

MAGHANDA TAYO SA NAKA-AMBANG "HEAT WAVE"! ngayon Summer

Ihanda po natin ang ating mga sarili sa napakainit na temperatura mula 40°-50°C. Palaging uminom ng malinis na tubig, dahan2 ang inom...iwasan ang mabilis na pag-inom ng napakalamig na tubig o maraming yelo.

Nararanasan na po ngayon ang "Heat wave" sa Malaysia, Indonesia, Singapore at iba pang mga bansa sa Asya.

Anu-ano ang mga dapat gawin at iwasan?
1. Sabi ng mga doctor kapag ang temperatura ay umabot na sa 40°C, huwag agad2 uminom ng napakalamig na tubig sapagkat ang malilit nating ugat ng dugo ay maaaring pumutok o sumabog.

2. Kapag umabot na sa 38°C ang init at galing kayo sa labas.. hayaan natin na mainit ang ating katawan. Huwag uminom ng malamig na tubig..pwede uminom ng mainit o maligamgam na tubig subalit dahan2 ang pag-inom.

Huwag kaagad maghugas ng kamay o paa, wag maghilamos o basain ang bahaging nabilad sa araw. Magpalipas ng di bababa sa 30 minuto o kalahating oras bago maghilamos o maligo.

Tandaan:
Sa panahon ng tag-init o kung sobrang pagod iwasan ang pag-inom kaagad ng napakalamig na tubig dahil Ito ay maaaring magdulot ng pagliit o pagkipot ng mga ugat o daluyan ng dugo na magdulot ng stroke.

Ituro ito sa mga bata at sa inyong pamilya mga kasama sa bahay mga kaibigan at katrabaho. upang maging babala sa bawat isa! Pki Forward sa Lahat ng mga tao kilala mo upang maibahagi din sa iba.

Gov't focusing efforts on early childhood dev't, education – Palace

MANILA – The government is prioritizing efforts to improve early childhood development as part of the thrust to uplift the country's overall educational standards.

In a press briefing in Malacañang Thursday, Presidential Communications Undersecretary and Palace Press Officer Claire Castro responded to concerns raised about the state of education in the Philippines.

This follows the viral social media story involving a noontime show contestant, who admitted she lacked knowledge about the Commission on Elections.



Many social media users have suggested that this incident highlighted a broader education crisis in the country. In her remarks, Castro emphasized that the individual shortcomings of one person do not necessarily reflect the broader efforts of the government to improve the education system. She further reassured the public that the administration is committed to addressing educational issues. *see page 4...*

PAHAYAGAN NG Kabitenyo
In God We Trust ISSN-1656-0558
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DOLE: Gov't efforts to boost employment 'on right track'

MANILA – The positive development in the country's labor force figures is a result of the government's relentless efforts to create more jobs, the Department of Labor and Employment (DOLE) said Thursday.

In a statement, DOLE Secretary Bienvenido Laguesma said the latest Labor Force Survey (LFS) report released by the Philippine Statistics Authority (PSA) shows that the Marcos administration is on the right track in providing quality employment to Filipinos.

"The January 2025 Labor Force Survey (LFS) presents a promising outlook for our labor market, reflecting progress in certain areas while also



highlighting those in need of focused attention. The unemployment rate has slightly decreased to 4.3 percent, down from 4.5 percent in January 2024, signaling positive momentum in job creation. This improvement is complemented by an increase in the employment rate, which rose to 95.7 percent from 95.5 percent the same period in the previous year, and a higher labor force participation rate of 63.9 percent, up from 61.1 percent," he said. "These developments highlight the positive developments in our ongoing efforts to expand job opportunities and strengthen workforce development."

step toward sustainable and quality employment. "The services sector remains a key driver of employment, accounting for 61.6 percent share of total employment, while significant growth is also observed in agriculture, forestry, wholesale and retail trade, and the accommodation and food service sectors," he added.

To further strengthen the labor market, the DOLE vowed to continue promote the Trabaho sa Bagong Pilipinas through monthly or bi-weekly job fairs, linking vulnerable groups to sustained income opportunities, and support micro, small and medium enterprises (MSMEs) through accelerated Adjust- *see page 5...*

MPT South Achieves Triple ISO Certification, Strengthening Commitment to Excellence and Sustainability

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Ribbon Cutting and Blessing of Women and Children Protection Center (TMC PNP)



Blessed day, mga Treceños! Matapos ang tatlong buwang konstruksyon, pormal na Women and Children Protection Center, isang simbolo ng pag-asa, kalinga, at kata-rungan para sa mga kababaihan at kabata-ang nangangailangan ng proteksyon. Ang pagtatayo ng sentrong ito ay patunay ng ating patuloy na pag-sisikap na lumikha ng isang ligtas at makatarungang komunidad. Sa gitna ng panahon, mahalaga ang pagkakaroon ng isang kanlungang magbibigay ng *see page 4...*

RIBBON CUTTING AND TURNOVER CEREMONY OF CAVITE NATIONAL HIGH SCHOOL GYMNASIUM

Bagong Dump Truck, Handog ng San Miguel Aerocity Inc., para sa Bayan ng Naic



Nakatanggap ang Municipality of Naic ng isang bagong Dump Truck mula sa donasyon ng SAN MIGUEL AEROCITY INC, kasama ang kinatawan nito na si Angelo O. Inigo (Social Development & Management Program Associate). Taos pusong nagpasalamat sa donasyong ito ang Municipal Environment & Natural Resources Office (MENRO) sa pangunguna ni Michael Caesar A. Alcantara (OIC-MENRO). Naghatid din ng pasalamat ang Ama ng ating bayan Mayor Ruperto Dualan at Vice Mayor Junio Dualan kasama ang buong Local Government Unit (LGU).

Mga Cayetano, itinulak ang mas mahigpit na regulasyon kontra vape at sigarilyo



Muling nanindigan sina Senador Alan Peter at Pia Cayetano laban sa paggamit ng sigarilyo at e-cigarettes kasunod ng babala ng mga eksperto na may epidemya na ng paninigarilyo at vaping sa mga kabataan sa bansa. Ayon sa Philippine Medical Association o PMA, nananatiling pangunahing sanhi ng maaibasag sakit at maagang pagka-

matay ang paninigarilyo. Dagdag pa ng mga doktor, hindi ligtas ang e-cigarettes at vapes kahit pa ito'y inilalako bilang mas ligtas na alternatibo sa sigarilyo. Iginiit ni Senador Pia, na kilalang health advocate, na dapat magsama-sama ang gobyerno at iba't ibang sektor para tugunan ang lumalalang problema sa sigarilyo at vape. "It is our job when we legislate that we don't allow these products to be marketed indiscriminately. And now, we can see evidence that they are really targeting the youth," sabi niya. "We must act swiftly to protect our children and our communities from these emerging threats before it's *see page 4...*

Wag puro marites! Protektahan ang iyong pandinig!

March 3 is International Ear Care Day
Changing mindsets. Empower yourself!

Iwasan ang sobrang lakas na tunog.
Panatilihin ang malinis ang tainga.
Magpatingin sa espesyalista kung may problema sa pandinig.

LUNGSOD NG BACOOR LALAWIGAN NG CAVITE

MGA PARAAN UPANG MAKA-IWAS SA HEAT STROKE ANO ANG MGA KAILANGANG GAWIN TUWING TAG-INIT?

- Dalasan ang pag-inom ng tubig.
- Magsuot ng light-colored na damit.
- Iwasan ang pag-inom ng kape, tsaa, o soft drink sa tanghali at hapon.
- Manatili sa bahay kung hindi naman kinakailangang tumabas.
- Iwasan ang physical activities sa tanghali at hapon.
- Magsuot o magdala ng pangangalang sa sikat ng araw.

Paalala mula sa ating Bagong Barangay Dulong Bayan Health Center

BARANGAY DULONG BAYAN - CITY OF BACOOR
OFFICIAL FRIDGE BAGONG BARANGAY DULONG BAYAN
TEL. NUM. 046-(418-1216)

AGIMAT PARTYLIST, BONG REVELA, STRIKE AS, JADE PALMA, BACOOR, BRGY. KAPITAN

Pananakit ng Leeg: Mga Sanhi, Sintomas, at Gamot

Ang pananakit ng leeg ay isang pangkaraniwang karamdaman na maaaring maranasan ng kahit sino. Bagama't madalas na hindi seryoso, maaari itong makaapekto sa pang-araw-araw na gawain at kalidad ng buhay. Ang sakit na ito ay maaaring tumagal ng ilang araw lamang o maging matagal depende sa sanhi at paraan ng paggamot.

Mga Sanhi ng Pananakit ng Leeg

Maraming posibleng dahilan kung bakit sumasakit ang leeg. Narito ang mga karaniwang sanhi:

- Hindi Maayos na Pagkakaupo o Pagkakatayo** - Ang maling posture habang nagtatrabaho sa harap ng computer o cellphone ay maaaring magdulot ng pananakit ng leeg. - Ang matagal na pagkabaluktot ng leeg o pagyuko ay maaaring makapagpangalay sa muscles.
 - Pangangalay ng Muscle (Muscle Strain)** - Ang sobrang paggalaw ng ulo tulad ng pag-ikot o biglaang pagtingin sa likod ay maaaring makasakit sa muscles ng leeg. - Ang pagkiskis o pagngangatngat ng ngipin (teeth grinding) ay isa rin sa mga dahilan ng pagkapagod ng leeg.
 - Pag-edad ng Joints** - Habang tumatanda, nagkakaroon ng pagkasira ang cartilage sa pagitan ng buto sa leeg na maaaring magdulot ng osteoarthritis. - Nagiging mas marupok ang mga kasukasan at nagiging sanhi ng pananakit.
 - Pagkaipit ng Ugat (Nerve Compression)** - Ang nerves na matatagpuan sa leeg ay maaaring maipit kung may namumuong bone spurs o pamamaga ng muscles dahil sa stress o arthritis. - Nagdulot ito ng pamamanhid, pangangalay, at matinding pananakit na maaaring umabot sa balik at braso.
 - Pinsala o Injury** - Ang aksidente sa sasakyan, pagbagsak, o maling paggalaw ng leeg ay maaaring magdulot ng whiplash injury. - Ang whiplash ay nangyayari kapag ang leeg ay biglaang naitalak pabalik at pasulong, na nagiging sanhi ng pagkapagod ng mga ligaments at muscles.
 - Sakit o Impeksyon** - Ang ilang sakit tulad ng rheumatoid arthritis, meningitis, at cervical spondylosis ay maaaring magdulot ng pananakit ng leeg. - Ang meningitis ay isang malubhang kondisyon na dulot ng impeksyon sa utak at spinal cord, na maaaring samahan ng lagnat at pagkirot ng ulo.
 - Stress at Tension** - Ang stress ay maaaring magdulot ng paninigas ng muscles sa leeg at balik at na nagiging sanhi ng pananakit.
- Mga Sintomas na Dapat Bantayan**
 Bagama't ang pananakit ng leeg ay karaniwang nawawala sa loob ng ilang araw, may mga sintomas na nangangailangan ng agarang konsultasyon sa doktor:
 *Pananakit na umaabot sa balik, braso, o kamay
 *Pamamanhid o pangangalay ng kamay at daliri
 *Panghihina ng mga muscles sa braso
 *Hirap sa pagdumi o pag-ih
 *Kawalan ng kakayahan na maabot ng baba ang dibdib
 *Lagnat na may kasamang paninigas ng leeg (posibleng senyales ng meningitis)
Paano Ito Ginagamot?
 Ang paggamot sa pananakit ng leeg ay depende sa sanhi at tindi ng sakit. Narito ang ilan sa mga posibleng solusyon:

- Pahinga at Pag-iwas sa Stress** - Magpahinga nang ilang araw upang mabawasan ang pananakit at pamamaga ng muscles. - Iwasan ang mga aktibidad na nagpapalala sa sakit tulad ng biglaang paggalaw ng ulo.
 - Hot at Cold Compress** - Maglagay ng yelo sa leeg sa loob ng 15-20 minuto upang mabawasan ang pamamaga. - Pagkatapos ng dalawang araw, gumamit ng hot compress upang mapabuti ang sirkulasyon ng dugo at mapagaan ang sakit.
 - Pag-inom ng Gamot** - Ang mga over-the-counter na gamot tulad ng ibuprofen o paracetamol ay maaaring makatulong sa pananakit at pamamaga.
 - Stretching at Pag-ehehersisyo** - Ang simpleng neck exercises at stretching ay maaaring makatulong upang mapalakas ang muscles at mapawi ang sakit.
 - Physical Therapy** - Sa mas malalang kaso, maaaring magrekomenda ang doktor ng physical therapy upang mapabuti ang lakas at flexibility ng leeg.
 - Pag-inom ng Muscle Relaxants** - Para sa matinding pananakit, maaaring irekomenda ng doktor ang muscle relaxants upang mabawasan ang paninigas ng muscles.
- Kailan Dapat Kumonsulta sa Doktor? Magpatingin sa doktor kung:**
 - Ang pananakit ng leeg ay tumatagal ng higit sa isang linggo
 *May kasamang lagnat, pagsusuka, o pananakit ng ulo
 *Ang sakit ay lumalala sa paglipas ng araw
 *May pamamanhid o panghihina sa mga braso at kamay
Paano Maiiwasan ang Pananakit ng Leeg?
 *Panatilihin ang tamang posture habang nagtatrabaho
 *Gumamit ng ergonomic na upuan at computer desk
 *Mag-ehehersisyo araw-araw para mapanatili ang lakas ng muscles
 *Iwasan ang sobrang paggamit ng gadgets na nakayuko ang ulo

Konklusyon
 Ang pananakit ng leeg ay isang pangkaraniwang kondisyon na maaaring makaapekto sa pang-araw-araw na pamumuhay. Bagama't kadalasang hindi seryoso, mahalaga pa rin ang tamang kaalaman sa mga sanhi, sintomas, at tamang paggamot. Kung ang pananakit ay hindi nawawala o lumalala, huwag mag-atubiling kumonsulta sa doktor upang mabigyan ng tamang lunas. Mahalaga rin na alagaan ang ating kalusugan sa pamamagitan ng tamang postura, regular na pag-ehehersisyo, at pag-iwas sa stress upang mapanatiling malusog ang ating leeg at buong katawan.

Parangal para sa pinakamahusay na Agricultural Extension Worker ng High-Value Crops sa CALABARZON, isasagawa



Na g k a k a h a l - aga ng Php20,000 ang matatanggap ng bawat isa sa itatanghal na sampung pinakamahusay na Agricultural Extension Worker (AEW) para sa High-Value Crops Achievers Award (HVCAA) ng Department of Agriculture IV-CALABARZON (DA-4A).

Ang AEW ay mga tekniko at kawani ng mga lokal na pamahalaan sa rehiyon na katuwang ng DA-4A sa pagkuha ng datos at paghahatid ng iba't ibang programa ng tanggapan sa mga magsasaka.

Alinsunod sa Memorandum Circular No. 57, Series of 2023, inaasahan ang pagkilala ng High Value Crops Development



EDITOR'S NOTE:
 All comments and opinions submitted by our contributing writers and herein published shall remain as personal opinion of our column writers. Viewliner shall not be held liable to any legal issues related to any commentaries that may appear herein.

Program (HVCDP) sa mahalagang kontribusyon ng mga AEW sa pagiging matagumpay ng implementasyon ng mga programa ng Kagawaran.

Na k a t a k d a n g pumili ang DA-4A ng walong AEW mula sa munisipyo o lungsod at dalawa naman mula sa probinsya.

Magsisimulang tumanggap ng nominasyon simula ika-1 ng Agosto hanggang ika-15 ng Setyembre. Ayon kay Regional Technical Director for Operations and Extension at HVCDP Focal Per-

son Engr. Redelliza Gruezo, suporta ito ng Kagawaran upang mas maging ganado ang mga kawaning bahagi ng pagpapalakas ng sektor ng agrikultura at patuloy na masiguro ang seguridad ng gulay, prutas, at iba pang high-value crops.

Para sa iba pang katanungan ukol sa nasabing parangal ay maaaring mag-email sa rafis@calabarzon.da.gov.ph o kaya naman ay mag-mensahe sa Facebook page ng DA-4A: DA-Calabarzon. ##### (Danica T. Daluz, DA-4A RAFIS)

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Commission calls for stronger policies to bridge gender gaps

MANILA — As the country celebrates National Women's Month, the Commission on Population and Development (CPD) calls for stronger policies to address gender gaps, specifically in the labor sector and in healthcare access.

In a news release Thursday, CPD Undersecretary Lisa Grace Bersales emphasized that while progress has been made, systemic barriers remain.

"We need more opportunities, particularly in fields that are dominated by men. Let us remember that women have a multi-faceted role in the family, being the primary caregivers, taking responsibility for nurturing children, and managing the household. It is important that we remain intentional in providing all women from different sectors with the opportunities and voice to create influence and change, especially in society," Bersales said.

The CPD said data shows that despite advancements in education



and family planning, women still face lower workforce participation, higher unemployment rates, and economic disadvantages.

It said that data reveals that the percentage of women who have completed college is high at 14.5 percent compared to men at 10.5 percent. Women also dominate completion levels for secondary education at 84.8 percent, as compared to men's completion rate at 81.4 percent.

However, the same data also shows that more women are unemployed compared to men.

"The labor force participation rate is notably lower for women at 51.2 percent, compared to men

development, supporting labor force empowerment and active and healthy aging, and accelerating inclusive development among marginalized sectors of the population with specific programs and initiatives for women and girls.

Bersales emphasized the importance of data, particularly disaggregated data, to enable targeted programming, ensuring that the most vulnerable groups, specifically women and girls, indigenous peoples, persons with disabilities, and those in geographically isolated and disadvantaged areas (GIDAs), are effectively reached.

"As we celebrate National Women's Month for this year, let us foster tangible and inclusive calls to action from various groups, providing a platform to voice women's needs for economic success and meaningful empowerment, as we collectively strive to find solutions for women's pressing problems," she said. (PNA)

The strategies include the promotion of responsible parenthood and family planning, advancing adolescent health and

Senator: School mental health services must have tangible support

MANILA – With youth mental health issues becoming more prevalent, Senator Sherwin Gatchalian is calling for the immediate implementation of the School-Based Mental Health Program under Republic Act No. 12080 or the Basic Education Mental Health and Well-Being Promotion Act.

The law's implementing rules and regulations have been finalized.

Gatchalian said the law must result in tangible mental health support for students.

"Mental health should be a priority, not an afterthought," he said in a news release Tuesday.

"By embedding mental health services into schools, we provide learn-



ers with immediate support before their struggles affect their education and well-being."

The program mandates screening, crisis response, first aid and awareness initiatives to ensure that students, especially those in public and private schools and the Alternative Learning System, receive help.

Under the law, every public school must

establish a Care Center, which will be staffed by registered guidance counselors or psychologists. At a broader level, Schools Division Offices must set up Mental Health and Well-Being Offices to cater to both students and Department of Education (DepEd) personnel. To address the na-

tionwide shortage of guidance counselors, the law creates new plantilla positions for School Counselor Associates I to V, allowing individuals with degrees in Guidance and Counseling or Psychology to provide school-based mental health support. Gatchalian emphasized that schools must not only be centers for learning but also safe spaces for emotional and psychological well-being. He also urged the DepEd to ensure that the mental health program is properly funded, fully staffed and widely accessible. (PNA)

HOTEL ホテル ソラゴ

GUHIT NG KAPALARAN

PISCES: (Peb. 19-Mar. 20) – Wala kang maiaabot na tulong kung sarili ay kapos. Kaya alagaan ang kalusugan para hindi masadlak sa maha-haling gamutan. Tantanang ang sobrang pagkain ng pares o kaya bulalo. Lucky numbers at color for the day ang 18, 26, 30, 37 at white.

ARIES: (Mar. 21-Abr. 19) – Hindi matatapos ang problema kung hindi haharapin at hahanapan ng solusyon. Magpakatatag. Lucky numbers at color for the day ang 10, 20, 30, 40 at jade green.

TAURUS: (Abr. 20-MaY. 20) – Makakabuting magmasid, makinig at pag-aralan ang mga pangyayari, saka magbigay ng opinyon o komento. Lucky numbers at color for the day ang 3, 7, 12, 15 at sky blue.

GEMINI: (May. 21-Hun. 21) – Ilang gawain ang matatapos nang hindi gaanong mapagod. Kailangan lang ang disiplina sa sarili. Lucky numbers at color for the day ang 15, 28, 35, 43 neon green.

CANCER: (Hun. 2-Hul. 22) – Sa ayaw o gusto, kailangan nang magsimula sa pagkilos. Oras na para balikan ang mga naiwang gawain. Lucky numbers at color for the day ang 3, 11, 34, 39 at lavender.

LEO: (Hul. 23-Ago. 22) – Napakalayo ng iniisip mo ngayon. Dapat magpokus sa bagay na dapat pagtuunan ng pansin. Lucky numbers at color for the day ang 7, 14, 21, 28 at maroon.

VIRGO: (Ago. 23-Set. 23) – Huwag pilitin na magawa ang lahat ng bagay na sarili lamang ang inaasahan. Huwag sayangin ang lakas. Lucky numbers at color for the day ang 2, 12, 24, 32 at avocado green.

LIBRA: (Set. 24-Okt. 23) – Marami ang maghahangad sumama sa iyo para sila rin ay mag-ing produktibo. Naniniwala sa iyo ang grupo. Lucky numbers at color for the day ang 21, 34, 40, 44 at indigo.

SCORPIO: (Okt. 24-Nob. 22) – Kung mahihirapan sa pagdedisyon, makakabuting humingi ng payo sa malapit na kaibigan. Lucky numbers at color for the day ang 7, 26, 31, 39 at pink.

SAGITTARIUS: (Nob. 23-Dis. 21) – Huwag basta makinig sa sabi-sabi. Nasa kamay mo ang lahat. Taglayin ang patas at tuwid na paghatol. Lucky numbers at color for the day ang 12, 28, 37, 45 at peach.

CAPRICORN: (Dis. 22-Ene. 19) – Huwag magsimula ng panibagong gawain kung hindi tapos ang unang ginagawa. Ihandang ang sarili sa hamong daraming. Lucky numbers at color for the day ang 5, 9, 18, 23 at red.

AQUARIUS: (Ene. 20-Peb. 18) – Anuman ang mang-yari, manatiling matatag at huwag basta susuko. Maging positibo sa araw-araw. Lucky numbers at color for the day ang 2, 10, 24, 32 at purple.

Lawmaker bats for front-of-pack nutrition labeling vs. obesity

MANILA – A lawmaker on Wednesday pushed for the passage of a measure requiring front-of-pack food warning labels and regulating child-directed food marketing to combat heart disease and childhood obesity.

In a press conference to culminate the Philippine Heart Month and World Obesity Day, Samar Rep. Reynolds Michael Tan urged the House Committees on Health and on Trade and Industry to hold hearings on the Healthy Food Marketing Environment bill before the end of the 19th Congress.

"With this bill, we ensure that Filipinos are empowered to protect their families and children from diseases," Tan said. "I urge my fellow lawmakers to support this health measure and secure better health for all Filipinos."

According to the World Health Organization (WHO), excessive consumption of unhealthy food increases the risk of heart disease, diabetes, and some cancers.

House Bill 9819, filed by Tan, seeks to implement front-of-pack warning labels (FOPWL) on pre-packaged food products high in fats, salt, and sugar to help consumers make healthier choices.

Additionally, the measure aims to regulate advertisements targeting children that promote food products with warning labels.

"The policy ensures a heart-healthy food



environment for children. If the food environment is heart-healthy for a child, it is heart-healthy for all," Tan said.

Protecting Filipinos' health

The Philippine Heart Association (PHA), meanwhile, supported the bill's passage.

"Pediatric and adult cardiologists, see patients every day, we all agree that heart patients are getting younger, due to poor diet," PHA director and advocacy chair Avenilo Aventura Jr. said in a press conference in Quezon City.

"Most of the food industry players have created an environment where unhealthy options are the default, and we need to change that," he added.

He noted unhealthy eating habits, which include too much consumption of highly-processed foods or sugar, sodium, and bad fats, are a major risk factor for cardiovascular disease (CVD).

Aventura also noted that studies show children exposed to unhealthy food marketing develop strong preferences for junk food which lead to poor nutrition and obesity, eventually to increased risk of CVD.

"A heart-healthy



MASAGANANG AGRIKULTURA MAUNLAD NA EKONOMIYA

MANILA: 853-8888, 853-8888, 853-8888

Gov't ID database to improve security in SIM registration – Globe

MANILA – Globe Telecom Inc. (Globe) on Monday called for the creation of a government identification (ID) database to validate subscriber identity module (SIM) card registration, improve security and deter the use of fake IDs.

In a statement, Globe general counsel Froilan Castelo said there should be an official ID database that telecommunications companies (telcos) can use to verify the identity of registrants, such as the National ID, or Social Security System (SSS) and Government Service Insurance System (GSIS) cards.

"There is no way for us to determine with 100 percent certainty if the identity is fake without a database from which we can validate the identity," Castelo said.

To date, he said the SIM Registration Act provisions are strictly implemented, including only accepting required ID cards, using software to read text on IDs, and facial recognition to ensure registrants are real people.

environment for children is a heart-healthy milieu for everyone," he said.

He said the "life-saving bill" would help children embrace a healthy and balanced diet that lead to good heart health.

In the same briefing, PHA director Dr. Louella Santos, highlighted the high prevalence of non-communicable diseases (NCDs) in the country, particularly cardiovascular disease, which remains the leading cause of death among Filipinos.

The Philippine Statistics Authority (PSA) reported that heart disease accounted for one in five Filipino deaths in the first half of 2024. It remains the leading cause of death in the country.

"We need to give Filipinos a fighting chance to protect their heart health and that of their loved ones from this deadly yet preventable disease," Santos said.

The United Nations Children's Fund (UNICEF), meanwhile, reported that one in seven school-age children in the Philippines is overweight or obese, partly due to exposure to food marketing promoting unhealthy eating habits. (PNA)



"However, there are still criminals who can bypass this by using someone's identity and then selling these registered SIM cards to scammers," he said.

He reminded mobile users to register their SIM cards under their names, with the exemption of SIMs used by minors.

He also asked the public to never accept offers to register SIM cards on behalf of others in exchange for cash, as their identities may be used for scams that may result in the filing of criminal cases against them.

Earlier, the Presidential Anti-Organized Crime Commission called on telcos to strictly implement the SIM Registration

Act following reports of "pre-registered" SIM cards being sold on social media.

Under Section 11 of the SIM Registration Act, selling or purchasing registered SIM cards are illegal and penalized by imprisonment of six months to six years and/or fines ranging from PHP100,000 to PHP300,000.

5G expansion
Meanwhile, Globe highlighted the expansion of its 5G network last year, with a total of 587 new 5G sites installed across the Philippines in 2024.

To date, Globe 5G covers 98.69 percent of the National Capital Region and 96.95 percent of select cities in the Visayas and Mindanao. (PNA)

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- Promo tickets are available at the Park's Front Gate Ticket Booths and Group Sales Office in Santa Rosa.
- Promo may NOT be availed in conjunction with other existing promos (Senior Citizen and PWD Discount).

Valid from March 5 to April 13, 2025 DTI Fair Trade Permit No.R4A-Lag-02-038, series of 2025

MPT South Achieves Triple ISO Certification, Strengthening Commitment to Excellence and Sustainability



MPT South, the concessionaire of the Manila-Cavite Expressway (CAVITEX) and Cavite-Laguna Expressway (CALAX), and a subsidiary of Metro Pacific Tollways Corporation, was recently granted three International Organization for Standardization (ISO) certifications. The company achieved certifications for ISO 9001 (Quality Management), ISO 14001 (Environment

Management), and ISO 45001 (Occupational Health and Safety), showcasing its commitment to operational excellence and sustainable business practices.

To celebrate this milestone, an awarding ceremony was held on January 27, 2025, at Sequoia Hotel, where certifying body, DQS Certification Philippines formally presented the certificates to the

MPT South Management Committee, led by Officer-in-Charge Ms. Elnora D. Rumawak.

"This achievement reflects MPT South's unwavering commitment to excellence, sustainability, and the safety of every motorist we serve," said Ms. Rumawak.

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

RIBBON CUTTING AND TURNOVER CEREMONY OF CAVITE NATIONAL HIGH SCHOOL GYMNASIUM

Sa pagsisimula po ng aking birth month ay pormal na po nating pinasinayaan ngayong araw ang bagong gawang Cavite National High School Gymnasium na tiyak na mapakikinabangan ng ating mga guro at ng mas maraming mga kabataang Caviteño.

Katuwang po natin sa pagsasakatuparan ng pangarap na ito ng mga Taga-Cavite High si Senator Ramon Bong Revilla, Jr., ang Agimat Partylist, at ang Team Unlad Cavite City sa pangunguna nina Mayor Denver Chua at Vice Mayor Raleigh Rusit, bilang hakbang sa hangat nating mas pataasin pa ang antas ang pagkatuto sa ating mga



paaralan. ang kagandahan at kaayusang nito. Basta nandito lang po si Cong Jolo upang laging tumugon sa inyong mga pangangailang pang- edukasyon.

Gaya po ng aking laging sinasabi, ang hiling ko lamang sa ating mga mag-aaral ay sana ay pagbutihin nila ang kanilang pag-aaral at gamitin ang mga pasilidad tulad ng CNHS Gymnasium bilang kanilang ikalawang tahanan upang mapanatili natin

#CaviteCity #CaviteFirstDistrict #Cavite #JoloCares #AlagangRevilla

AndiTo na ang Farm to Market Road!



Sa maraming taon, malaking hadlang ang kakulangan ng maayos na daan sa pag-unlad ng mga magsasaka. Kadalasan ay sila ay nalulugi sa mataas na gastos sa transportasyon, limitado ang kita, at mahirap dalhin ang ani sa pamilihan.

Bilang solusyon at pagpapaunlad ng sektor ng agrikultura, ginanap ang Inauguration and Ribbon cutting of 3 Farm to Market Roads sa Sitio Putol, Brgy. Caluagan; Sitio Tikwi, Brgy. San Agustin; at Sitio Ab-Ab, Brgy. Ramirez. Naging posible rin ang proyektong ito dahil sa tulong ni HON. JESUS "JESS" ANTAZO, ang Municipal Vice Mayor ng Magallanes, Cavite.

Sa #AlagangTolentino, patuloy po tayong magsusulong ng mga proyektong tunay na may pakinabang sa taumbayan at sa Cavite.

DOH warns against heat illnesses



MANILA – The Department of Health (DOH) on Monday warned the public against heat illnesses as heat index may rise to 46 degrees Celsius in the National Capital Region until Tuesday.

In an advisory, the DOH said the Philippine Atmospheric Geophysical and Astronomical Services Administration (PAGASA) classified temperatures from 33 to 41 degrees Celsius as "extreme caution" while temperatures from 42 to 51 degrees Celsius as "danger."

PAGASA also

forecasts a "danger" heat index in Pampanga, Nueva Ecija, Bataan, and Olongapo City.

"Ang ganitong mga temperatura ay maaaring humantong sa pamumulikat at pagkahalo na may mga sintomas tulad ng pagkapagod, pagkahilo, sakit ng ulo, pagsusuka, at pagkahilo (These temperatures may lead to heat cramps and heat exhaustion, headache, vomiting, and dizziness)," the DOH said.

It added these could lead to heat stroke, a serious condition characterized by unconsciousness, confusion, seizure or convulsion, and death when not addressed.

People experiencing these symptoms are advised to stay in a shady and cool place with good ventilation. They may remove outer clothing and apply a

cold compress or ice pack to the head, face, neck, armpits, pulse, ankles, and groin.

"Kung ang pasiyente ay may kamalayan, hikayat in ang madalas ngunit mabagal na pagsisip ng malamig na tubig. Makipag-ugnayan sa emergency services, o dalhin kaagad ang tao sa ospital (If conscious, urge the patient to drink cool water slowly and frequently. Connect to emergency services, or bring the patient to the nearest hospital)," the DOH said.

Apart from monitoring PAGASA's report, the DOH advised everyone to drink a lot of water; avoid iced tea, soda, coffee, or alcohol; limit time outdoors from 10 a.m. to 4 p.m.; use protection like hats, umbrellas, and sunblock; and wear light and loose clothing. (PNA)



Cayetano... from page 1

too late. The alarming crisis of youth vaping and potential addiction to illicit drugs demand our urgent attention," dagdag niya.

Batay sa datos ng Department of Science and Technology-Food and Nutrition Research Institute o DOST-FNRI, biglang lumobo ang bilang ng kabataang gumagamit ng vape. Noong 2021, nasa 37,000 lamang ang gumagamit, ngunit pagsapit ng 2023, umakyat ito sa 423,000, na katumbas ng mahigit 1,000% na pagtaas.

Nagbabala naman si Senador Alan tungkol sa panganib ng sobrang paggamit ng nicotine.

"We all know that nicotine is an addictive substance. And yet we are allowing vaping devices to deliver much higher concentrations of nicotine than even cigarettes and other tobacco products can provide," sabi niya.

"This will undoubtedly make it harder for the country's estimated 17 million smokers to quit and may in fact encourage a deeper dependence on nicotine among our kababayan," dagdag niya.

Nanawagan din siya sa mga opisyal ng gobyerno na agad kumilos laban sa tumataas na paggamit ng sigarilyo at vape products. "I have always maintained that the government must work to do good and prevent harm. We must stop the floodgates of nicotine addiction from opening, especially if it means putting people's health and lives at risk just to earn billions of pesos from vape and e-cigarette sales," diin ng senador.###

Ribbon Cutting... from page 8

suporta at hustisya sa mga biktima ng pang-aabuso. Ang sentrong ito ay magsisilbing sandigan para sa mga nangangailangan, upang muling mabuo nila ang kanilang buhay nang may dignidad at respeto.

Sa lahat ng lingkod-bayan at tagapagtaguyod ng karapatnang mga magkapatnang patan, patuloy nating ipamalas ang malasakit at dedikasyon sa pagbibigay ng proteksyon sa ating mga kababaihan at kabataan. Sama-sama nating itaguyod ang isang ligtas, maunlad, at makatarungang Trece Martires para sa lahat.

M a r a m i n g salamat po.



Gov't focusing... from page 8

"Hindi po nababahala ang ating Pangulo dahil sa atin po, sa panahon po ngayon, lahat po ng paraan ay ginagawa po natin para maingat po ang lebel ng ating edukasyon (We are not really alarmed because right now, we're doing every means possible to assess its effectiveness. She also suggested a potential policy change that would require private companies to hire a certain number of Grade 12 graduates, noting that currently, hiring K-12 graduates is often voluntary.

This proposal aims to enhance the employability of students completing the K-12 program, she explained.

"Kung magkakaroon po ng batas na at least two Grade 12 graduates ang inyong i-hire ay mas magkakaroon po ng magandang solusyon o resulta itong mga nag-graduate po ng Grade 12 kasi po mas paiiingtingin nila rin ang kanilang kaalaman (If there is a law that requires you to hire at least two Grade 12 graduates, there will be a better employability for those who graduated from Grade 12 and they will also sharpen their knowledge)," she said. (PNA)

President Ferdinand R. Marcos Jr. recently approved the allocation of some PHP700 million for the construction of child development centers in low-income municipalities this year.

K-12 program. Additionally, Castro addressed the K-12 education system, stating that the government continues



DOLE: Gov't... from page 8

ment Measures Program (AMP) initiatives in the countryside.

"Digitalization of Public Employment Services (PES) will be pursued to enhance accessibility, streamline processes, and efficiency for job seekers and employers via platforms like PhilJobNet and PESO Employment Information System (PEIS)," Laguesma said.

"The issuance of Department Order No. 248 or the updated rules for the employment of foreign nationals, introduces measures that strengthen regulatory measures that seek to prioritize Filipino workers and their talent, introducing the Economic Needs Test (ENT), and the requirement for employers to implement an Understudy Training Program."

Laguesma said the partnership with JobStreet Philippines, Inc., which was formalized through a memorandum of agreement during Career Con 2025, on their commitment to connect Filipino workers with meaningful employment opportunities.

"This collaboration emphasizes the importance of labor market information sharing, streamlining job fair processes, and advancing youth employability programs," he said.

"In line with the Philippine government's vision of a Bagong Pilipinas that is inclusive, progressive, and resilient, we are dedicated to building a future-ready and globally competitive workforce."

Laguesma also



GSIS to develop facial authentication for Touch app

MANILA – The Government Service Insurance System (GSIS) is set to enhance its flagship GSIS Touch mobile application with a facial authentication feature, improving security and accessibility for its members and pensioners.

GSIS President and General Manager Arnulfo Veloso announced the new development in an interview with Bagong Pilipinas Ngayon on Monday, emphasizing the agency's commitment to digital innovation.

He said the development of the facial authentication feature eliminates the need for users to remember their user ID and password.

"Ipapakita lang ang kanilang mukha sa camera at maa-access na nila ang kanilang account (They can just show their face to the camera and then can access their account)," he said.

The enhancement aims to provide seamless and secure access, allowing GSIS members and pensioners to complete transactions anytime and anywhere while strengthening protection against fraud and identity theft.

The GSIS Touch app is a key component of the agency's digital transformation efforts, making government services more accessible and efficient for its members.

"Sa kasalukuyan, 1.7 million users na ang aktibong gumagamit ng GSIS Touch, at 98 percent ng aming loan transactions ay



ginagawa na sa pamamagitan ng app at aming kiosks (Currently, 1.7 million users are actively using GSIS Touch, and 98 percent of our loan transactions are done through the app and our kiosks)," Veloso said.

He highlighted the significant impact of the digital transformation, particularly for retirees and survivorship beneficiaries, with 82 percent of retirees and 85 percent of survivorship beneficiaries now using the app for their proof of life requirement.

"Sa madaling salita, hindi na sila kailangang magbiyahe o pumila sa GSIS office. Napakalaking ginawa ito lalo na para sa ating mga senior citizen (In other words, they no longer have to travel or stand in line at the GSIS office. This is a huge relief especially for our senior citizens)," he added. (PNA)

Gov't focused on improving workforce's skills, enticing more investors



MANILA – The Marcos administration is committed to enhancing the Filipino workers' skills and wooing more investors to improve employment, Malacañang said Thursday.

This, as Palace Press Officer and Presidential Communications Office Undersecretary Claire Castro expressed elation over the Philippine Statistics Authority's (PSA) latest report showing that the labor force participation rate in January 2025 translates to a total of 20.65 million Filipinos, higher than the 48.06 million logged in January 2024 and 50.12 million recorded in October 2024.

"Ano nga ba ang

Process Management) sector sa pamamagitan ng re-skilling para makasabay sa bagong teknolohiya (Next, because of the CREATE MORE Act, more entrepreneurs are investing in the Philippines to generate more jobs, and more opportunities in the IT-BPM sector through re-skilling and upscaling to keep up with new technology)," she added.

CREATE MORE stands for Corporate Recovery and Tax Incentives for Enterprises - Maximize Opportunities for Reinvigorating the Economy.

Castro stressed that because of the government's efforts, more job opportunities and higher quality of employment will be provided to Filipinos.

She also expressed confidence that more entrepreneurs will invest in the country, adding that they are vital in strengthening the Philippine economy.

She also assured the public that the government is implementing better programs regarding employment generation for more Filipinos.

"Kailangan po talaga natin magkaroon ng maraming (we really need many) investors. Bakit (Why)? It will generate income. It will allow Filipinos to be employed. So, 'yun po in general ang masasabi natin. Talaga pong pinagbubuti natin (So, that's what we can say in general. We are really improving)," Castro said.

Castro said the opening of 2,280 jobs from 30 investors in Clark, Pampanga would also help in improving the country's employment rate.

The PSA also reported that youth labor force participation rose to 31.8 percent in January 2025, up from 29.7 percent a year earlier, reflecting stronger engagement among young Filipinos in the labor market. (PNA)