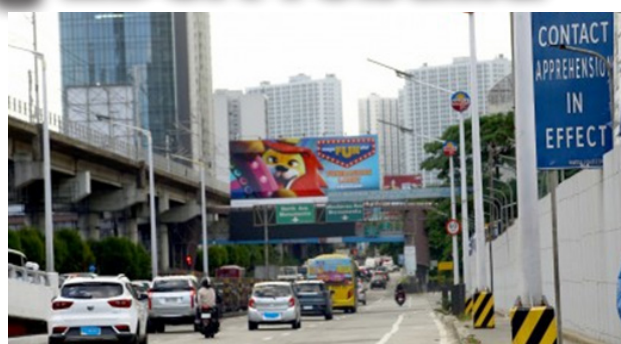


Toll holiday at Skyway Stage 3, NLEX Connector during EDSA rebuild

MANILA – The use of Skyway Stage 3 (Skyway) and the North Luzon Expressway (NLEX) Connector Road will be free to all motorists for the entire duration of the Epifanio Delos Santos Avenue (EDSA) rebuild.

In a statement on Thursday, the Department of Transportation (DOTr) thanked San Miguel Corporation (SMC) Tollways and Metro Pacific Tollways Corporation (MPTC) --the operators of Skyway Stage 3 and NLEX Connector Road, respectively-- for offering to implement the toll holiday.

“Nais nating magpasalamat sa SMC at MPTC sa pangunguna nina Mr. Ramon Ang at Mr. Manny Pangilinan dahil handa silang isantabi ang arawang kita mula sa toll upang matulongang pamahalaan at ating mga kababayan (We would like to thank the SMC and MPTC led by Mr. Ang and



Mr. Pangilinan because they are willing to set aside profits and help the government and the people),” the DOTr said.

Both Skyway Stage 3 and NLEX Connector will serve as alternate routes once the EDSA rebuild begins on June 13 until its completion in 2027.

“President Ferdinand R. Marcos Jr. wants to ease the burden of the EDSA rebuild to commuters and motorists, and this deep sense of social responsibility to the nation and Filipinos from our private partners will at least alleviate the expected struggles

brought by the rebuild,” the DOTr said.

Aside from the Skyway and NLEX Connector, the Metropolitan Manila Development Authority advised motorists to take the so-called ‘Mabuhay Lanes’ or official alternative routes instead of EDSA for the duration of the rebuild to avoid heavy traffic.

On Monday, Department of Public Works and Highways Secretary Manuel Bonoan announced the timeline of the EDSA rebuild that seeks to strengthen EDSA’s road, drainage, and pedestrian infrastructures. (PNA)

Sunshine Ville residents in Cabuco receive free medical and dental care

In line with the commitment to promote accessible and quality healthcare at the grassroots level, a Medical and Dental Mission was successfully conducted in Sunshine Ville, Brgy. Cabuco, Trece Martires City, serving a total of 310 residents.

The initiative was spearheaded by the Provincial Government of Cavite in collaboration with the local government



of Trece Martires City and the Eagles Club Trece Martires City. It was ably led by the dedicated medical and dental team of the General Emilio Aguinaldo Memorial Hospital and the Office of the



Provincial Governor. Residents availed of various health services such as blood pressure monitoring, medical consultations, dental check-ups and extractions, as well as the

distribution of free medicines and mosquito repellent lotion as essential preventive care, especially during the rainy season.

The mission was personally supported by Vice Mayor Bobby Montehermoso and Brgy. Chairperson Abet Montehermoso, whose presence underscored the strong partnership between the city and provincial government in promoting public health.

The success of the activity was further strengthened by the invaluable contribution of the Eagles Club Trece Martires City, under the leadership of its President Nelson C. Peñalba. — R. Dones

PAHAYAGAN NG
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PBBM eyes collab with private sector to hasten classroom construction

MANILA – President Ferdinand R. Marcos Jr. has instructed concerned agencies to collaborate with the private sector to fast-track the establishment of more public school classrooms in Ilocos Region, the Presidential Communications Office (PCO) said on Saturday.

Marcos stressed the need to pursue public-private partnerships (PPPs) to speed up the construction of additional classrooms in the region during a meeting with the Regional Development Council in Dagupan City, Pangasinan on Friday.

“President Marcos said that public infrastructure and development projects can be implemented faster and at lower government costs by entering into contracts with the private sector through PPP,” the PCO said in a statement.



“The Chief Executive said such arrangements should be used again to accelerate the construction of classrooms.”

The Department of Education (DepEd) has proposed the construction of nearly 3,000 classrooms in the Ilocos Region from 2025 to 2030.

Marcos acknowledged the DepEd’s efforts to boost literacy rate in the Ilocos Region, which is traditionally higher than the national average.

“I’m glad to see the intervention at DepEd, the construction of the

classrooms. I think we need to accelerate that. I do not think we want to wait until 2030 for all of those classrooms,” Marcos said during the meeting.

Under its budget plan for 2026, the DepEd proposed the hiring of more school principals, administrative officers, school counselor associates and project development officers for the region.

The DepEd is also filling up vacant teaching positions in the region, while carrying out the annual creation and deployment of teaching items.

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SSS and GSIS Pension Schedules Announced for 2025

The Social Security System (SSS) has finalized its SSS Pension Schedule 2025, giving pensioners a clear view of their upcoming payout dates. As of June 2025, the new schedule aims to ensure smoother fund disbursements while improving coordination with banking institutions. These changes are part of a broader push



to make pension services more responsive and efficient for retirees who depend on their monthly stipends.

For this year, SSS is continuing its two-batch release system:

- Batch 1: For pensioners with a date of contingency from the 1st to the 15th of the month.
- Batch 2: For those with a contingency date from the 16th to the **see page 6...**

Empowering the Youth: Basic Life Support & Standard First Aid Training in General Trias



In a powerful step towards building a safer and more resilient community, the City Government of General Trias is launching a Basic Life Support (BLS) and Standard First Aid Training program specifically designed for members of youth organizations.

This initiative seeks to empower the younger generation with essential life-saving skills and emergency response knowledge that can make a real difference in times of crisis.

The training will cover fundamental techniques

such as cardiopulmonary resuscitation (CPR), proper wound care, management of fractures, and how to respond effectively to emergencies like choking, burns, and sudden illnesses.

Led by certified trainers and medical professionals, this hands-on program will not only develop technical skills but also instill a deeper sense of responsibility, leadership, and readiness among the youth.

Through this initiative, General Trias is recognizing the vital role that young

people play in community safety and disaster preparedness.

By equipping them with the tools and knowledge to act during emergencies, we are strengthening our city’s overall resilience and ensuring that help is never too far away—whether at home, in school, or on the streets.

Let’s join forces for a safer and more resilient General Trias! Together, let’s prepare, protect, and empower our youth to become true first responders and heroes in their own right.

ISSY MARKET BLESSING MARKS ECONOMIC BOOST FOR BACOOR COMMUNITY

Bacoor City – Yesterday, Mayor Strike B. Revilla, along with Congresswoman Lani Mercado Revilla, Cong. Bryan Revilla of Agimat Partylist, BM Alde Pagulayan, and Councilor Karen Sarino Evaristo, joined the community in blessing the newly opened Izzy Market in Barangay P.F. Espiritu 2. Mr. Ernie Yu, owner of ISSY Market, and Mr. Jayson Atienza of the Bacoor Chamber of Commerce were also in attendance, alongside Kap Alvin Bryan Macavinta and the Barangay Council.



Mayor Strike expressed confidence that this new market will significantly benefit local residents, providing increased access to goods and services and contributing positively to the local economy.

The blessing ceremony was well-attended, reflecting the community’s anticipation for the market’s positive impact.

DSWD GLs accepted in 92 Mercury Drug outlets starting June 2

MANILA – Starting June 2, a total of 92 Mercury Drug outlets in various regions will accept the guarantee letters (GLs) issued to clients under the agency’s Assistance to Individuals in Crisis Situation (AICS) and the Ayuda para sa Kapos ang Kita Program (AKAP), the Department of Social Welfare and Development (DSWD) announced on Wednesday.

“We are very pleased to share this good news to our kababayans (countrymen). This is part of our continuing efforts to help our clients in availing their medicine requirements, in partnership with the Mercury Drug Corporation. Pwede po nilang gamitin itong GL sa pag-bibili ng kanilang mga (They can now use the GL to buy

their) maintenance medicines,” Assistant Secretary Irene Dumlao said in a news release.

A guarantee letter is a document issued by the DSWD in favor of the beneficiary. It is addressed to service providers that guarantees the payment of the service on behalf of the client, including medicine.

The 92 Mercury Drug stores will accept the GLs issued by the DSWD Central Office and Field Offices in the National Capital Region (NCR), Central Luzon, Calabarzon, Mimaropa, Western Visayas, Central Visayas, Eastern Visayas, Zamboanga Peninsula, Northern Mindanao, Davao Region, Soccsksargen, and the Caraga Region.

“Our Field Offices



in Ilocos Region, Cagayan Valley, Bicol Region, and the Cordillera Administrative Region are still finalizing their agreements with Mercury Drug, but rest assured that these FOs will fast-track their discussions for the best interest of our clients,” the DSWD spokesperson said.

The DSWD-Mercury Drug partnership started last November 2024 and the June 2, 2025 implementation marks their continuing collaboration.

Mercury Drug Store branches that will be accepting DSWD-issued **see page 6...**

Mga pagkain na mahusay sa memorya at nagpapalakas

1. Matatabang isda, mani at olive oil – Ang pagkain ng matatabang isda gaya ng sardinas, tuna, tamban, mackerel at salmon ay maaaring mapanatili ang ating memorya. Ang omega-3 fatty acids ay matatagpuan sa matatabang isda.

2. Berdeng gulay, broccoli, kangkong, spinach, kamote, strawberry at iba pang pagkain na mayaman sa Vitamin C at E – Ang mga pagkain na naglalaman ng antioxidant ay makatutulong sa paglaban sa free radicals na maaaring sumira sa ating utak. Natuklasan na ang mga pagkaing mayaman sa Vitamin C at Vitamin E ay posibleng mabawasan ang panganib ng Alzheimer’s disease.

3. Pagkaing mataas sa flavonoids tulad ng tea, mansanas, orange, suha, repolyo, bawang, sibuyas, kamatis, peas at beans – Natuklasan sa isang pag-aaral na ang pag-kain ng prutas at gulay ay makababawas sa pagkasira ng utak at pagka-ulyanin.

4. Curry powder at turmeric – Isang pangunahing sangkap ng curry powder ay turmeric na naglalaman ng curcumin. Sa pag-aaral, natuklasan na ang curcumin ay isang mabisang anti-oxidant at anti-inflammatory. May pag-aaral na nagsasabi na posibleng mas gumana ang utak kapag madalas kumain nito.

5. Monggo – Maraming benepisyong ay monggo sa puso, utak at katawan natin. Hindi tunay ang kasabihan na bawal ito sa arthritis. Puwede itong kainin dahil masustansiya. Mahusay ito sa mga lumalaking bata dahil sa kumpleto sa bitamina at mineral. Bagay sa may diabetes at maganda sa puso dahil walang cholesterol at ang fiber sa monggo ay laban sa bad cholesterol.

Ang high fiber ng monggo ay may cholecystokinin, para mabilis mabusog, mas konti ang makakain, kaya mas makakapagbawas ng timbang. Bagay din sa nagtitibi at may IBS o Irritable Bowel Syndrome na maganda sa tiyan at pagtunaw.

Puwedeng kainin ng maysakit sa atay dahil pinagkukunan ng protina, albumin at globulin, isoleucine, leucine, valine. Puwede rin sa may sakit sa kidney dahil ang protina nito ay galing sa gulay at hindi sa karne.

Merong folate o folic acid ang monggo na mahalaga sa mga nanay na buntis para sa nervous system ng sanggol. Marami itong taglay na iron na nagdadala ng oxygen sa buong katawan at sa utak para focus at maganda ang memorya kaya bagay sa matanda, bata na nag-aral at anemic.

6. Calcium – Ang calcium ay kadalasan nating naririnig sa mga produktong may kinalaman sa pagpapatibay ng ating mga buto. Nakakatulong ito sa mga bata at matatanda upang mapatibay ang buto at maiwasan ang pagkabali o pagrupok nito. Ang mga pagkain na mayaman sa calcium ay gatas, keso, sardinas, orange, soy milk at yogurt.

Narito ang mga pagkain na nagdudulot ng lakas:

1. Saging – Napakaganda ng saging sa mga nag-ehehersiyong dahil mayroon itong taglay na carbohydrates, vitamin B at potassium. Ang potassium ay kailangan sa normal na pagtibok ng puso at paggalaw ng masels. Masdan n’yo ang mga tennis players na palaging kumakain ng saging.

2. Spaggetti – Nagbibigay ng lakas ang spaggetti dahil sa taglay nitong carbohydrates. Sa mga diabetic, mas mainam ang spaggetti kaysa sa kanin, dahil mas hindi tataas ang iyong asukal sa dugo.

3. Gatas – Ang gatas ay isang kumpletong pagkain dahil mayroon itong carbohydrates, protina at fats. May vitamin B pa ito na nagbibigay ng lakas. Piliin lamang ang low-fat milk para hindi tumaba.

4. Chocolate bar – Para sa kabataan, puwedeng kumain ng tsokolate dahil mayroon itong asukal, gatas at cocoa. Maituturing itong energy bar. Pero limitahan lang ang kakainin sa isang maliit na hiwa at baka ikaw ay tumaba.

5. Pakwan – Ang pakwan ay napakabisang natural energy drinks. Ang pakwan ay may 92 percent alkaline water na mabuti sa katawan. Punong-puno din ang pakwan ng vitamin B, potassium at electrolytes na kailangan ng taong laging pinapawisan. Maganda rin ang pakwan bilang panlaban sa heat stroke at init ng panahon.

6. Buko – Ang sabaw ng buko ay mayroong maraming electrolytes na maihahambing na sa suwero na ginagamit ng doktor. Ang laman ng buko ay may carbohydrates na nagpapalakas at nakabubusog din.

7. Nilagang itlog – Ang itlog ay siksik sa protina, vitamin B at vitamin D. May sangkap pa itong choline na kailangan ng ating utak. Limitahan lang ang pagkain sa 1 o 2 itlog sa maghapon.

8. Nilagang mani – Ang mani ay punong-puno rin ng protina, minerals at good fats na nagbibigay ng lakas. Mas masustansiya ang nilagang mani kaysa sa pritong mani dahil wala itong mantika at mababa sa asin.

Marami Ang Hindi nakakaalam na Namumulaklak Pala ang Snake plant

Mahirap pabulaklak ang snake plant (Sansevieria trifasciata), na kilala rin bilang mother-in-law’s tongue, dahil ito ay isang halaman na mas pinahalalagahan para sa kaniyang mga dahon kaysa sa bulaklak. Gayunpaman, hindi ito imposible! Narito ang ilang paraan na makakatulong para pabulaklak ang iyong snake plant:

Tamang Edad at Kondisyon ng Halaman

Ang mga mature at stressed na snake plant ang mas malamang na mamulaklak. Hindi mo ito mapapabulaklak kung ito ay bata pa o kung ito ay nasa perpektong kondisyon. Kailangan nito ng konting “stress” para mag-udyok ng pamumulaklak.

Limitadong Espasyo sa Paso (Root-bound)

Ito ang isa sa pinakamahalagang salik. Ang mga snake plant ay mas mamumulaklak kung sila ay root-bound o ang kanilang mga ugat ay masikip na sa paso. Kapag masikip ang ugat, iniisip ng halaman na kailangan na nitong magparami bago pa man ito tuluyang mamatay, kaya naglalabas ito ng bulaklak. Huwag masyadong madalas maglipat ng paso.

Sapat na Liwanag
Bagama’t kilala ang snake plant na nabubuhay sa mababang liwanag, mas mainam para sa pamumulaklak ang maliwanag at indirect na liwanag. Ilagay ito malapit sa bintana na na-

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kaharap sa silangan o kanluran kung saan nakakakuha ito ng sikat ng araw sa umaga o hapon, ngunit iwasan ang direktang sikat ng araw sa tanghali na maaaring makasunog sa mga dahon nito.

Tamang Pagdidilig
Hayaan munang matuyo ang lupa sa pagitan ng pagdidilig. Ang sobrang pagdidilig ay maaaring magdulot ng root rot at mas makakasama sa halaman kaysa makatulong sa pamumulaklak. Ang konting pagkatuyo ng lupa ay makakatulong din sa “stress” factor na kinakailangan. Sa panahon ng taglamig, mas bihira ang pagdidilig.

Tamang Temperatura at Humidity

Mas gusto ng snake plant ang mainit na temperatura (mga 18-35°C). Bagama’t nakakayanan nito ang iba’t ibang antas ng humidity, mas mainam ang normal na humidity sa bahay.


Paggamit ng Pataba (Fertilizer)

Kapag naglagay ng pataba, gumamit ng balanced

fertilizer (halimbawa, 10-10-10) sa tagsibol o tag-araw, ngunit huwag sobrahan. Ang sobra-sobrang pataba ay maaaring mag-promote ng pagtubo ng dahon at hindi ng bulaklak. Ang phosphorus ay kilalang nakakatulong sa pamumulaklak, kaya maaaring maghanap ng pataba na may mas mataas na phosphorus content, ngunit sa minimal na dami lamang.

Pasensya
Ang pinakamahalagang sangkap sa pagpapabulaklak ng snake plant ay ang pasensya. Hindi ito mabilis mamulaklak, at maaaring abutin ng ilang taon bago ito magpakita ng bulaklak. Tandaan na ang pamumulaklak ay isang bihirang pangyayari para sa snake plant, kaya kapag nangyari ito, ituring itong isang regalo mula sa iyong halaman.

Kung makakita ka ng bulaklak sa iyong snake plant, ito ay karaniwang may mabangong amoy, lalo na sa gabi. Ito ay isang tanda na maayos ang pag-aalaga mo sa iyong halaman, at nagpapasalamat ito sa iyo!



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DIOSDADO ARIEL F. ALTO, JR.
Editor-In-Chief

DIOSAN MARUAL
KCEE NACION
Marketing & Circulation Manager

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Austria offers more than 500 job opportunities for PH skilled workers

MANILA – More than 500 job opportunities in Austria are being offered to Filipino skilled workers seeking employment abroad at the Philippines–Austria Friendship Week Mega Job Fair at the Robinsons Galleria in Quezon City on Tuesday.

The Department of Migrant Workers (DMW) spearheaded the event in partnership with the Embassy of Austria in Manila, to match qualified Filipino talents with employment prospects abroad.

“Eight private recruitment agencies (PRAs) are participating, offering 546 job orders in Austria across various industries, including healthcare, hotel and restaurant, customer

services, and others,” the DMW said in its Facebook post. Part of the event was a pre-employment orientation seminar designed to educate applicants about the realities of working abroad while emphasizing the importance of avoiding illegal recruitment and human trafficking.

The DMW said the initiative aligns with the government’s broader goal

of safe and fair employment for Filipinos abroad and showcases the strong labor cooperation between the Philippines and Austria.

The general application requirements include a valid passport, an updated resumé, a diploma, and Technical Education Authority (TESDA) certifications related to the position being applied for.

Director Rose Duquez of DMW’s Government Placement Bureau said more than 700 job seekers submitted their applications during the job fair. (PNA)

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GUHIT NG KAPALARAN

GEMINI: (May.21-Hun.21) – Huwag hayaan na masira ang pagkatao nang dahil sa kinang ng pera. Tiyakin na ang pagkain na ihinahain sa pamilya ay nanggaling sa malinis at marangal na kita. Lucky numbers at color for the day ang 11, 19, 37, 42 at yellow.

CANCER: (Hun.22-Hul.22) – Mahihirapan kang makitungo sa mga nakapaligid sa iyo ngayon. Makabubuting magpokus sa ginagawa. Lucky numbers at color for the day ang 31, 34, 37, 42 at blue.

LEO: (Hul.23-Ago.22) – Ang pag-uukulan ng atensyon ay may kaugnayan sa negosyo. Ilang mga detalye ang dapat bigyan ng prayoridad. Lucky numbers at color for the day ang 14, 20, 25, 39 at pink.

VIRGO: (Ago.23-Set.23) – Tanggihan mo ang isang pakiusap ng kasamahan dahil kung pauunlakan ay pagsisihan. Lucky numbers at color for the day ang 06, 08, 29, 39 at green.

LIBRA: (Set.24-Okt.23) – Posibleng maging maramdamin ka sa araw na ito pero magiging mahusay ka sa pangangatwiran. Lucky numbers at color for the day ang 12, 17, 22, 27 at red.

SCORPIO: (Okt.24-Nob.22) – Dahil sa impluwensya ng pag-ibig, magiging masayahin ka. May positibong pagbabago sa mga galaw mo. Lucky numbers at color for the day ang 22, 18, 28, 38 at dollar green.

SAGITTARIUS: (Nob.23-Dis.21) – Para sa ikagaganda ng relasyon, unawa at pasensya ang pairalin. Magiging abala ka sa araw na ito. Lucky numbers at color for the day ang 04, 05, 33, 42 at white.

CAPRICORN: (Dis.22-Ene.19) – Maganda at tugma ang panahon sa pananalapi. Ilanda ang sarili sa surpresang matatangap. Lucky numbers at color for the day ang 19, 33, 37, 38 at maroon.

AQUARIUS: (Ene.20-Peb.18) – Haharapin ng matatag at mag-isa ang hamon sa buhay. Dahil wala kang makukuhang suporta. Lucky numbers at color for the day ang 14, 20, 33, 43, at scarlet.

PISCES: (Peb.19-Mar.20) – Kung may gagawing paglalakbay, gawin sa umaga nang walang maging sagabal sa byahe. Lucky numbers at color for the day ang 12, 17, 19, 37 at aquamarine.

ARIES: (Mar.21-Abr.19) – Kung hindi samantalahin ang oportunidad, maiiwanan ka ng mga kasamahan sa pag-asenso. Lucky numbers at color for the day ang 18, 19, 13, 31 at tangerine.

TAURUS: (Abr.20-May.20) – Marami kang gustong gawin. Simulan ang pagdisiplina sa sarili para may matapos na gawain. Lucky numbers at color for the day ang 03, 15, 35, 42 at ocean blue.

SSS and GSIS...

from page 1

end of the month. Payouts are credited either to the pensioner's registered bank account or through their Unified Multi-Purpose ID (UMID) card if it's enrolled as an ATM.

GSIS Pension Releases for June 2025: What Members Should Know

The Government Service Insurance System (GSIS) has also published its June 2025 pension disbursement schedule. GSIS retirees will receive their pension on June 8, 2025, maintaining their commitment to early releases every 8th of the month, unless it falls on a weekend or holiday.

What makes GSIS distinct is its auto-credit system, ensuring hassle-free transactions directly into pensioners' eCard or UMID-compliant bank accounts. GSIS members are advised to keep their account information updated to prevent delays.

To support the digital shift, GSIS is increasing efforts to assist older members through satellite offices and virtual kiosks. These offer services like account validation, benefit inquiries, and card replacements.

The social pension program, administered separately by the Department of Social Welfare and Development (DSWD), continues to expand its integration with national systems like SSS and GSIS. Although social pension is non-contributory and intended for indigent senior citizens, steps are being taken to streamline database verification between agencies. This reduces duplicate assistance and ensures every eligible Filipino senior receives the right support.

For 2025, social pensioners can expect payouts every quarter, with the next one scheduled for July 2025. Amounts remain at PHP 500 monthly (or PHP 1,500 quarterly), but legislation is underway that may increase this to PHP 1,000 monthly within the year.

What This Means for Filipino Retirees in 2025

These updated schedules reflect a larger movement toward digital efficiency in public services. Pensioners are advised to:

- Monitor SMS or email notifications from SSS and GSIS.
• Ensure bank details are current.

DSWD GLs...

GLs from the Central Office are Fairview- Commonwealth; Ever Gotesco Commonwealth; Tandang Sora-Visayas; Marikina-J.P. Rizal; Kalookan Monumento; Kalookan City Deparo; San Mateo General Luna; and Pasay City Bluebay Walk.

The DSWD-issued GLs from the DSWD Field Office-NCR will be accepted in branches located in Quiapo- Plaza Miranda; Sampaloc-Earnshaw; Sampaloc-Legarda; Kalookan-Plaza; Baclaran-Airport; and Armal Center Pasig.

The Mercury Drug stores will also put up the

signage "DSWD Guarantee Letter is accepted here" to further guide clients.

AICS clients may contact or visit any DSWD Field Office in their area of residence for the complete list of Mercury Drug Stores accepting agency-issued GLs.

They may also check this link: https://docs.google.com/spreadsheets/d/1EahGjr17bTX-SCamxLBRgBtCGn-8NEFKhFGHla0bjvHiU/edit?usp=sharing.

The AICS is one of the social protection programs of the DSWD that provides financial assistance in the form of medi-

cal, funeral, transportation, food, and cash relief assistance, including material assistance, psychosocial support and referral services to individuals who are in crisis, as assessed by social workers.

The AKAP is a



Use government mobile apps (such as SSS Mobile or GSIS Touch) for real-time updates.

Moreover, awareness about eligibility and the distinctions between SSS, GSIS, and social pension schemes remains critical, especially for older citizens who may qualify for more than one program.

Conclusion

June 2025 marks another step forward in pension service modernization. Both the SSS Pension Schedule 2025 and GSIS release calendar are aligned to provide timely and secure disbursements. Pensioners are encouraged to leverage digital tools, stay updated, and report discrepancies promptly to avoid missed payouts.

With improvements in database integration and support systems, the Philippine pension framework is becoming more responsive to the needs of its aging population.

FAQs

What if my SSS pension was not credited on the scheduled date?

You should wait one banking day after the expected date before contacting SSS. If the amount is still not credited, call the SSS hotline or visit your nearest branch.

Can I receive both GSIS and SSS pensions?

Yes, if you made separate contributions to both systems during your employment years. However, benefits cannot be claimed from both systems for the same service period.

When is the next social pension payout?

The next DSWD social pension payout is expected in July 2025, covering the second quarter of the year.

How do I update my bank details with SSS or GSIS?

You can update your bank information via the SSS Mobile App or the GSIS Touch app, or by visiting a branch with valid identification and your latest bank certificate.

Will there be any increase in pension amounts this year?

While the base amounts remain the same as of June 2025, bills to raise both SSS and social pension rates are pending in Congress. Updates are expected before the year ends.

from page 1

Top producer of socialized housing commits 35K units to 4PH



MANILA – One of the top producers of socialized housing in the country has committed more than 35,000 units to the government's Pambansang Pabahay Para sa Pilipino Housing (4PH) Program.

This comes after Department of Human Settlements and Urban Development (DHSUD) Secretary Jose Ramon Aliling's announcement to include horizontal developments in the recalibrated housing program.

In a news release on Thursday, Aliling said Raemulan Lands Inc. (RLI) chief executive officer Eileen Uy Doyle has sent a letter of commitment to deliver 35,656 housing units in the next two years.

The construction of some of the units is currently ongoing in the provinces of Pampanga, Bulacan, Cavite, Laguna, and Rizal.

"This is a clear indication that the expansion of 4PH to horizontal developments is on the right track to rally more private partners to join the President's program. With more partners expected to come in, we can produce more housing units faster," Aliling said.

"We need to be more inclusive. We hear the clamor of LGUs (local government units) and other partners for horizontal developments so that they can be more affordable," he added.

RLI has been recognized by Pag-IBIG Fund as the top developer nationwide for three consecutive years, or from 2020 to 2022.

The firm was also awarded the highest number of socialized housing units taken out nationwide for the years 2022 to 2024 and in the National Capital Region for 2024. (PNA)

Public Advisory: CLOSED to the public from 3:00 PM to 8:00 PM, as part of the preparations for the upcoming Festival Competition in celebration of the 127th Anniversary of Philippine Independence, from 22 MAY to 10 JUNE 2025.

Serbisyong Pangkalusugan para sa Kababaihan rolled out in Cavite



As part of the post Provincial Women's Month celebration, an activity dubbed as Serbisyong Pangkalusugan para sa Kababaihan was successfully conducted through the initiative of the Office of the Provincial Social Welfare and Development Officer (OPSWDO) in partnership with the Provincial Council for Women (PCW). The medical caravan was held on May 6 in Maragondon; May 7 in Naic; May 8 in Ternate; May 23 in Tagaytay City; and May 24 in the City of General Trias.

Thousands of women from various sectors across the province benefited from the free medical services, which included blood chemistry, electrocardiogram (ECG), chest X-ray, and eye check-up. These services were rendered by Health Bridge Medical Services, Inc.

The activity aimed to promote the importance of women's health and well-being, providing accessible medical care and encouraging preventive health practices among women, especially those in far-flung areas. This initiative is a testament to the continued efforts of the Provincial Government of Cavite through the OPSWDO, and the PCW, to recognize and support the vital role of women in society by ensuring that their health needs are addressed.

FREE MINOR SURGICAL MISSION YEAR 4 OF CARMONA TOWN



#TuloyTuloyNaBisyo ng Carmona Municipality Lending Service conducted Free Minor Surgical Mission Year 4 for 38 patients from the City of Carmona. Sincere thanks to Dr. Jonathan B. Inquiry with Dr. Ai-Jen Russ O. Bautista who shared their expertise to make the surgical mission a success.

This program is part of the City Government of Carmona's initiative to bring medical services closer to citizens in need of medical attention.



Philippines Govt Salary Hike 2025 Confirmed – Who Gets It, New Rates & Economic Impact Explained

In a major win for public servants, the Philippine government has officially confirmed a salary increase for public sector workers starting 2025.

The announcement marks the final phase of the Salary Standardization Law V (SSL V) and aims to align public sector salaries more closely with private sector standards.

With inflation and the rising cost of living affecting households nationwide, this move is expected to offer much-needed financial relief while also improving retention, morale, and efficiency across government offices.

Breakdown of the 2025 Salary Increase

The Department of Budget and Management (DBM) has released a partial breakdown of new salary rates across various Salary Grades (SGs). Below is a table outlining key increases:

These increases reflect the government's aim to uplift salaries across all levels of public service—from administrative personnel to senior officials.

Who Is Eligible for the 2025 Government Salary Increase?

The 2025 salary adjustment will apply to:

- All regular and permanent national and local government employees
• Public school teachers and nurses
• Military and uniformed personnel
• Government executives and rank-and-file workers

However, it does not cover contractual employees or job order workers, who are classified under different employment rules and benefits schemes.

Budget Allocation and Implementation

The General Appropriations Act of 2025 has allocated sufficient funds to support this salary hike. According to DBM officials, the increase was planned with fiscal responsibility in mind and will not affect ongoing national infrastructure or public service projects.

The payment adjustments will begin January 2025, with eligible employees seeing the change reflected in their first salary cycle of the year.

Why This Matters – Economic Impact

This salary hike comes at a critical time. With inflationary pressures still impacting the prices of basic goods and services, the additional income can help cushion the effects of economic strain on government employees.

Beyond that, the increase is expected to:

- Improve morale in sectors facing staff-



ing shortages, such as education and healthcare

- Encourage retention of skilled professionals in government roles
• Boost productivity and satisfaction through better compensation

However, economic analysts caution about the long-term sustainability of wage hikes without matching productivity reforms or new revenue streams.

What's Next After SSL V?

As SSL V ends in 2025, public sector labor groups and lawmakers are already discussing a possible Salary Standardization Law VI (SSL VI). The new law, if drafted, could further adjust pay scales in response to ongoing inflation trends and private sector competitiveness.

The Civil Service Commission (CSC) is also considering implementing a performance-based evaluation system, which would link future increases to employee performance and efficiency, moving toward a more accountable and merit-driven system.

workers amid rising living costs. With clear funding and structured implementation, the increase will help improve morale, retention, and economic resilience across the public sector. Eligible workers should expect the new rates starting 2025.

FAQs

Who qualifies for the 2025 salary hike?

All permanent and regular public workers employed by national and local government units, including teachers, nurses, and uniformed personnel.

When will the increase take effect?

The salary hike will be implemented starting 2025 and reflected in the first payroll cycle of the year.

Is there funding allocated for the hike?

Yes, the DBM has included funds in the 2025 national budget, ensuring that all eligible personnel will receive the adjusted salary.

DriveHub advertisement: SAFE RIDE, FREE LOAD! FREE P100 RFID LOAD. Get CTPL Insurance via the app now!

EXPRESSWAY SAFETY FEATURE advertisement: CALAX is equipped with Fixed Speed Detection cameras that help enforce speed limits and prevent accidents.

Republic of the Philippines
Fourth Judicial Region
Regional Trial Court Of Cavite
Office of the Clerk of Court & Ex-Officio Sheriff
New Justice Hall, J.P. Rizal Avenue,
Kaybagal South, Tagaytay City

HOME DEVELOPMENT MUTUAL FUND
(otherwise known as Pag-IBIG Fund),
Mortgagee,

-versus-
VICTOR C. ONG married to JOCELYN B. ONG,
Mortgagors,

EJF NO. TG-23-115
FOR: Extra-Judicial Foreclosure of
Real Estate Mortgage under Act No.
3135 as amended by Act No. 4118

X-----X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure sale under Act 3135, as Amended by Act No. 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND (otherwise known as Pag-IBIG Fund), a government financial institution duly organized and existing under the laws of the Philippines, with principal office and place of business at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, pursuant to the terms and conditions of the Loan and Mortgage Agreement ("MORTGAGE") executed and notarized on July 7, 1998 by Mortgagors, VICTOR C. ONG married to JOCELYN B. ONG, both of legal age, Filipino citizen, with residence and postal addresses at (1) No. 702 Tiaga St., Barangka Drive, Mandaluyong City and (2) Lot 9 Blk.32, Rancho Imperial De Silang, Brgy. Tartaria, Silang, Cavite, in favor of the Mortgagee, over a real estate property including improvements thereon, described in and covered by TRANSFER CERTIFICATE OF TITLE NO. (T-808940) 16561 of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagors/Borrowers in the amount of TWO HUNDRED ELEVEN THOUSAND SEVEN HUNDRED FORTY-FIVE PESOS & 31/100 (Php 211,745.31) inclusive of interest, penalties and other charges, as of September 5, 2023, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Oliver N. Mendoza, will sell at public auction on July 24, 2025 at 10:00 o'clock in the morning or soon thereafter, at the New Hall of Justice of Tagaytay City, to the highest bidder, for Cash or Manager's Check and in Philippine Currency, the following property with all its improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. (T-808940) 16561
Registry of Deeds for the Province of Cavite

"IT IS HEREBY CERTIFIED that certain land situated in the Mun. of Silang Prov. Of Cavite bounded and described as follows:

A parcel of land (Lot 9 Blk. no. 32 of the cons./ subd. plan Pcs-04-012899, being a portion of Lot 8014, 8015, 8017, 8018, Cad. 452-D, Silang Cad., Lots 8016-A to 8016-H, Csd-04-006071-D, Lot 15709-A, Csd-042118-012810-D, & Lot Blk. 71.

Pcs-04-011250, LRC Rec. No.), situated in the Brgy. of Tartaria, Mun. of Silang, Prov. of Cavite. Bounded on the SW., along line 1-2-by Lot 3 Pcs-22355; on the NW., along line 2-3 by Lot 8 Blk. 32; on the NE., along line 3-4 by Rd. Lot 33; and on the SE., along line 4-1 by Lot 10 Blk. 32, all of the cons./subd. plan. Beginning at a pt. marked "1" on plan being S. 63 deg. 47' E., 5020.76 m. from BLLM No. 1, Cad. 452-D, Silang Cad.; thence N. 13 deg. 31' W., 3.50 m. to pt. 2; thence N. 76 deg. 25'E., 10.00 m. to pt. 3; thence S. 13 deg. 31'E., 3.50 m. to pt. 4; thence S. 76 deg. 25'W., 10.00 m. to pt. 1; beginning, containing an area of THIRTY FIVE (35) SQ. METERS. All pts. referred to are indicated on the plan and are marked on the ground by PS cyl. conc. mons. 15x60 cm.; bearings true; date of orig. survey, Dec. 7, 1973-Dec. 4, 1975 and that of the subd. survey Aug. 1-30, 1997 and was approved on Dec. 5 1997.

is registered in accordance with the provisions of the Property Registration Decree in the name of* VICTOR C. ONG, married to JOCELYN B. ONG, both of legal age, Filipino.

In the event the public auction should not take place on the said date, it shall be held on July 31, 2025 without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the TRANSFER CERTIFICATE OF TITLE NO. (T-808940) 16561 the encumbrances thereon, if any there be.

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

Tagaytay City, Philippines, April 29, 2025.

ATTY. VARBRA ANN A. VARIAS-DIMAYUGA
Clerk of Court VI & Ex-Officio Sheriff

OLIVER N. MENDOZA
Sheriff-In-Charge

WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF SHERIFF'S SALE ON OR BEFORE THE DATE OF THE AUCTION SALE UNDER THE PENALTY OF LAW

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND
(otherwise known as Pag-IBIG Fund) Mortgagee
The Petron Mega Plaza Building,
No. 358 Sen Gil Puyat Avenue, Makati City

MARIA VICTORIA D. CAPIRAL
C/O ATTY. JULIUS VOLTAIRE ROMMEL C. CUBELO
24K ACCOUNTS CONSULTANT, INC.
Representative of Mortgagee
3F Fass Inteli College, Bldg., No. 11,
Pittsburgh St., Brgy. Silangan, Cubao, Quezon City

VICTOR C. ONG married to JOCELYN B. ONG
Mortgagor-Borrower
(1) No. 702 Tiaga St., Barangka Drive, Mandaluyong City
(2) Lot 9 Blk.32, Rancho Imperial De Silang,
Brgy. Tartaria, Silang, Cavite

PAHAYAGAN NG KABITENYO
MAY 26, JUNE 2 & 9, 2025

Ang Heatstroke ay malubha at nakamamatay!
SINTOMAS NG HEAT STROKE

Pagkahilo Lagnat Pangangalay
Mainit at namumulang balat Pagkawalang malay

Sanangon Pilipinas
Bawat Babay Mahalaga

Sustamina Fresh

Fresh na, Mura pa!

MEATSHOP
BEEF • PORK • CHICKEN • EGG • VEGETABLES

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EDSA Busway, commuters to be prioritized during EDSA rebuild – Dizon



MANILA – The Epifanio de los Santos Avenue (EDSA) Busway and other forms of public transport will be prioritized during the EDSA rebuild beginning June 13.

In a press conference at the Metropolitan Manila Development Authority (MMDA) headquarters in Pasig City on Monday, Transportation Secretary Vince Dizon said the busway will remain open for the duration of the EDSA rebuild.

"Ang priority ni [President Ferdinand R. Marcos, Jr.], yung 200,000 na commuters na gumagamit ng busway araw-araw (The priority of President Marcos is the 200,000 commuters using the busway everyday)," Dizon said.

A total of 100 buses will be added to the EDSA carousel route to encourage commuting and to address the traffic schemes that will be implemented by the MMDA to reduce the number of private vehicles on EDSA.

However, he said security will remain paramount and there will be an increased presence of Philippine Coast Guard (PCG) personnel and K9 units. The passenger capacity of the MRT-3 will also be increased through the addition of more trains or by using more four-car trains.

On Monday, Department of Public Works and Highways (DPWH) Secretary Manuel Bonoan said the EDSA rebuild will begin on June 13 and will be completed in 2027. Aside from building sturdier pavements and laying down asphalt, the rebuild will also improve EDSA's pedestrian lanes and drainage structures to help address flooding in certain parts of EDSA. (PNA)

In addition, only two buses at a time will be allowed to wait for passengers at each station, and a 30-second timer will be strictly enforced to ensure the smooth flow of the busway.

On the other hand, there will also be several adjustments to the Metro Railway Transit 3 (MRT-3) to speed up queues and add more capacity.

"Papabilisin din natin ang pila, tatanggalin natin ang mga x-ray. (We will accelerate queues by removing x-ray machines). We're having a dry run right now," Dizon said.

He said the decision was based on studies that show subways and other train services in other countries do not employ x-ray machines.

Biyaheng South Summer Tour 2025: A Three-Day Road Trip into the Heart of the South



Metro Pacific Tollways South (MPT South) concessionaire of the Cavite-Laguna Expressway (CALAX) and Manila-Cavite Expressway (CAVITEX) marks another milestone with its flagship tourism advocacy campaign – Biyaheng South with its Summer Tour campaign.

Biyaheng South Summer tour boasts of an immersive adventure showcasing Southern Luzon's finest summer destinations. This year's event is co-presented by Landco Pacific Corporation, in partnership with Department of Tourism Region IV-A (DOT IVA), Department of Interior and Local Government

Region IV-A (DILG-IVA), Cavite Tourism Office and Calatagan Tourism Office. A select group of influencers, media partners, and lucky winners from the Summer Tour promotion—known as Ka-



Biyaheros—were invited to experience these destinations firsthand, and who will then continue to promote these sites by sharing their journey across their social media channels. Foton Philippines served as the official mobility partner, providing Ka-Biyaheros with comfortable rides, and the event is also sponsored by Kura Cafe, "more than just coffee."

Ka-Biyaheros journeyed for three days and two nights, experiencing a curated escape designed to highlight the region's unique charm, coastal attractions and cultural flair made more accessible via CALAX and CAVITEX.

Breakfast and Scenic Drives in General Trias The adventure kicked off with a scenic drive along the Cavite-Laguna Express-



way (CALAX), where participants experienced firsthand the comfort of a smoother, faster, and more efficient travel to the South.

Traveling aboard the FOTON Traveller and FOTON Traveller XL, the Ka-Biyaheros were able to relax and enjoy the journey in spacious, air-conditioned shuttles designed for group comfort. The highlight of the ride is the exclusive preview of the soon-to-open Governor's Drive Interchange, a key access point set to launch this 2025, which will extend CALAX's operating segment to Governor's Drive in General Trias, Cavite. This upcoming interchange is expected to decongest traffic on major roads in Cavite and significantly reduce travel time to key destinations like Carmona,

General Trias, and Silang.

The participants then headed to Kura Café in General Trias, Cavite, which is just a short drive from CALAX Silang-Aguinaldo exit. The group was welcomed with specialty brews and morning pastries while basking in the charm of this local favorite. One of the café's best sellers is their pizza, specifically the Nutella with pistachios—a delightful fusion of sweet and savory. Other must-try dishes in their menu are beef quesadilla, oyster sisig, baked scallops, and banana bread.

****How to get to Kura Café:** From Manila, you can either take Manila-Cavite Expressway (CAVITEX) southbound or go via SLEX and CALAX. From here, continue driving along Governor's Drive to The Zhang Place in Barangay Manggahan. Ride the Waves



and Explore the Coast in Batangas Their next activity was a relaxing cruise on the legendary Taal Lake in Talisay, Batangas. Surrounded by the famous volcano's silhouette and the still waters of the lake, the experience was both tranquil and visually stunning. A lakeside lunch followed—featuring Batangueño favorites like crispy tawilis and lomi.

By mid-afternoon, participants arrived at Calatagan South Beach (CaSoBe), a premier beachside destination by Landco in Calatagan, Batangas, easily accessible via CALAX by taking the Silang-Aguinaldo exit and driving through Tagaytay-Nasugbu Road. This thoughtfully planned community, recognized with a Silver Award for Outstanding Development in Luzon – Masterplan at the 2023 Property and Real Estate Excellence Awards, served as the base camp for the Biyaheng South Summer Tour.

For three days, Ka-Biyaheros called this beach haven their home—waking up to ocean breezes, enjoying slow mornings by the shore, and winding down with dinner and drinks at the lively Captain Barbozza. The participants were treated to a unique stay in CaSoBe's wide array of accommodations—ranging from the unique and futuristic Apollo Aeropods to the charming Cupola, Cocoon Pods, and Premier Garden Cabins.

With its scenic views, well-curated accommodations, and vibrant community atmosphere, CaSoBe offered the ideal mix of adventure and relaxation for the summer road trip. Compared to the first day, the second day was filled with more adventure—an island-hopping tour to Calatagan's pristine beaches and hidden sandbars, followed by water-filled fun at Aquaria Water Park. Nestled along the shores of Calatagan's long stretch of beach, the park features a giant three-story slide that plunges into a crystal-clear pool—an instant favorite among the Ka-Biyaheros. The participants also had time to unwind in cabanas, experience multiple swimming areas, and enjoy the refreshing sea breeze right next to the coast.

The evening wrapped up with a peaceful visit to the historic Cape Santiago Lighthouse, a 19th-century landmark overlooking the West Philippine Sea. This is where the group watched the sun dip below the horizon while enjoying local merienda—a golden close to their Batangas experience. Fast-Paced Fun and Local Flavors in Carmona

On the final day, the Ka-Biyaheros cruised back to Cavite, where their first stop was Chantilly Café in Carmona—a homey café known for its rustic charm and warm pastries. After that, the group then geared up for some friendly competition at the Carmona Race-track, zipping through the curves in go-karts—a fun, high-energy stop that added a unique twist to the road trip.

****How to get there:** From Manila, take the Manila-Cavite Expressway (CAVITEX) southbound or go via SLEX and CALAX. From here, continue driving along Governor's Drive in Barangay Lantic to reach Chantilly Café. From the Carmona Racetrack, contin-



ue driving along Governor's Drive then proceed to Palma Street in Carmona.

The tour wrapped up at DEAFinitely Happy Store, a social enterprise supporting the deaf community. Here, travelers interacted with staff, picked up handmade pasalubong, and left not only with souvenirs but with a deeper appreciation for inclusivity and local advocacy. "As we expand the horizons of Biyaheng South, our goal remains the same: to bring people closer to the beauty and stories of Southern Luzon," said Arlette V. Capistrano, Vice President for Communication and Stakeholder Management at MPT South. "We're proud to provide the expressways that lead to these adventures—and even prouder to promote the local tourism that gives our



roads meaning."

DOT-IVA Regional Director Marites Castro commended MPT South for the initiative, saying "We proudly recognize the Biyaheng South Project of MPT South as a vital initiative that enhances regional connectivity, promotes sustainable tourism, and support local economic development. This project is testament to what public-private partnership can achieve in uplifting communities across Southern Luzon."

About Biyaheng South Biyaheng South is MPT South's tourism advocacy program that has made a significant impact by promoting its toll road networks, particularly CAVITEX, its C5 Link segment, and CALAX, as gateways to the tourist destinations of



Southern Luzon. The program demonstrates how infrastructure not only can improve connectivity but also can serve as a catalyst for regional economic growth through tourism promotion. About MPT South

MPT South is a subsidiary of Metro Pacific Tollways Corporation (MPTC). Aside from CALAX and CAVITEX networks of toll roads, MPTC's domestic portfolio includes concessions for the North Luzon Expressway (NLEX), the NLEX Connector Road, the Subic-Clark-Tarlac Expressway (SCTEX), and the Cebu-Cordova Link Expressway (CCLEX) in Cebu.