

VP Sara: 3-week nat'l learning camp to help over 2M learners



MANILA – Vice President and outgoing Education Secretary Sara Duterte on Wednesday said the three-week National Learning Camp (NLC) would help 2,183,327 learners in Grades 1 to 3 and Grades 7 to 10, particularly in their performance in Reading, English, Mathematics, and Science.

"I am optimistic that this program will continue to yield positive outcomes, improving the foundational literacy, numeracy, and 21st-century skills crucial to our learners' future

success," she said in a speech during the NLC's Appreciation program in San Fernando, Cebu.

Duterte said the camp is part of the Department of Education (DepEd)'s strategy to address the "learning crisis" and learning loss that worsened during the coronavirus disease 2019 pandemic.

"It is part of our response to the low performance of our learners in the National Achievement Test (NAT) and International Large-Scale Assessments (ILSAs), such as the Programme for International Student Assessments (PISA), and the Southeast Asia Primary Learning Metrics (SEA-PLM)," she added.

Besides subject-related interventions, the NLC also provided "fun and engaging activities" to participants such as eye and

dental check-ups in select schools.

The second NLC, which started on July 1, will run until July 19, with around 185,759 learning camp teacher-volunteers.

"Last year, the NLC spanned five weeks, but this year we have reduced it to three weeks due to the adjusted school calendar of SY 2024 to 2025, as classes resume on July 29, marking our return to the pre-pandemic schedule," she said.

In 2023, around 938,341 learners in Grades 7 and 8 benefited from the first NLC's through intervention, consolidation, and enhancement camps in 34,383 schools nationwide.

Palarong Pambansa
Duterte, meanwhile, visited athletes, trainers, and coaches crucial to our learners' future

DOH breaks ground for Clark multi-specialty medical center



MANILA – The Department of Health (DOH) broke ground for the Clark Multi-Specialty Medical Center, a priority project of the Marcos administration in line with the Regional Specialty Centers Law.

Health Secretary Teodoro J. Herbosa and Undersecretary Glenn Matthew G. Baggao led the ceremony with First Lady Marie Louise Araneta Marcos at the Clark Freeport Zone in Pampanga on July 10.

Herbosa earlier said the soon-to-rise hospital will serve Central and Northern Luzon. A similar establishment is also being

planned for Quezon City.

The ground-breaking ceremony was followed by the turnover of 14 Bagong Pilipinas Mobile Clinics to the provinces in Regions 1 (Ilocos), 2 (Cagayan Valley), and Cordillera Administrative Region, that include the provinces of Ilocos Norte, Ilocos Sur, La Union, Pangasinan, Abra, Benguet, Ifugao, Kalinga, Mountain Province, Apayao, Cagayan, Quirino, Isabela, and Nueva Viscaya.

"These endeavors mark a pivotal step towards the realization of Universal Health Care in our country. Together, let us continue

to work to ensure quality healthcare is not just a privilege, but a fundamental right for all Filipinos tungo sa Bagong Pilipinas, kung saan Bawat Buhay Mahalaga (to the New Philippines where Every Life Matters)," Herbosa said.

The mobile clinics are fully equipped for medical, diagnostic, and referral services to bring healthcare to Geographically Isolated and Disadvantaged Areas (GIDA).

The ceremony was graced by Pampanga Governor Dennis Pineda and Vice Governor Lilia Pineda, Department of Public Works and Highways (DPWH) Secretary Manuel Bonoan, PAGCOR Vice President Ma. Vina Claudette Peralta Oca, Bloomberry Cultural Foundation Inc. Executive Director Filipina Laurena, and other ranking officials. (PNA)

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DSWD prioritizes cybersecurity, digital transformation in programs

MANILA – The Department of Social Welfare and Development (DSWD) puts a premium in strengthening cybersecurity and in adopting innovative and transformative approaches to better serve the Filipino people, an agency official said on Thursday.

"Priority ni Secretary Rex Gatchalian ang cybersecurity kaya ganon din tayo ka-vigilant at ka-aggressive doon sa paglalagay natin ng mga mekanismo para protektahan ang sistema natin. (Secretary Gatchalian's priority is cybersecurity, that's why we are equally vigilant and aggressive in implementing mechanisms to protect our systems)," DSWD Chief Information Officer Assistant Secretary Julius Exequiel Gorospe told reporters during the Thursday Media Forum at the DSWD Central Office in Quezon City.



"And tuloy-tuloy yan, hindi yung pag nilagay mo na ay nandyan na at kampante ka na. Tuloy-tuloy yan binabantayan 24/7 at marami tayong tao na nakakalat sa Pilipinas na naghahalinhinan para bantayan (It's continuous; it's not just about setting it up and feeling secure afterwards, it's a constant monitoring, 24/7, with many personnel deployed across the Philippines to keep watch)," he added.

Gorospe said the DSWD also recognizes the importance of robust data protection in the delivery of social protection programs and services.

He pointed out that recent hacking attempts into the DSWD system were thwarted due to vigilant monitoring of its personnel and support from the DSWD leadership in protecting the data of beneficiaries.

In the agency's digital transformation efforts, Gorospe presented

Cayetano pushes for DOLE, DBM inclusion in Education Cabinet Cluster

Senator Alan Peter Cayetano suggested the inclusion of the Department of Labor and Employment (DOLE) and the Department of Budget and Management (DBM) in the proposed creation of a new Cabinet Cluster focused on education.

Cayetano, serving as co-chairperson of the Second Congressional Commission on Education (EDCOM II), and other commissioners submitted the proposal to President Ferdinand Marcos Jr. on June 27, 2024.

This move aims to address the persistent learning crisis in the country by ensuring "strong coordination among key departments and agencies involved in education and workforce development."

Established by Republic Act 11899 in July 2022, EDCOM II is mandated to conduct a comprehensive evaluation of the Philippine education system and propose transformative policies to address ongoing challenges in education and the labor market.

The proposal un-



derscores the need for a dedicated Cabinet Cluster to urgently tackle the learning crisis and formulate a cohesive national education and workforce development plan.

Cayetano, who also chairs the Senate Com-

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PBBM's whole-of-govt approach delivers PHP28-B aid in Calabarzon



MANILA – The administration of President Ferdinand R. Marcos Jr. has delivered nearly PHP28 billion in financial assistance and services to help improve the lives of Filipinos in the Calabarzon region, which covers the provinces of Cavite, Laguna, Batangas, Rizal, and Quezon.

In his speech during the distribution of financial aid to farmers and fisherfolk in Cavite on Thursday, Marcos said the Department of Social Welfare and Development (DSWD) has distributed

PHP11.23 billion for the Pantawid Pamilyang Pilipino Program (4Ps) beneficiaries, indigent senior citizens, and individuals in crisis situations.

He noted that about PHP11 million worth of livelihood assistance was extended to support 827 micro, small, and medium enterprises (MSMEs) through the Department of Trade and Industry's Pangkalahatan sa Pagbangon at Ginawa (DTI-PPG) program.

Marcos said the administration has released PHP9.9 billion for the

Philippine Rural Development Plan to promote and develop modern and climate-smart agriculture and fishery sectors in the Southern Tagalog region.

For the education sector, PHP4.01 billion was allotted for the construction of 1,192 new classrooms and PHP239.34 million for the repair of 391 classrooms.

The Commission on Higher Education (CHED) has extended PHP461.64 million for 21,553 scholars in the region.

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Bataan-Cavite mega bridge construction to start early or mid-2025



CAPAS, Tarlac – The construction of the 32-kilometer Bataan-Cavite Interlink Bridge is likely to start early or mid 2025, the Department of Public Works and Highways (DPWH) said Thursday.

With an initial cost of PHP219 billion, the Bataan-Cavite mega bridge is set to be the "biggest and

the single most expensive project" of the DPWH, Public Works Undersecretary Maria Catalina Cabral said during the Build Better More Infrastructure Forum at New Clark City in this town.

The bridge, once completed, will reduce the travel time between Bataan and Cavite from five hours to 45 minutes bypassing

Metro Manila by crossing Manila Bay.

The detailed engineering design of the mega bridge project has been completed, while the bidding of the initial contract package was held last week, Cabral said.

"Hopefully, it will be started either by early part of next year or middle of next year," she said. The project will be funded through an official development assistance (ODA). ODA loans support developing countries by providing low-interest, long-term and concessional funds to finance development projects. The construction of the Bataan-Cavite bridge project was supposed to start late 2024.

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24 gov't agencies now connected thru eGovPH app

MANILA – The mobile application (app) eGovPH now offers online services for 24 different Philippine government agencies, with the Department of Information and Communications Technology (DICT) aiming to streamline all government services through the app.

In a live-streamed pre-SONA interview over PTV Thursday, DICT Secretary Ivan John Uy said the app offers services from agencies such as Pag-IBIG, PhilHealth, Social Security System (SSS), Government Service Insurance System (GSIS), Professional Regulation Commission (PRC), and also gives access to the national digital ID.

"[Kung] kailangan ninyo nang mag-renew ng mga professional licenses ninyo, mayroon na, nandoon na sa app. So, makukuha ninyo na rin iyong PRC license ninyo



doon sa app na iyon (If you need to renew your professional licenses, it's already available in the app. You'll be able to get your PRC license through the app)," Uy said.

Aside from removing the necessity of visiting and queuing at government offices, he said the app would also allow for "24/7 governance" since the app can operate at all times instead of being limited from Monday to Friday during business hours.

"[Hindi na] ma-

ga-absent tayo sa trabaho para makapag-file ng kung anu-anong mga clearance, mga permits or mga application, eh puwede nang gawin online. So, ang motto nga namin doon, don't get in line, get online (There would be no need to skip work to file clearances, permits, or applications—they will all be available online. Our motto is, don't get in line, get online)," he said.

To date, he said the DICT is coordinating with banks and other establishments to ensure

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Umiwas sa matatamis; 1 itlog lang ang kainin

Payo ni Doc Ong

MAY mga pasyente akong nagtatanong kung okay bang kumain ng isang buong hinog na mangga. Usung-uso ang mangga ngayon at mabibili sa maraming lugar.

Matamis at mataas sa asukal ang mangga. May tulong sa ating katawan ang asukal sapagkat binibigyan tayo ng energy. Ngunit kung sobra, nakatataba at puwede tayong magka-diabetes.

Alam ba ninyo ang taglay na asukal ng mga pangkaraniwang pagkain? Basahin ang mga sumusunod:

1. Raisins 42.5 g ng Sunmaid Raisins (1/2 cup) = 7 1/2 kutsaritang asukal (120 calories). Mas mababa sa asukal ang strawberries kumpara sa ubas, mangga at dried fruits gaya ng raisins.

2. Walong baby carrots o half cup (85 g) = 1 kutsaritang asukal (30 calories).

3. Isang (1) malaking orange = 5 1/2 kutsaritang asukal (132 calories). Kapag mas matamis at mas hinog, mas maraming sugar. Piliin ang mga prutas na bagong hinog lang. Huwag piliin ang mga overripe na prutas.

4. Three-fourth cup plain cereals = 1 kutsaritang asukal (120 calories). Pero ang three-fourth cup ng frosted cereals = 3 kutsaritang asukal (120 calories).

5. Isang (1) regular na mais = 1 1/2 kutsaritang asukal.

6. Isang (1) ensaymada na may butter = 8 kutsaritang asukal at 5 kutsaritang butter.

Kung nagpapapayat, piliin na lang ang pandesal o monay.

7. Isang (1) scoop ng regular ice cream = 5 1/2 kutsaritang asukal (240 calories). Pero ang isang (1) cup unsweetened 6 oz yogurt = 3 1/2 kutsaritang asukal (100 calories). Mas masustansiya ang yogurt kaysa sa ice cream.

8. Isang (1) coffee drink with whip cream (16 oz grande) = 12 kutsaritang asukal (380 calories). Pagdating sa mga inumin na may whip cream, ice cream at tsokolate, sadyang mataas iyan sa asukal. Pero, okay lang naman kung ika'y payat at gusto mong magpataba. Ngunit kung ika'y diabetic at gustong pumayat, piliin ang mga pagkaing mababa sa asukal.

Mas healthy ang asukal ng prutas na kung tawagin ay fructose, kumpara sa white sugar. Kaya maging maingat sa mga nakatagong asukal sa ating pagkain.

Isang itlog lang ang kainin araw-araw

Maraming nagtatanong kung ilang itlog ang puwedeng kainin sa araw-araw.

Ang itlog ay may protina, vitamin B12, vitamin D, riboflavin at folate. Mabuti ito sa katawan at masustansiya.

Ngunit sa kabila nito, ang itlog ay may 213 milligrams ng kolesterol ang isang pula ng itlog.

Narito ang aking payo:

1. Kung ika'y malusog, walang sakit sa puso, diabetes o problema sa kolesterol, puwede kang kumain ng 1 itlog sa isang araw. Mag-ingat lang sa mga kasamang pagkain ng itlog tulad ng hotdog, bacon at tocino. Piliin ang boiled egg kaysa sa priting itlog.

2. Kung ika'y may sakit sa puso, diabetes o mataas ang kolesterol, kailangan limitahan mo ang pagkain ng itlog sa 3 itlog lang sa isang linggo.

Sa kahit anong bagay ay dapat hinay-hinay lang ang pagkain. Kapag sinobrahan mo ang isang bagay, puwede itong makasama sa iyo.

Guay, prutas at isda lang talaga ang masasabi nating subok na sa sustansiya para sa ating katawan.



P5.8-M halaga ng interbensyon, ipinamahagi ng DA-4A sa unang Distrito ng Quezon

Higit sa P5,800,574 ang halaga ng interbensyong naipamahagi ng Department of Agriculture IV- CALABARZON (DA-4A) sa unang distrito ng lalawigan ng Quezon noong ika-2 ng Hulyo, 2024.

Pinangunahan ang pamamahagi sa bayan ng Infanta at General Nakar nina OIC-Regional Director Fidel Libao at Quezon 1st District Representative Cong. Mark Enverga kasama ang mga representante mula sa tanggapan nina



Quezon Governor Helen Tan, Infanta Mayor Filipina Grace America, General Nakar Mayor Eliseo Ruzol, at iba pang kawani ng Kagawaran at lokal na pamahalaan.

Binubuo ang mga suporta ng P5,473,204 hal-

aga ng binhing pananim na palay, Infanta Mayor Filipina Grace America, General Nakar Mayor Eliseo Ruzol, at iba pang kawani ng Kagawaran at lokal na pamahalaan. Binubuo ang mga suporta ng P5,473,204 hal-

Cayetano pushes...

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mittee on Higher, Technical and Vocational Education, emphasized the importance of DOLE and DBM's inclusion in ensuring sustained operational funding and alignment with workforce development goals.

Drawing from historical precedent, EDCOM II referenced the 1991 EDCOM report, which led to significant reforms including the establishment of the Commission on Higher Education (CHED) and the Technical Education and Skills Development Authority (TESDA).

The current proposal aims to build upon

these past efforts by promoting coordinated planning, monitoring educational outcomes, aligning teacher education, and meeting the evolving needs of the job market.

Dedicated to bringing about meaningful change in the Philippine education system, Cayetano and EDCOM II are hopeful that the proposal garners the necessary support. ###



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Email: pahayaganngkabitenyo@yahoo.com
Email: pahayagancavite@gmail.com

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ERNA BALAGTAS ANCHETA
Publisher

DIOSDADO ARIEL F. ALTO, JR.
Editor-In-Chief
DIOSAN MARUAL
KCEE NACION
Marketing & Circulation Manager

ATTY. EVELYN R. DOMINGUEZ
Legal Counsel

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• 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.

PBBM's whole...

For the health sector, the President said the government also disbursed PHP1.62 billion for the Health Facilities Enhancement Program, which covers 74 health facilities in the Southern Tagalog region.

The government likewise allocated PHP250 million to construct the Northern Tagalog Regional Hospital, a two-story, 200-bed medical facility in Rodriguez, Rizal.

"Ang mga inisyatibang ito ay sumasalamin sa ating pangako na mapabuti ang buhay ng mga mamamayan ng Calabarzon (These initiatives reflect our promise to improve the lives of Filipinos in Calabarzon)," Marcos said.

"Tandaan po natin na kung ang Cavite ay naging tahanan ng ating mga bayani at kalayaan noon, ito rin ang magiging duyan ng pag-asa at pag-unlad ng ating bansa sa hinaharap nating mga panahon (Let us remember that if Cavite was once the home of our heroes and our independence, it will serve as our nation's cradle of hope and progress in the years to come)."

Key infrastructure projects underway

During the event, Marcos highlighted big-ticket projects that would improve inter-regional connectivity in Calabarzon, among them the Light Rail Transit 1 (LRT-1) Cavite Extension project, the Cavite-Laguna Expressway-Cavite Segment (CALAX), and the South Luzon Expressway (SLEX) Toll Road 4.

The PHP64.9 billion LRT Line 1 Cavite Extension project will add 11.7 km. of new railway line that will extend the LRT Line 1 from the Baclaran Terminal to the Niog Station in Bacoor, Cavite.

The project is expected to reduce travel time from Baclaran to Bacoor from 1 hour and 10 minutes to 25 minutes.

The PHP35.7 billion CALAX project, on the other hand, is a 44.58-km. expressway connecting the CAVITEX in Kawit, Cavite to the SLEX-Mampalasan interchange in Biñan, Laguna. The Chief Executive also highlighted the Cavite Industrial Area Flood Risk Management Project, which is seen to

mitigate flood risks in the Cavite Industrial Area.

More than 4,700 farmers and fisherfolk were affected by El Nino in the Southern Tagalog region.

Moreover, the Department of Agriculture (DA) distributed farm machinery and equipment, such as tractors, a combine harvester, multi-tillers, a rice thresher, hauling trucks, and pump and engine sets.

On the other hand, the Bureau of Fisheries and Aquatic Resources (BFAR) distributed motorized bancas and various fishing equipment.

The Department of Labor and Employment (DOLE) provided PHP2.17 million under its Tulong Panghanapbuhay sa Ating

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Disadvantaged/Displaced Workers (TUPAD) program to support 418 beneficiaries.

It distributed PHP1.02 million to 50 recipients under its Integrated Livelihood Program.

Meanwhile, PHP28.20 million in scholarship referrals was given by the Technical Education and Skills Development Authority (TESDA), along with starter toolkits worth PHP251,696 and training support funds worth PHP141,000.

The DTI will also provide assistance through its One Town One Product Next Gen Program, Coconut Farmers Industry Development Fund, and Comprehensive Agrarian Reform Program.

It will also provide aid through its Kapatid Mentor Me Program. The DSWD will extend PHP10,000 in financial assistance to 12,000 beneficiaries in Cavite under its Ayuda sa Kapos ang Kita Program (AKAP).

Those who participated in the event each received 5 kg. of rice from the Office of House of Representatives Speaker Martin Romualdez. (PNA)

GUHIT NG KAPALARAN

CANCER: (Hun. 2-Hul. 22) – Iiwan mo ang inaakalang hindi makabuluhang gawain. Magiging kumplikado ang situwasyon sa kalakalan kaya iba-yong pag-aaral dapat bago magdesisyon. Lucky numbers at color for the day ang 1, 18, 21, 34 at light orange.

LEO: (Hul. 23-Ago. 22) – Magiging mainit ang ulo. Mababawasan ang suliranin kung kakalmahin ang emosyon. Lucky numbers at color for the day ang 3, 19, 24, 41 at silver.

VIRGO: (Ago. 23-Set. 23) – Sinasabi ng iyong bituin, sumangguni sa nakakaalam bago magdesisyon. Lucky numbers at color for the day ang 12, 20, 35, 45, at tangerine.

LIBRA: (Set. 24-Okt. 23) – May hingi ng payo. Huwag kunsintihin sa ideya ng pagtalikod sa responsibilidad. Lucky numbers at color for the day ang 4, 11, 21, 36 at ultra violet.

SCORPIO: (Okt. 24-Nob. 22) – May tagahanga ang lalapit sa iyo. Mag-i-angat sa mabulaklak na pangako. Lucky numbers at color for the day ang 13, 22, 37, 43 at pale blue.

SAGITTARIUS: (Nob. 23-Dis. 21) – Walang ibubungang maganda ang ugaling mainipin kaya dapat iwasan. Lucky numbers at color for the day ang 9, 17, 23, 41 at avocado green.

CAPRICORN: (Dis. 22-Ene. 19) – Maganda ang pagkakataon para hanapin ang dekalidad sa investment. Lucky numbers at color for the day ang 8, 19, 21, 24 at blue.

AQUARIUS: (Ene. 20-Peb. 18) – Ang pagharap sa gawain ay hindi magbibigay ng katamlayan. Lucky numbers at color for the day ang 12, 19, 26, 27 at lemon green.

PISCES: (Peb. 19-Mar. 20) – Magpakatotoo ka. Ang payo ay da-pat pakinggan kung ina-akalang tama. Lucky numbers at color for the day ang 6, 14, 30, 35 at gray.

ARIES: (Mar. 21-Abr. 19) – Kasasabikan mong makita ang mga naging katuwang sa tagumpay. Lucky numbers at color for the day ang 15, 19, 36, 43 at blue violet.

TAURUS: (Abr. 20-May. 20) – Ang pinakahihintay ay darating sa araw na ito. Magugulat ka sa balita. Lucky numbers at color for the day ang 2, 16, 20, 38 at yellow gold.

GEMINI: (Abr. 21-Hun. 21) – May obligasyon kang makakalimutang gampanan. Magpaliwanag. Lucky numbers at color for the day ang 7, 17, 27, 37 at light green.

24 gov't agencies...

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they will accept digital IDs accessible through the eGovPH app.

"Nag-uumpisa lang kasi tayo. So ang mga ahensiya ng gobyerno, ang mga establishments ay hindi pa sanay dahil sanay sila sa physical card eh. So, ngayon, dahan-dahan nating inu-orient sila para masanay sila na digital (We're slowly rolling it out. Government agencies and other establishments are still used to physical cards, we're slowly orienting them to get used to digital IDs)," he said.

He also said that the Philippines' ranking index at the United Nations International Telecommunications Union went up by nine points. "Ito ay napakalaking advance 'no compared sa worldwide na mga improvements in terms of the index. Ito ay reflection na malaki iyong impact ng ating mga programa sa connectivity (This is a massive advancement compared to worldwide improvements in terms of the index. This reflects the big influence of our programs on connectivity)," he said. (PNA)

VP Sara: 3-week...

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given to the affected participants, in coordination with the local government of Cebu.

Besides the Palarong Pambansa and the National Learner's Conference or NSPC, the National Schools Press Conference and the Solidarity Meeting of the Learners' Rights and Protection Office in various areas in Cebu. (PNA)

Duterte said immediate medical response and assistance would be



REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
Branch 122
IMUS CITY, CAVITE
rtc1imu122@judiciary.gov.ph

CONCEPCION A. DESPABILADERAS,
assisted by her husband,
Plaintiff,

- versus -

SPS. BENCIO C. CAÑETE and
MARIDEL G. CAÑETE,
Defendants.

CIVIL CASE NO. 7244-22
FOR: Judicial Foreclosure of
Real Estate Mortgage

x-----x

ORDER

The court notes the Request for Certificate of Finality filed by Atty. Ramel A. Aguinaldo, counsel for the plaintiff Concepcion A. Despabiladeras. Atty. Aguinaldo stated that the Decision, dated 3 November 2023, has become final and executory it having been served to all parties in interest.

However, based on the Amended Sheriff's Report (Personal Service), dated 8 April 2024, filed by Sheriff Mhinard Santos, an error or mistake was made in his previously issued Report dated 13 March 2024. Sheriff Santos amended his report and stated that the defendant spouses Cañete were not served with the copy of the Decision, dated 3 November 2023, as it was only the caretaker of the house who was present.

Considering that the defendant has yet to be served with the copy of the Decision, dated 3 November 2023, the same is not yet final and executory.

Section 13, Rule 13 of the Revised Rules of Court is clear as to the service of judgments, final orders or resolutions issued by the courts, thus:

Section 13. Service of Judgments, Final Orders or Resolutions. - Judgments, final orders, or resolutions shall be served either personally or by registered mail. Upon ex parte motion of any party in the case, a copy of the judgment, final order, or resolution may be delivered by accredited courier at

the expense of such party. When a party summoned by publication has failed to appear in the action, judgments, final orders or resolutions against him or her shall be served upon him or her also by means of publication at the expense of the prevailing party. (emphasis supplied)

Defendant Spouses Cañete was summoned in this case by publication, as shown by the Summons by Publication1 dated 26 October 2022, the Affidavit of Publication2, dated 29 December 2022 and the Report on Service of Summons By Publication3 dated 13 March 2023. For defendants' failure to file their Answer, they were declared in default on 24 March 2023, and has consistently failed to appear in the trial up to the issuance of the Decision. Considering that the efforts to personally serve the said Decision on the defendants failed, compliance with the abovequoted Decision is directed.

IN VIEW OF THE FOREGOING, the plaintiff's Request for Certificate of Finality is hereby DENIED. Plaintiff is directed to cause the publication of the subject Decision, dated 3 November 2023, once a week for three (3) consecutive weeks in a newspaper of general publication, as may be chosen by raffie.

SO ORDERED.

Imus City, Cavite, 11 June 2024.

LEA D. LLAVORE
Presiding Judge

Copy furnished:

Concepcion A. Despabiladeras.
Jose L. Despabiladeras
Plaintiff

No. 44 Diwa St., Phase 2B, Bahayang Pag-asa Subd., Brgy. Molino V, Bacoor City, Cavite

Atty. Ramel A. Aguinaldo
Aguinaldo & Aguinaldo-Baluya Law Offices
Counsel for the Plaintiff
2/F, RFC Mall, Brgy. Molino II
Bacoor City, Cavite
Email: raguin 101153@yahoo.com

Spouses Bencio C. Cañete
Maridel G. Cañete
Defendants
No. 16 Edades St., Phase 5, Brgy. Molino V,
Bacoor City, Cavite

PAHAYAGAN NG KABITENYO
JULY 1, 8 & 15, 2024

EXTRAJUDICIAL SETTLEMENT OF ESTATE

Notice is hereby given that the estate of deceased RAUL P. RAYMARO, died on August 12, 2022, in Dasmariñas City, Cavite and who died without will or testament and without any outstanding debts in favor of any person or entity. Whereas, that said decedent left a property situated in Lot 66 Blk 27 Golden City Subd., Phase 10 Brgy. Salawag, Dasmariñas, Cavite, covered by TCT No. 057-2014047992, containing an area of Thirty-Five Sq. M. and Sixty Three Sq. decimeters (35.63), was the subject of this Extra-Judicial Settlement among the legal heirs of the said decedent in the said instrument, executed before Notary Public Atty. Pauline S. Dec, under Doc. No. 144, Page No. 29, Book No. 1, Series of 2024

PAHAYAGAN NG KABITENYO
JULY 1, 8 & 15, 2024

EXTRA JUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

Notice is hereby given that the estate of deceased NORFERIO D. ZABLAN, died on December 5, 2000 at Jose P. Rizal Hospital at Congressional Road, City of Dasmariñas Cavite, that there are no known debts or obligation due against the estate of the said decedent, that said deceased, at the time of death, left certain real property located at Blk 64 lot 2 Brgy. San Juan City of Dasmariñas Cavite, was the subject of this Extra-Judicial Settlement among the legal heirs of the said decedent in the said instrument, executed before Notary Public Atty. Jerome G. Salazar, under Doc. No. 375, Page No. 76, Book No. XII, Series of 2024

PAHAYAGAN NG KABITENYO
JULY 1, 8 & 15, 2024



REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
OFFICE OF THE CLERK OF COURT
CITY OF IMUS, CAVITE

HOME DEVELOPMENT MUTUAL FUND
(PAG-IBIG FUND),

Mortgagee,

-versus-

ROWENA D. GONZALES,
Mortgagor.

FC CASE NO. 19055-24

Extra-judicial Foreclosure of Real Estate
Mortgage Under Act No. 3135,
as Amended, Republic Act No. 4118

x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND), mortgagee, with principal office at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, against ROWENA D. GONZALES, mortgagor, with residence and postal addresses at 427 B. Zapote St., Barangay Olympia, Makati City and Lot 43 Blk. 4, Ph-B, The Legian Imus Two Subd., Calsadang Bago, Imus, Cavite, to satisfy the mortgage indebtedness which as of April 30, 2024 amounts to FIVE HUNDRED SEVENTY SIX THOUSAND EIGHT HUNDRED TWENTY FOUR PESOS & 66/100 (Pnp576,824.66) Philippine Currency, including interest and penalties but excluding attorney's fees, sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned Sheriff IV will sell at Public Auction on July 23, 2024 at 10:00 a.m., or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC-Imus, Bulwagan Ng Katarungan, Aguinaldo Highway, Imus, Cavite, to the highest bidder for cash and in Philippine Currency, the following property with all the improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2014057167
"A PARCEL OF LAND (LOT 43 BLK 4 OF THE CONS.-SUBD. PLAN PCS- 04-026819, BEING A PORTION OF LOTS 1298, 1300 BOTH OF IMUS ESTATE, 1301 (NOW RS-04-005038), 1302 (NOW RS-04-005065), 1188 (NOW RS-04- 005039), 1304-A-1 AND 1304-A-2 BOTH OF PSD-04-081431 AND LOT 1 BLOCK 13, PCS-04-026053) SITUATED IN CALSADANG BAGO, IMUS, CAVITE, ISLAND OF LUZON. BOUNDED ON THE NE ALONG LINE 1-2 BY ROAD LOT 4, ON THE SE ALONG LINE 2-3 BY LOT 45 BLK 4, ON THE SW ALONG LINE 3-4 BY LOT 44 BLK 4, ON THE NW ALONG LINE 4-1 BY LOT 41 BLK 4. ALL OF THE CONS.-SUBD. PLAN. X X X CONTAINING AN AREA OF THIRTY SIX (36) SQUARE METERS X X X

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

In the event the public auction should not take place on the said date, it shall be held on July 30, 2024 at 10:00 a.m. without prior notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrances thereon if any there be.

Imus, Cavite, Philippines, June 18, 2024.

BENITO A. CARRASCAL
Sheriff IV
RTC Branch 120

Approved:

ARMY A. FRANCISCO
Clerk of Court VI

Copy Furnished:
HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)
The Petron Mega Plaza Building, No. 358
Sen. Gil Puyat Avenue, Makati City

ATTY. JESUS ANGELO P. GOMEZ
Attorney-In-Fact, ALEXIS A. MOLERA LAW OFFICES
Lex Citadel Bldg., No. 7 La Salle St.,
Brgy. Silangan, Cubao, Quezon City

ROWENA D. GONZALES
427 B. Zapote St., Barangay Olympia, Makati City
Lot 43 Blk 4, Ph-B, The Legian Imus Two Subd.,
Calsadang Bago, Imus, Cavite

PAHAYAGAN NG KABITENYO
JULY 1, 8 & 15, 2024

DA still finalizing the Rice for All program launch

MANILA – The Department of Agriculture (DA) on Friday said it is yet to finalize measures for the launching of the Rice for All program or the sale of cheaper rice for the general public.

The DA made the statement after the Rice for All program's initial target launch did not push through alongside the P29 program expansion in Malabon, Navotas, and Marikina.

The P29 program covers the members of the Pantawid Pamilyang Pilipino Program (4Ps), senior citizens, solo parents, and persons with disabilities (PWDs) with the sale of PHP29 per kilogram of aging but good rice from the National Food Authority (NFA).

"It's either this week or next week, but definitely, it will be rolled out the soonest possible time," DA Assistant Secretary Genevieve-Velicaria Guevarra said in an interview.

"Inaayos lang po natin iyong ating logistics, at iyong mga partners po natin na FCAs (farmer cooperatives association), mga coops po inaayos po natin kasi syempre magsasabay na po with P29 (We



are just resolving our logistics, and we are also arranging our partner FCAs, coops, we are preparing because it will go simultaneously with the P29 program)," she added.

Despite the slight delay, Guevarra assured that the DA's supply for the Rice for All program is ready.

On Thursday, DA Assistant Secretary Arnel de Mesa said the Rice for All, a mixture of imported and local well-milled rice, will be sold at PHP45/kg. to PHP48/kg. in Kadiwa sites where the P29 program is ongoing.

As of Friday, the local well-milled rice in Metro Manila ranges from PHP48/kg. to PHP55/kg. while the imported well-milled rice is set at PHP51/kg. to PHP55/kg., according to DA-Bantay Presyo (price monitoring).



De Mesa has also assured sustainability of both P29 and Rice for All programs, considering the aging stocks and the record-high 3.36 million bags of purchased local palay of NFA, alongside the incoming 121,000 metric tons of palay harvest from the National Irrigation Administration (NIA).

The P29 program is currently available in the Bureau of Animal Industry Dome and National Irrigation Administration in Quezon City; the Bureau of Plant Industry in Malate, Manila; Food Terminal Inc. in Taguig City; Philippine Fiber Industry Development Authority in Las Piñas; Bayani Fernando Central Terminal or BFCT and Barangay Fortune in Marikina; and sites in Caloocan, Valenzuela, and San Jose del Monte, Bulacan. (PNA)

Marcos to DOE, NGCP: Ensure timely completion of power projects

CAPAS, Tarlac – President Ferdinand R. Marcos Jr. on Friday directed the Department of Energy (DOE) and National Grid Corp. of the Philippines (NGCP) to ensure the timely completion of transmission projects as the government moves to provide reliable electricity supply across the country.

Speaking at the inauguration of the Marivales-Hermosa-San Jose Transmission in Hermosa, Bataan, Marcos tasked the DOE and the NGCP to finish the almost 70 transmission projects under the Transmission Development Plan, particularly the Batangas-Mindoro Interconnection Project and the Northern Luzon 230-kilo-Volt (kV) Loop.

"This way, we can meet our increasing energy demand, encourage technological advancements, and produce more employment opportunities for our people," he said.

"I look forward to the impact that your en-



deavors will bring to our country, especially as we now make inroads towards unlocking the full development potential in the green and in the blue economies, which is suited to the Philippines."

The Marivales-Hermosa-San Jose 500-kV project is a major component in the NGCP's planned Western Luzon 500-kV transmission backbone.

According to NGCP President Anthony Almeda, the Marivales-Hermosa-San Jose Transmission Line will benefit about 59 million Filipinos in Luzon.

With a project

cost of PHP20.94 billion, it includes 395 transmission towers, 275.6 circuit km. of overhead lines, two new substations, and 2,000 MegaVolt Amperes (MVA) of substation capacity.

The President said the new transmission project "attests to the transformative power of collaboration between the public and the private sectors to be able to attain a stable, reliable, and resilient power supply for the country."

He also heaped praises on the "determined efforts" of the NGCP and other concerned government agencies in finishing the landmark project. (PNA)

Nearly P10B allotted for PH rural dev't plan in Calabarzon

MANILA – The government has set aside nearly PHP10 billion for the Philippine Rural Development Plan (PRDP) in Calabarzon (Region 4-A) to stimulate economic development in the area, President Ferdinand R. Marcos Jr. said on Thursday.

During the distribution of presidential assistance to farmers and fisherfolk affected by the El Niño phenomenon in San Jose, Batangas, Marcos said the PHP10-billion project, which aims to empower and modernize the agri-fishery sector, includes the construction of access roads and irrigation systems.

Among the ongoing projects he cited are the Taal Lake Circumferential Road, Lobo Malabrigo-San Juan Laiya Road, Quipot Irrigation Project and Macalelon Irrigation Project.

"Kami po ay patuloy na kumikilos upang palakasin ang ekonomiya ng Calabarzon. Mula noong 2023 hanggang 2024, nakapagbigay na po tayo ng halos sampung bilyong piso para sa Philippine Rural Development Plan dito sa Region 4-A (We are working to boost the economy of Calabarzon. From 2023 to 2024, we have already allotted nearly PHP10 billion for the Philippine

Rural Development Plan here in Region 4-A)," Marcos said.

The PRDP is geared towards empowering local farmers and fisherfolk through improving their agricultural productivity, income opportunities, and living conditions. To increase the revenue of farmers, Marcos also highlighted the need to add value to their agricultural products through processing. The government distributed machinery and equipment to achieve this goal, including farm tractors, hauling trucks, combine harvesters, rice threshers, grain collector baggers, corn husker shellers, hammer mills, forage choppers, cassava graters, and chippers.

"Ito po ay dahil binibigyan natin po ng pagkakataon ang ating magsasaka na hindi na dinadala ang kaniyang produkto, ang raw material kung tawagin para i-process sa ibang lugar. Dito, sa paggamit nitong mga makinaryang ito ay kaya na mag-process ang kahit small scale lang, kaya na mag-processing ang ating mga magsasaka, ang ating mangingisda (We are giving farmers an opportunity to stop transporting their products, or raw materials, to another location for processing. With the help of such machinery,

processing could be done, even if it is just on a small scale, by our farmers and fisherfolk)," he said. During the event, the President handed more than PHP70 million to the three provincial governments--PHP24,040,000 to Batangas; PHP17,420,000 to Laguna; and PHP28,810,000 to Quezon. Marcos also distributed cash assistance amounting to PHP10,000 each to 30 select beneficiaries from the three provinces. The Department of Agriculture provided farm machinery, equipment, fiber boats, seeds, fishing cages, and other items under the following programs: Rice Program, Corn Program, High Value Crops Development Program, National Urban and Peri-Urban Agriculture Program, Livestock Program and Organic Agriculture Program. Meanwhile, the Department of Social Welfare and Development, Department of Labor and Employment, Technical Education and Skills Development Authority, Department of Trade and Industry, and the Office of House Speaker Martin Romualdez distributed cash assistance, business kits, starter toolkits, certificates of scholarship and five kilos of rice to each attendee. (PNA)

Bataan-Cavite... from page 1

Asked what caused the delay, Cabral explained that the government took its time in looking for the "best financing package" available.

"Sourcing the funding has been really the problem. We're trying to get the best financing package for this biggest project of the DPWH and finally we are able to do so," Cabral said. "I think last week we just held the bidding for the first contract packages," she added.

Infra program forum Spearheaded by the Presidential Communications Office (PCO), the Build Better More Infrastructure forum is the third leg of the PCO's pioneering initiative, the Bagong Pilipinas Media Engagement and Workshop Series of 2024, following the successful culmination of the Food Security Cluster Communications Workshop and National Security Cluster Communications Workshop in March and

April 2024, respectively.

It seeks to provide a platform to allow government agencies to engage and collaborate with the media and government communicators to enhance the quality and value of public discourse on the Build Better More Infrastructure Program – the flagship infrastructure development agenda of the Marcos administration.

The program includes 187 infrastructure flagship projects.

DSWD prioritizes... from page 8

the innovative solutions being done by the DSWD in its disaster response operations, profiling of families and individuals in street situations (FISS), and in the delivery of other programs and services.

He said the department's Disaster Response Command Center (DRCC) differs from other command centers in other government agencies.

Inaugurated by President Ferdinand R. Marcos Jr. in Jan. 12 this year, the DRCC is a 24/7 command center that stands as a central hub for disaster monitoring, reporting, and coordination of preparedness and response efforts.

It utilizes advanced information and communication equipment/assets to ensure the seamless collaboration between the DSWD Central Office, DSWD Field Offices (FOs), National Disaster Risk Reduction and Management Council (NDRRMC) member-agencies, and other stakeholders.

"Dito makikita mo yung mga gulo o accident incidents na nangyayari and at the same time, sa kabila naman, nakikita nyo yung stockpile natin (Here, you see the disturbances or accident incidents that occur, while at the same time, on the other side, you see our stockpiles)," Gorospe said.

The DSWD has

also deployed Mobile Command Centers (MCC) across its field offices that feature state-of-the-art Information and Communications Technology (ICT) equipment that will enable near real-time coordination and communication among national and local government agencies.

Using a tablet-based profiling app, the DSWD's Oplan Pag-Abot undertakes profiling activities for FISS to update a client's information in real-time from a remote location.

The e-profiling tool, which is part of the agency's digital transformation efforts, aims to expedite the overall reach-out operations of the Pag-Abot Program teams.

Gorospe said the DSWD has also partnered with different private agencies, including online payment portals, to digitize the payout systems of its programs and services.

"Dahil don sa ginagawa nating digital transformation ngayon, dapat ang mga benepisaryo namin ay pwede nang mamili paano at ano ba yung pinakamagandang paraan para matanggap nila ang benepisyo (Because of the ongoing digital transformation, our beneficiaries should now have the option to choose how and in what manner they receive their benefits.)," he said. (PNA)

House bill on 'responsive, accessible' civil registration pushed

MANILA – A House leader on Friday pushed for the passage of a measure providing for a comprehensive and responsive civil registration and vital statistics system in the country.

In a media forum, Deputy Majority Leader and Tingog Party-list Rep. Jude Acidre highlighted the importance of a responsive, free, and accessible delayed birth registration system for marginalized Filipinos.

Acidre said many unregistered individuals come from marginalized communities, as they face challenges such as poverty, lack of access to healthcare, and disability, among others.

He said House Bill 9572 or the proposed Civil Registration and Vital Statistics (CRVS) Act would make the registration process responsive and accessible, thereby addressing disparities and ensuring that "no one is left behind".

"This bill is especially crucial for Filipinos who, due to various circumstances, were not registered at birth. Delayed birth registration must be accessible to all, free from bureaucratic hurdles and financial burden," the lawmaker said on his keynote speech.

He said civil registration is an important part for an individual to establish legal identity, civil status, and family relations.

"Birth certificates are not merely pieces of paper; they are the enduring and official documentation of a person's existence. They are intricately linked to the rights of identity, nationality, and legal rec-

ognition. Without a birth certificate, an individual faces significant barriers in accessing social services, healthcare, employment, and education," Acidre said.

According to the Philippine Statistics Authority (PSA), 3.5 million Filipinos have no birth certificates, a chunk of them coming from geographically isolated and disadvantaged areas and the Bangsamoro Autonomous Region of Muslim Mindanao (BARMM).

The House of Representatives is targeting to pass the bill before the 19th Congress ends in May 2025.

Acidre said the chamber is collaborating with the PSA to strengthen the agency's mandate and make it a more capable and effective pillar of the state in bridging the gaps in the civil registration system.

Acidre said the proposal would ensure that every Filipino is recorded and documented, noting that the CRVS system will be a cornerstone in the government's efforts to promote "inclusive development and social equity".

"By ensuring that every birth is registered, we are laying the foundation for a society where everyone can exercise their rights and access essential services," he said.

Aside from Acidre, other authors of the bill are Speaker Ferdinand Martin Romualdez, Tingog Party-list Rep. Yedda Marie Romualdez, Presidential son and Ilocos Norte Rep. Sandro Marcos, and BHW party-list Rep. Angelica Natasha Co. (PNA)

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
CITY OF IMUS, CAVITE

HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)
Mortgagee,
-versus-
ALLAIN T. SENDON married to RICA D. SENDON,
Mortgagors.

**FC Case No. 18898-24
EXTRA-JUDICIAL FORECLOSURE OF REAL ESTATE MORTGAGE UNDER ACT 3135 AS AMENDED BY ACT 4118**
-----X-----X-----X

AMENDED NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **HOME DEVELOPMENT MUTUAL FUND (otherwise known as PAG-IBIG FUND)**, mortgagee, with principal place of business at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, against **ALLAIN T. SENDON married to RICA D. SENDON** of legal age, Filipino citizens, mortgagor, with residential and postal address at Blk. 47, Lot 29, Pinagsama Village, Taguig City AND/OR Lot 12, Blk. 12, The Istana Subdivision Malagasang, Imus, Cavite to satisfy the mortgage indebtedness which as of October 9, 2023 amounts to **FIVE HUNDRED FORTY FOUR THOUSAND TWO HUNDRED FORTY SIX PESOS AND 70/100 (Php544,246.70)**, Philippine Currency, including interest and penalties, but excluding attorney's fees, sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned will sell at public auction on **July 23, 2024 at 10:00 o'clock in the morning** or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC-Imus Hall of Justice, Aguinaldo Highway, Imus City, Cavite to the highest bidder, for CASH and in Philippine Currency, the following property with all improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE No. 057-2011033757
A PARCEL OF LAND (LOT 12, BLOCK 12 OF THE CONS.-SUBD. PLAN PCS-04-024408, BEING A PORTION OF 2382-F, (LRC) PSD-207775, LOT 2384-A, PSD-04-198262 AND LOT 5896, IMUS ESTATE (RS-04-004664) SITUATED IN MALAGASANG, IMUS, CAVITE, ISLAND OF LUZON. BOUND-ED ON THE SW., ALONG LINE 1-2 BY ROAD LOT 20; ON THE NW., ALONG LINE 2-3 BY LOT 10 BLOCK 12; ON THE NE., ALONG LINE 3-4 BY LOT 11 BLOCK 12, ON THE SE., ALONG LINE 4-1 BY LOT 14 BLOCK 12 ALL OF THE CONS.-SUBD. PLAN. X X X CONTAINING AN AREA OF THIRTY SIX (36) SQUARE METERS. XXX

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

In the event the public auction should not take place on the said date, it shall be held on **July 30, 2024 at 10:00 o'clock in the morning** without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrance therein if any there be

City of Imus, Cavite, Philippines, April 25, 2024.

MHINARD SANTOS
Sheriff IV
BRANCH 122

APPROVED BY:
ARMIE A. FRANCISCO
Clerk of Court VI

COPY FURNISHED:
HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)
The Petron Mega Plaza Building,
No. 358 Sen. Gil Puyat Avenue, Makati City
ATTY. J.V. ROMMEL C. CUBELO
Attorney-In-Fact, 24K ACCOUNTS CONSULTANT, INC.
3F Fass Intelli College Bldg., No. 11, Pittsburgh St.,
Brgy. Silangan, Cubao, Quezon City
ALLAIN T. SENDON married to RICA D. SENDON
Blk. 47, Lot 29, Pinagsama Village, Taguig City AND/OR
Lot 12, Blk. 12, Istana Subdivision Malagasang, Imus, Cavite

PAHAYAGAN NG KABITENYO
JULY 1, 8 & 15, 2024

What Happens to Your Body When You Take Vitamin B12 Every Day

Our body needs a variety of different vitamins and minerals to thrive, including eight different B vitamins. And out of all of them, vitamin B12 might be the most popular. But what exactly is B12, and do you need to take it every day? B12 supplements are most often seen marketed to boost your energy and mood, but this vitamin plays a far more critical role in the body. It is an essential vitamin necessary for producing healthy red blood cells, supporting nerve and brain function, and making DNA, the genetic material contained in all your cells.1 While most people get enough B12 through a variety of foods, taking a supplement to prevent deficiency generally won't cause harm. Additionally, it may be beneficial for some populations to supplement with B12, including those who follow a vegan or vegetarian diet or have conditions that cause malabsorption of B12.

What Happens to Your Body When You Take B-Complex Vitamins Regularly

What Is Vitamin B12?

Vitamin B12 is a water-soluble vitamin that contains the mineral cobalt, so is sometimes called cobalamin. It is naturally found in some foods like tuna, beef and dairy, is added to fortified foods like breakfast cereals, and is available as a dietary supplement or prescription. B12 is a necessary nutrient for the development of the brain and nerve cells, red blood cells and DNA synthesis. Since it is not primarily found in plant foods (though some, like seaweed and mushrooms, can contain small amounts), it is essential for people who follow a vegan and vegetarian diet to supplement or consume foods fortified with B12.

Vitamin B12 Deficiency

Most people in the U.S. consume adequate amounts of B12. Data shows that only 4% of men and 8% of women in the U.S. had food and beverage intakes of B12 below the estimated average requirement (EAR).2 There are several causes of vitamin B12 deficiency. Some people may develop B12 deficiency if they do not consume enough B12 in their diet, have difficulty absorbing B12 from food, have a condition known as pernicious anemia, have had gastrointestinal surgery removing portions of the GI tract or have prolonged use of certain medications such as metformin, oral contraceptives, proton pump inhibitors and H2 blockers.3 However, because most people do consume enough through food and the body stores a significant amount of vitamin B12 in the liver, symptoms of B12 deficiency can sometimes take years to appear.

5 Sneaky Signs You Might Have a Vitamin B12 Deficiency

Recommended Daily Intake of B12

The Recommended Dietary Allowance (RDA) of vitamin B12 for adults 19 and older is 2.4 micrograms per day.1 However, if you are pregnant or lactating, the amount increases to 2.6 and 2.8 micrograms, respectively.

The bioavailability—or extent a nutrient can be absorbed and accessed in the body—of B12 depends on its source. For example, the bioavailability of B12 in dairy products is about three times higher than in meat, fish and poultry, while the bioavailability of B12 from supplements is 50% higher than from any food source.4 That said, including a variety of nutritious whole foods in your diet is the best way to meet your B12 and other nutrient needs.

Health Benefits of Vitamin B12 Research has shown that vitamin B12 plays several essential roles in our health. Some benefits include the following.

Red Blood Cell Production
Sufficient vitamin B12 is necessary for producing healthy red blood cells and preventing megaloblastic anemia, a type of anemia that causes large, underdeveloped cells. Symptoms of megaloblastic anemia can include fatigue, pale skin, heart palpitations, loss of appetite, weight loss or infertility.5

Brain and Nervous System Health

B12 is required for neurological function and maintaining healthy nerve cells.6 Therefore, B12 deficiency can



interfere with maintaining healthy function of the nervous system and could even lead to permanent nerve damage over time.

Development for Infants

As an infant's brain develops rapidly, adequate B12 is needed to support healthy brain development and produce red blood cells.7 B12 is readily found in breast milk and is fortified into formulas, so infants' needs can be easily met from consuming these foods regularly. While rare, B12 deficiency can cause failure to thrive and delays in developmental milestones for infants. If left untreated, vitamin B12 deficiency could lead to permanent brain damage over time. If you have concerns about your child, be sure to talk to your doctor and health care team.

Healthy Energy Metabolism

Vitamin B12 plays an important role in energy metabolism. For this reason, if you have a vitamin B12 deficiency, you may feel tired or weak. The good news is that B12 deficiency is generally easy to treat, through increasing food sources, taking a supplement or, in cases of malabsorption, via high-dose injection or nasal spray. Oftentimes, treatments can work very quickly, within 48 to 72 hours. Talk to your doctor to identify an individualized plan for you.

While scientists are studying the effects of B12 supplementation on cancer, heart disease, stroke, dementia or adjunct therapy for viral infections, more evidence is needed to clarify its influence on long-term health.8

7 Things You Should Look for When Buying a Supplement, According to Dietitians Food Sources of Vitamin B12

Since vitamin B12 is bound to protein, B12-rich food sources include:1

Fish, meat, poultry, eggs, dairy
Clams, oysters, beef liver

Fortified breakfast cereals, nutritional yeast and plant-based milk alternatives

"If you want to start adding more vitamin B12 food sources to your diet, find food sources that you actually enjoy. You are much more likely to continue eating them if they're foods that can easily be added to your daily diet," says Michelle Saari, M.S., RD, a health specialist at eHealth Project, "Try to add at least one food source per day. This could mean having a bowl of fortified cereal with milk as a snack. You don't need a source at every meal, but try adding more to your weekly diet, and try to add at least one source per day."

"If you follow a vegan diet, use fortified nutritional yeast as well as fortified foods to supplement your diet. You can sprinkle it over pasta, pizza and salads for a cheesy flavor, or mix it into soups or stews," says Laura M. Ali, M.S., RDN, a culinary nutritionist based in Pittsburgh. We couldn't agree more, and love including it in recipes like our Vegan Mac & Cheese and our Vegan Chickpea Frittata.

"When a product is fortified with B12, a percent Daily Value will be listed on the food label in the vitamins and minerals section. Naturally occurring B12 is not listed on the food label," says Grace Scarborough, RDN, CD, a dietitian based in Seattle. "Although label reading can be confusing, checking labels and choosing plant-based products that are high in B12 can help increase the amount you get in your diet."

Potential Risks and Side Effects

Since vitamin B12 is water-soluble, even large doses are generally considered safe because the body does not store more than it needs. Any excess gets flushed out in urine. However, large doses of vitamin B12 that are required to treat deficiency may cause side effects such as nausea, vomiting or diarrhea, and some people may develop itching or skin rash. Be sure to check with your health care provider before start-

ing any high-dose supplements and to follow up if you experience any side effects.

Vitamin B12 does have the potential to interact with certain medications, including medications used to treat gastroesophageal reflux and peptic ulcer disease. This is because these medications slow the release of gastric acid in the stomach, which is necessary for releasing B12 from food. Another common medication that can interfere with B12 absorption is metformin, commonly prescribed for those with prediabetes and diabetes.

Who Could Benefit from Vitamin B12 Supplementation?

While most people get enough from food sources in their diets, people with vitamin B12 deficiency or the following circumstances should consider taking a supplement:

Those following a vegan or vegetarian diet: Since B12 is only naturally found in animal foods, studies have shown that those following vegetarian and vegan diets tend to have low B12 stores. This is especially important for those who are pregnant, since it is necessary for proper fetal brain and nerve system development.

Those with a lack of intrinsic factor: Pernicious anemia is an autoimmune disease that impairs the gut's ability to produce intrinsic factor, which is a protein that is necessary for the absorption of B12.

Those with low stomach acid or medications that decrease stomach acid: Lack of sufficient stomach acid is the most common cause of B12 deficiency, especially for older adults. And vitamin B12 deficiency affects between 3% and 43% of older adults. Certain medications that reduce or suppress stomach acid taken regularly, such as medications and antacids for gastroesophageal reflux disease (GERD) or peptic ulcer disease, can cause difficulty absorbing vitamin B12 from food. However, fortified foods or supplements do not require stomach acid and can be an excellent choice for people who take these medications.

Those who've had intestinal surgery or digestive disorders: Surgery that impacts parts of the stomach or small intestine, or diseases including Crohn's and celiac disease, can cause impaired absorption of B12. Talk to your doctor about the best care plan for you.

Those using other medications that interfere with absorption: Metformin, a commonly prescribed drug for prediabetes and diabetes, can block absorption of B12 and is strongly associated with B12 deficiency.

While it is rare, people who have sensitivities or allergies to B12, cobalt or other ingredients listed on the supplement label should avoid taking the supplement.9

What to Look For in a Vitamin B12 Supplement

Vitamin B12 is available in multivitamin supplements, B-complex supplements and supplements containing only B12. The amount of B12 in supplements can vary widely, from 500 micrograms to 1,000 micrograms. "The most important thing when looking at a vitamin B12 supplement is the dosage to ensure that it is one that is appropriate for you," says Saari. You should consult with your health care provider before starting any new supplement.

There are several forms of B12, including adenosylcobalamin, methylcobalamin and hydroxycobalamin. However, "Methylcobalamin is a better-absorbed form of vitamin B12," says Lisa Andrews, M.Ed., RD, LD, a registered dietitian nutritionist at the Health Insiders.

"If your budget allows, choose a product that is USP or NSF certified. It's a (voluntary) third-party verification that confirms the listed ingredients are really in there—without harmful levels of contaminants or heavy metals that shouldn't be in there," says Lori McCall, M.S., RD, LDN.

The Bottom Line

Vitamin B12 is an essential, water-soluble vitamin that should be consumed through a variety of animal and/or fortified plant foods, or supplements. The health benefits of B12 include supporting a healthy brain, a healthy nervous system, red blood cell production and DNA synthesis. While B12 deficiency can be very serious if it goes untreated, especially for those who are pregnant or for developing infants, it is typically easily treatable through a variety of supplements, including food, pills, injections or sprays, and even high doses are generally considered safe.

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