoy, garbanzos at olive oil. Umiwas sa butter o krema, mayonnaise at sebo.
14. Panatilihin ang tamang timbang at regular na mag-ehersisyo.
15. Tubig ang pinakamagandang inumin para sa iyo. Umiwas sa matatamis na inumin.
16. Huwag maniwala sa mga sabi-sabi. Itanong muna sa inyong doktor kung makasama ba ito sa iyong atay.
17. Pagdidiyeta, chersisyo, paggamot sa diabetes at mataas na kolesterol ang lunas sa fatty liver.

Pagsasanay sa paggamit at operasyon ng Disaster- risk Reduction and Management Information System (DRRMIS) for Rice and Other Commodities

Sumailalim ang 41 kawani sa dalawang araw na pagsasanay sa paggamit at operasyon ng Disaster- risk Reduction and Management Information System (DRRMIS) for Rice and Other Commodities noong ika-17 hanggang ika-18 ng Oktubre sa Trece Martires City, Cavite.

Ang aktibidad na pinangasiwaan ng #DA-Calabarzon DRRM Team at Agricultural Training Institute IV-Calabarzon ay naglalayong palakasin ang kasanayan ng mga kalahok na kawani ng ahensya at mga Agricultural Extension Workers sa lalawigan at mga bayan ng Cavite. Sentro ng pagsasanay ang paggamit ng sistema ng pagtatala ng mga kapinsalaan sa agrikultura sa panahon



ng kalamidad, pag-atake ng mga peste at iba pang sakuna na tinalakay ng mga kawani mula sa DRRM Central Office.

Binigyang diin ni OIC- Chief ng Field Operations Division, Felix Joselito Noceda ang importansya ng pagtatala ng tama, makatotohanan, at reliable na mga impormasyong ipararating sa Kagawaran upang maibigay ang nar-

arapat na tulong at suporta sa panahon ng mga kalamidad.

Sa pagtatapos, nagpasalamat si G. Christopher Legaspi mula sa Naic, Cavite sa ginanap na pagsasanay at hinikayat ang mga kasamahang dumalo na sikaping maisagawa ng naayon ang mga naibahagi sa kanila upang matulungan ang mga magsasaka sa kani-kanilang mga bayan.



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DSWD 'Walang Gutom' program fights hunger with expanded coverage

MANILA – The government has already put in place necessary measures to address the reported rise in the incidence of involuntary hunger in the country, Department of Social Welfare and Development (DSWD) Secretary Rex Gatchalian said on Friday.

In a news release, Gatchalian cited the timely scale-up implementation of the Walang Gutom (No Hunger) Program (WGP), which started in July as the administration's response to the increase in the number of Filipinos who experienced involuntary hunger.

"As we expand the Walang Gutom program from an initial pilot implementation covering 2,300 household beneficiaries in five areas to 300,000 household beneficiaries in 22 provinces in 10 regions, we are confident that this will ease the hunger situation and significantly improve the quality of life for affected families," he said.

"We are committed to addressing this issue head-on. Our goal is to ensure that no Filipino family goes hungry."

Gatchalian made the assurance following



results of the recent Social Weather Stations survey, which showed that the number of Filipino families experiencing involuntary hunger rose to 22.9 percent in the third quarter of this year from 17.6 percent in the second quarter.

While the survey is experiential in nature and based on self-assessment, Gatchalian said the DSWD recognizes the gravity of these figures and is taking immediate steps and decisive actions, including enhancements in the nationwide implementation of WGP.

He said the DSWD is working double time to serve the initial target of 300,000 WGP beneficiaries this year under the Walang Gutom 2027: Food Stamp Program.

"We have already

identified our target areas where concentration of food poor families and prevalence of malnutrition are high. And we have already started the redemption of food credits or distribution of food items in these priority sites," Gatchalian said.

Of the target, over 180,000 beneficiaries are already onboard, with over 80,000 of them already receiving food credits worth PHP3,000 per month, he said.

The Walang Gutom Program, through Executive Order No. 44 issued by President Ferdinand R. Marcos Jr last year, is the government's flagship program to combat food insecurity and ensure that vulnerable families have access to sufficient and nutritious food.

The anti-hunger program is designed to provide essential food credits to low-income families, empowering them to access nutritious food and alleviate hunger.

The WGP, Gatchalian said, provides crucial interventions which not only address hunger and malnutrition among the poorest households, but also capacitate beneficiaries to stand on their own through job skills and job placement components in partnership with the Department of Labor and Employment and the Technical Education and Skills Development Authority.

Through the program, the DSWD aims to provide sustainable solutions that address both immediate hunger and the long-term well-being of Filipino families.

It features assessment tools based on both experiential measures and family income and food expenditure metrics.

The WGP was piloted by DSWD, in partnership with the Asian Development Bank and the World Food Program, from December 2023 to June 2024. (PNA)

GUHIT NG KAPALARAN

LIBRA: (Set. 24-Okt. 23) – Bigyan ang sarili ng pagkakataon na makapag-adjust. Huwag basta pakinggan ang sasabihin ng mga tao sa paligid, dahil hindi lahat ay nagmamalasakit. Pairalin ang pagpapakumbaba. Lucky numbers at color for the day ang 45, 55, 15, 22, 33 at lilac violet.

SCORPIO: (Okt. 24-Nob. 22) – Ang iyong madalas na pakiramdam ay magaganap. Piliin ang magaan sa kalooban na situwasyon. Lucky numbers at color for the day ang 33, 21, 13, 45, 55 at amethyst violet.

SAGITTARIUS: (Nob. 23-Dis. 21) – Feel na deserving sa tagumpay ng pangarap mo. Ang true adventure ay darating. Ingat sa mga kinakain. Lucky numbers at color for the day ang 42, 25, 12, 52, 33 at jade green.

CAPRICORN: (Dis. 22-Ene. 19) – Nasa iyong vibrations energies ang wish na makita ang inaasahan. Magpasalamat sa lahat nang tumulong sa'yo. Lucky numbers at color for the day ang 21, 37, 44, 48 at yellow.

AQUARIUS: (Ene. 20-Peb. 18) – Maaaring mahumaling sa pakikipag-chat. Huwag patangay sa mga sabi-sabi, alamin ang totoo bago magpasiya. Lucky numbers at color for the day ang 45, 26, 11, 56, 35 at tangerine.

PISCES: (Peb. 19-Mar. 20) – Tigilan ang mobile games dahil sisirain ang focus mo. Pagtuunan ang planong negosyo. Lucky numbers at color for the day ang 31, 55, 11, 41, 22 at citrine yellow.

ARIES: (Mar. 21-Abr. 19) – Maakit mo ang iyong feelings kung titigilan ang pagrereklamo. Tumanaw ng utang na loob. Lucky numbers at color for the day ang 52, 25, 11, 33, 43 at flame red.

TAURUS: (Abr. 20-May. 20) – Merong udyok na ituloy ang plano. Gawin ito nang may kaalaman, pag-aralan at huwag mag-alatsamba. Lucky numbers at color for the day ang 12, 25, 52, 33, 41 at mocha brown.

GEMINI: (May. 21-Hun. 21) – Feel mo na ang success na nais mo habulin. Deserve mo ang surprise events na magpapasaya sa'yo. Lucky numbers at color for the day ang 33, 13, 46, 22, 55 at cobalt blue.

CANCER: (Hun. 22-Hul. 22) – Itigil ang pag-aalala. Dahil may solusyon ang bawat hamon sa buhay. Be happy and enjoy life. Lucky numbers at color for the day ang 26, 52, 33, 13, 45 at lilac violet.

LEO: (Hul. 23-Ago. 22) – Piliin ang magpapagaan ng kalooban, kaysa magdudulot ng sama ng loob. May proyektong paparating. Lucky numbers at color for the day ang 22, 32, 13, 53, 45 at mango orange.

VIRGO: (Ago. 23-Set.23) – Lahat ng karanasan ay unique para sa iyo. Alamin kung saan ga-ling ang iyong kutob, sundin mo ito. Lucky numbers at color for the day ang 33, 13, 52, 25, 41 at fuchsia pink.

CALAX, CAVITE-LAGUNA... from page 1

fun and relaxing tea-making activity.

The event provided a valuable opportunity for CALAX to update its media partners on the latest developments of the expressway project and also to thank them for publishing the happenings about them, while also fostering stronger relationships within the industry. The positive feedback from the attendees highlighted the success of the gathering.

Special thanks to SHAMBALA, SILANG CAVITE together with CALAX MPTC officers and staffs headed by Maam Arlette Capistrano, Maam Joan Miranda, Media RELATIONS head Sir THRD ALAO, Ms. ERICA, ms. AIMEE, MS. KYLE, MS. CHER ms DoNNA and 23 CAVITE ASSOCIATION OF PUBLISHERS EDITORS AND REPORTERS INC. (CAPEI) media MEMBERS.

**ARMY
NAVY**
BURGER + BURRITO



ARAL program... from page 8

added. Learners' options are face-to-face tutorials, online tutorials or blended learning, depending on their needs and circumstances. The initiative eliminates the need to wait for summer camps or private tutors, integrating tutoring services within public schools, according to Romulo. He emphasized the urgency of the program following the country's poor results in international and national assessments, citing the results in 2018 and 2022 that showed significant learning challenges. Romulo said

DepEd must form a tutor pool, including current teachers, para-teachers (education graduates yet to pass the licensure exam) and pre-service teachers. Volunteers will receive additional compensation under the new law, he noted. DepEd will monitor students' progress through periodic assessments to measure the program's effectiveness. He stressed that careful preparation is essential to avoid discouraging students, parents and teachers. "May birth pains talaga ang kahit na anong education reform (There will always be birth pains

1st Filipina gets 'Rising Star' Award for advocating food security

MANILA - Robyn Mijares received this year's Women's International Network for Disaster Risk Reduction (WIN DRR) Rising Star award for her advocacy on food security. The 23-year-old founder and executive director of Youth Uprising, a non-profit organization that provides free accessible environmental and agricultural education to marginalized Filipino youth in public schools, is the first Filipino to win the prestigious award. The WIN DRR Rising Star winners were announced during the 10th Session of the Asia-Pacific Ministerial Conference on Disaster Risk Reduction (APMCDRR) at the Philippine International Convention Center in Pasay City on Oct. 16. In her acceptance speech, Mijares called on the Filipino youth to ignite change. "Each story we've shared is not just a testament to resilience, it's a call to action," she said. The award was part of the United Nations Office for Disaster Risk Reduction's (UNDRR) flag-



ship women's leadership initiative promoting and supporting women's leadership in disaster risk reduction across the Asia-Pacific region. The Rising Star Award is awarded to an individual woman who has established capability early in her career. Mijares was recognized for her "Oh My, Garden: Grow Your Own Food Contest" initiative as the world battled the coronavirus disease 2019 (Covid-19) pandemic that threatened food security. The project demonstrated the power of grassroots movements in addressing global challenges. Her initiative, according to the UNDRR, enabled students to grow their food, addressing both im-

DMW, TESDA ink deal... from page 1

training programs; and provide TESDA with labor market information (LMI). TESDA, on the other hand, shall conduct orientation on TESDA programs and services available for OFWs and their families; provide skills training, assessment, and certification to OFWs and their families endorsed by DMW based on the skills priorities; conduct language and culture training to the outbound OFWs, implement the Overseas Scholarship Program for OFWs while in the host country; conduct compe-

tency assessment for OFWs in the host country; and conduct capability building interventions for trainers and assessors endorsed by DMW. Meanwhile, the agreement will not only benefit the OFWs, but their dependents as well. "As mandated by the President himself, alagaan ang mga pamilya, ang kapakanan ng mga pamilya ng mga OFWs (we will take care of the family, the welfare of the family of the OFWs)," Caodac said. (PNA)

DOH chief urges... from page 8

ly and Community Medicine, the doctors who will save lives at our BUCAS (Bagong Urgent Care and Ambulatory Service) centers, mobile primary care clinics, and in the PuroKalusugan program," Herbosa said. PuroKalusugan is the DOH primary care pro-

gram that brings healthcare services closer to purok (districts or communities). The program offers immunization, oral health, maternal health, tuberculosis control program, nutrition, and non-communicable disease prevention and control program, among others. "Serve the people. Let us build and provide safe, affordable, and accessible healthcare for our people, dahil sa Bagong Pilipinas, Bawat Buhay Mahalaga (because under the New Philippines, every life matters)," Herbosa said. (PNA)

TESDAMAN SENATOR JOEL VILLANUEVA'S TUPAD ORIENTATION HELD IN BACCOOR



The City Government of Bacoor, through PESO Bacoor led by Dr. Abraham De Castro, in coordination with the Department of Labor and Employment (DOLE), conducted a TUPAD orientation today at the Bacoor City Hall Main Lobby. The event was graced by Mayor Strike B. Revilla. Over 175 potential beneficiaries attended the TUPAD (Tulong Pangkabuhayan sa Ating Disadvantaged/Displaced Work-

ers) orientation, which aimed to inform residents about the program, a project of Senator Joel "TESDAMAN" Villanueva, which provides temporary employment opportunities to disadvantaged and displaced workers in Bacoor. DOLE coordinators Ms. Lej Garcia, Ms. Maya Noche, and Ms. Nica Bobes were present to explain the program's guidelines and requirements. The orientation also served as an opportunity for poten-

tial beneficiaries to register and learn about the various employment opportunities available under the program. Mayor Revilla expressed his support for the TUPAD program, emphasizing its importance in providing immediate relief and livelihood opportunities to those in need. He encouraged residents to actively participate in the program to uplift their lives and contribute to the city's economic growth.

SCENTED CANDLE MAKING ITINURO SA LIVELIHOOD SKILLS TRAINING



Paggawa ng makukulay at malilikhaing kandila ang natutunan ng mga residente ng Treelane 2-A, Brgy. Bayan Luma 3 sa Livelihood Skills Training ng City of Imus Cooperative, Livelihood and Entrepreneurial and Enterprise Development Office (CICLEDO) noong Huwebes. Itinuro ni Rachel Roxas kung paano gumawa ng mahalimuyak na kandila sa 40 residente. Ang Livelihood Skills Training ay isa sa mga programa ng CICLEDO na layuning matulungan ang mga Imuseñong makapagsimula ng sarili nilang negosyo.

Trece Martires City Cooperative Month Celebration: Opening Salvo



As we proudly celebrate National Cooperative Month under Republic Act 11502, which designates October each year as a time to honor cooperatives, we reflect on the vibrant cooperative movement in Trece Martires City. The City Government of Trece Martires, alongside the City Cooperative Development Office and TMC Cooperative Council, successfully launched the Trece Martires City Cooperative

Month Celebration with the theme "Cooperative: Stronger Today for a Brighter Tomorrow." The event featured various activities, including: • Parade of Colors • Awards and Recognition for Cooperative Leaders • Dance Contest • KOOP QUIZ-BEE • KOOP Kapatid Moa Signing We extend our

heartfelt gratitude to the City Cooperative Development Office and the TMC Cooperative Development Council for their partnership in organizing this successful event. Special thanks also go to the Office of the Provincial Cooperative Officer and their staff for their invaluable support and assistance. Together, let us strengthen our cooperative spirit and work towards a brighter future for our city.

DSWD: Marcos admin focused on enhancing education, economy

MANILA - The administration of President Ferdinand R. Marcos Jr. remains committed to helping the Filipino people, with a strong focus on education and developing the economy further. In a radio interview Tuesday, Department of Social Welfare and Development (DSWD) Secretary Rex Gatchalian said providing various forms of assistance to needy Filipinos is part of the mandate of the government. "Lagi sinasabi ng Pangulo, panandalian o temporary lang na lunas ang social welfare. Ang anti-poverty programs katulad ng libreng edukasyon, paglago ng ekonomiya para magkaroon ng trabaho ang mga tao, 'yan ang bagay na long-term in nature para maahon natin sila sa kahirapan (The President always says that social welfare is only a short-term or



temporary solution. Anti-poverty programs such as free education, economic growth so that people can have jobs, those are long-term in nature so that we can lift them out of poverty," Gatchalian said, in response to observations that the Philippines is becoming an "ayuda" (assistance) nation. Gatchalian said it's part of the state's work to assist the poor, vulnerable and marginalized. "People who can't protect themselves, that's the government's job," Gatchalian said.

"Kailangan maging pinagdaraan kung pasok ba to sa criteria ng social welfare ... 'yan 'yung mga pangmatagalang programa para maahon natin sila sa kahirapan, para hindi na nila kakailanganin na lumapit ulit para sa (It needs to be thoroughly checked to see if it meets the criteria of social welfare... those are the long-term programs so that we can lift them out of poverty so that they will not need to come again for) social welfare," he added. (PNA)

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
Branch 90
DASMARINAS CITY, CAVITE

HOME DEVELOPMENT MUTUAL FUND
(Otherwise known as PAG-IBIG Fund),
Petitioner/Mortgagee,

-versus-
SPS. NORIDA U. DE VILLA AND ERNAN M. DE VILLA; NORIDA U. DE VILLA BEING REPRESENTED BY ATTORNEY-IN-FACT, NERISSA C. UNERA,

Respondent/Mortgagor.
File No. FC-DC-1464-24
EXTRA JUDICIAL FORECLOSURE OF REAL ESTATE MORTGAGE UNDER ACT 3135, AS AMENDED BY ACT 4118

NOTICE OF SHERIFF'S SALE

Upon extra-judicial petition for sale under Act 3135, as amended by Act 4118 filed by the petitioner/mortgagee, HOME DEVELOPMENT MUTUAL FUND (Otherwise known as PAG-IBIG Fund), a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679, with postal address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against respondents/mortgagors, SPS. NORIDA U. DE VILLA AND ERNAN M. DE VILLA BEING REPRESENTED BY ATTORNEY-IN-FACT, NERISSA C. UNERA with postal address at (1) Blk 22 Lot 6, Greens Borough Subd. Dasmariñas City, Cavite and for the satisfaction of the mortgaged debt which as of AUGUST 20, 2024 amounts to NINE HUNDRED TWENTY THOUSAND ONE HUNDRED EIGHTY SEVEN PESOS AND 34/100 (Php920,187.34), exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **NOVEMBER 12, 2024 at 10:00 o'clock in the morning** or soon thereafter in the Court Room of Branch 90, Regional Trial Court, Ground Floor, Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Buro I, Dasmariñas City, Province of Cavite to the highest bidder and for CASH or CERTIFIED CHECK, in Philippine Currency, the following described real property together with all the buildings and other improvements existing thereon, to wit:

Transfer Certificate of Title No. 057-2012026124
A PARCEL OF LAND (LOT 6, BLK 22 OF THE SUBD PLAN, PCS-04-016473, BEING A PORTION OF LOTS 1-76, BLK 1, BLK 2; 1-14, BLK 3; 1-17 BLK 4; 1-18, BLK 5; 1-24 BLK 7; 1-24 BLK 8; 1-24, BLK 9; 1-24; BLK 10, 1-24 BLK 11, 1-24, BLK 12; 1-24, BLK 13; 1-83, BLK 14, 1-31, BLK 15; 1-28, BLK 16, 1-25 BLK 17, BLK 18, 1-12 BLK 19, 1-40, BLK 20; 1-72, BLK 21; 1-38, BLK 22, 1-67, BLK 23; 1-38, BLK 24; 1-71 BLK

25; 1-38 BLK 26; 1-71, BLK 27; 1-40, BLK 1-70 BLK 29; 1-38, BLK 30, 1-20, BLK 31; 1-21, BLK 32, 1-18, BLK 33; 1-10 BLK 34; 1-11, BLK 34-A, 1-10, BLK 35; 1-12, BLK 36; 1-14, BLK 37; 1-14, BLK 38, 1-14 BLK 39; 1-16, BLK 40; 1-44 BLK 41; 1-38, BLK 42; 1-38, BLK 43; 1-38 BLK 44; 1-79, BLK 45; 1-78, BLK 46 1-75, BLK 47; 1-75 BLK 48, 1-79 BLK 49, 1-9 BLK 50; 1-10 BLK 51, 1-11 BLK 52; 1-12, BLK 53 1-13 BLK 54; 1-15; BLK 55; 1-16 BLK 56; 1-18, BLK 57, 1-19 BLK 58; 1-2, BLK 59, BLK 60, BLK 61, ROAD LOTS 1-17; ALLEYS 1-47, ALL OF PCS-04-015726, L.R.C. REC. NO.) SIT. IN THE BARRIO SABANG, MUN. OF DASMARINAS, PROV. OF CAVITE BOUND-ED ON THE S., ALONG LINE 1-2 BY LOT 5 BLK. 22; ON THE W., ALONG LINE 2-3 BY LOT 4 BLK. 22; ON THE N., ALONG LINE 3-4 BY ROAD LOT 24, ON THE E., ALONG LINE 4-1 BY LOT 8 BLK. 22. ALL OF THE CONS SUBD. PLAN, BEGINNING AT A PT. MARKED "1" ON PLAN, X X X CONTAINING AN AREA OF SEVENTY FIVE SQ. METERS. (75) X X X

Prospective buyers and/or bidders are hereby enjoined to investigate for themselves the title of the said real property and the encumbrance thereon, if there be any.

All sealed bids must be submitted to the undersigned on the above-stated time and date.

In the event that the public auction should not take place on the said date and time, it shall be held on **NOVEMBER 27, 2024**, at the same time and place without further notice.

Dasmariñas City, Cavite, October 2, 2024.

ARLYN P. BARCELON
Sheriff IV
ATTY. MARCELA L. BAYBAY
Clerk of Court VI & Ex-Officio Sheriff

Copy furnished:
HOME DEVELOPMENT MUTUAL FUND (Otherwise known as PAG-IBIG Fund)
The Petron Mega Plaza Bldg., No. 358 Sen. Gil Puyat Ave, Makati City
MARIA VICTORIA D. CAPIRAL
ATTY. AIRISA FE ESPERANZA D. MOLAEER
MOLAEER LAW OFFICES
Lex Citadel Bldg., No. 7, La Salle St. Brgy. Silangan, Cubao, Quezon City 1102
SPS. NORIDA U. DE VILLA AND ERNAN M. DE VILLA BEING REPRESENTED BY ATTORNEY-IN-FACT, NERISSA C. UNERA
(1) Blk 22 Lot 6, Greens Borough Subd. Dasmariñas City, Cavite

Notice posted at:

1. The Bulletin Board of Regional Trial Court, Dasmariñas City, Cavite
2. The Bulletin Board of Dasmariñas City Hall
3. The Bulletin Board of Dasmariñas City Post Office
4. The Bulletin Board of Dasmariñas Public Market

PAHAYAGAN NG KABITENYO
OCTOBER 7, 14 & 21, 2024

EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

Notice is hereby given that the estate of the deceased **CARLOS DALO MERANO**, who died on September 5, 2024 at Dasmariñas City, Cavite, that said deceased died intestate, without a will or testament, and without any outstanding debts in any person or entity, that the said decedent at the time of his death, left a real property situated in Blk. 47 Lot 8 Mabuhay Homes 2000, Paliparan Dasmariñas Cavite covered by TCT No. T-551559 with an area of Forty Three (43) Sqm., was the subject of this Extra-Judicial Settlement among the legal heirs of the said deceased in the said instrument, executed before Notary Public Atty. Pauline S. Dee, under Doc. No. 261 Page No. 53 Book No. 1 Series of 2024

PAHAYAGAN NG KABITENYO
OCTOBER 14, 21 & 28, 2024



MMDA, NAIA gear... from page 8

ing Group will focus its cleanup operations within the vicinity of cemeteries from Oct. 26, until Nov. 4.

Traffic situations and closed-circuit television feed from cameras in NCR roads and cemeteries will be monitored at the MMDA Communications and Command Center.

Thirty units of deployable cameras will be deployed in five major cemeteries in the region including Manila North and South cemeteries, Bagbag Public Cemetery in Quezon City, Loyola

Memorial Park in Marikina, and San Juan Public Cemetery.

Main gateway security

The Philippine National Police Aviation Security Unit (AVSEU) will deploy additional manpower and heighten security at NAIA, the country's main gateway, in Pasay and Parañaque cities.

Public Information Officer Maj. Junielle Agmata said Friday there are 571 AVSEU personnel currently deployed at NAIA.

At least 100 more will be deployed to support mobile patrol and police visibility inside and outside the airport terminals.

"Police assistance desks will be established inside terminals and personnel will also provide assistance to other agencies," Agmata said.

In a separate interview with the PNA, Office for Transportation Security (OTS) Administrator Crizaldo Nieves said

they will activate 24/7 their Transportation Security Operations Center to assist passengers with security concerns and for timely reporting of incidents.

"Likewise, we will deploy security auditors to ensure that the operators of (airport) facilities will adequately implement security measures that are aligned with our national and international standards," he said.

Nieves said the OTS will ensure the maintenance of security screening equipment to prevent breakdown during the period when high volume of passengers is expected.

Last year, the airport logged over 620,000 passengers from Oct. 26 to 30, ahead of actual holidays Nov. 1 and 2.

This year's non-working holidays fall on Friday and Saturday.

As of Friday, Manila International Airport Authority General Manager Eric Ines said they have yet to forecast the passenger volume for Oct. 31 to Nov. 3.

"Mahirap magbigay ng figures muna pero am sure meron increase 'yan. (It's hard to provide figures at this time, but I am sure there would be an increase)," he told the PNA.

Meanwhile, low-cost carrier Cebu Pacific reminded passengers that flights of their domestic carrier Cebgo will operate at Terminal 4 until Nov. 6.

It advised travelers to check in online to avoid long queues at counters. (PNA)

DND chief seeks upgrade of veterans' hospital



MANILA – Department of National Defense (DND) Secretary Gilberto Teodoro Jr. pushed for the upgrading of the Veterans Memorial Medical Center (VMMC) into a "Veterans Medical Service" to better serve retired military personnel.

Teodoro made the call during the 78th anniversary of the Philippine Veterans Affairs Office (PVAO) on Oct. 18, according to a news release from the DND on Monday.

He said this plan seeks to improve the availability of medical services for veterans in different areas of the country "with a minimum standard of care that the VMMC will impose on several regional and local medical institutions, to include medical centers that may be built up

in the future."

"We create the institution, we upskill it, without having to subject our clients, our stakeholders, to the cumbersome tasks of coming all the way to Manila to receive critical care, medical care, unless it is absolutely necessary," he said.

Teodoro said the DND also seeks to improve resource management to ensure that this obligation of the national government is "accomplished, served, and sustained."

He said that along with upgrading access to medical care is the development of resources to finance hospice care.

"A lot of bed space (at the VMMC) is taken up by those who do not need medical intervention on a regular basis but need hos-

CALAX Recognized for Outstanding Contributions to Sustainability and Tourism in South Luzon

Cavite-Laguna Expressway (CALAX), a concession toll road operated by Metro Pacific Tollways South, was recently recognized with two prestigious awards at the Cavite Tourism Excellence Awards organized by the Provincial Government of Cavite and at the Green Awards by the Sta. Rosa City Government, for its significant contributions to both the tourism sector and environmental sustainability in South Luzon.

The Cavite Tourism Excellence Awards, a platform designed to recognize organizations that support the tourism industry in the province of Cavite, honored CALAX with a plaque of appreciation that highlights the company's role as a long-term partner in promoting tourism in the region. This is embodied in their tourism advocacy program known as Biyaheng South. Its recently launched Cavite Tourism Passport is a creative initiative that encourages travelers to explore various tourist destinations within the region. By offering a passport-like booklet, participants can collect stamps from different partner tourist spots and establishments as they travel across Cavite, adding a sense of adventure and accomplishment to their journey. The success of this project contributes to regional economic growth, helping boost the hidden gems and cultural landmarks in the province.

"We will overcome without giving an inch against any of those perverse actors who seek to dislocate us from what is ours. By God, as your blood has sanctified and as your sacrifice has soothed," he added. (PNA)

Teodoro also cited the need to decentralize the distribution of financial packages and health services rendered to veterans. Aside from providing for the welfare of the veterans, Teodoro underscored the need to guarantee and improve preventative care for the personnel of the Armed Forces of the Philippines (AFP), stressing that "a lot of diseases which manifest themselves at a later stage in life have been exacerbated by failure to detect the same at an early stage."

These dual recognitions emphasize CALAX's dedication to sustainability and its commitment to supporting tourism for the growth of the region. It affirms the company's dedication to building a more sustainable and connected future for South Luzon.



In addition, CALAX was also recognized as a Sustainable Development Partner at the Green Awards, where the Sta. Rosa City Government honored organizations and individuals who have made impactful contributions to environmental conservation efforts. CALAX's commitment to sustainability is reflected in the expressway itself. Dubbed the green expressway, it incorporates renewable energy and a nature-integrated design, demonstrating how CALAX is actively reducing its carbon footprint while enhancing the driving experience for motorists. This award also acknowledges the organization's outstanding commitment to environmental conservation through various corporate social responsibility (CSR) efforts such as the Linis Barangay campaign, various tree planting activities, and CALAX's active participation in the annual International Coastal Cleanup.

"It is an honor to be recognized for our contributions to both tourism and environmental sustainability in South Luzon. We recognize that our responsibility extends beyond mobility—it's about creating a gateway to new opportunities and a better future for the communities we serve," stated Arlette V. Capistrano, Vice President for Communication and Stakeholder Management of MPT South.

These dual recognitions emphasize CALAX's dedication to sustainability and its commitment to supporting tourism for the growth of the region. It affirms the company's dedication to building a more sustainable and connected future for South Luzon.

CALAX is a toll road concession of Metro Pacific Tollways Corporation. MPTC's domestic portfolio includes the concessions for the Manila-Cavite Expressway (CAVITEX), North Luzon Expressway (NLEX), the NLEX Connector Road, the Subic-Clark-Tarlac Expressway (SCTEX), and the Cebu-Cordova Link Expressway (CCLEX) in Cebu.