PAHAYAGAN NG
Kabitenyo
ISSN-1656-0558
VOL. 20 NO. 42 DECEMBER 13 - 19, 2021 10.00

REVILLA, NANGAKO NA SUSUPORTAHAN NG MGA CAVITENO ANG TAMBALANG BONG BONG SARA

Nangako si Lakas-CMD co-chairman at Senator Ramon “Bong” Revilla, Jr. na susuportahan ng mga mamamayan sa Cavite ang tambalang Bongbong-Sara sa naging Uniteam Caravan ng dalawang kandidato nitong Huwebes, Disyembre 9.

“Marunong po kaming mga Caviteño na tumanaw ng utang na loob. Susuporta po kami sa inyo [Mayor Sara] kahit saan kayo makarating. Susuporta rin po kami sa ating Pangulong Bongbong Marcos,” pahayag ni Revilla sa kanilang naging aktibidad sa Nomo Mall parking lot sa lungsod ng Bacoor.

Inalala ni Revilla ang naging pagtanggap sa kaniya ni Lakas-CMD vice presidential candidate at Chairperson Davao City Mayor Sara Duterte na mapabilang sa Hugpong ng Pagbabago (HNP) senatorial slate noong 2019 poll.

Dumalo rin sa nasabing rally sina dating Pangulong Gloria Macapagal-Arroyo, House Majority Leader at Leyte 1st District Rep. Martin G. Romualdez, senatorial aspirants Mark Villar, Harry Roque at Jinggoy Estrada, Councilor Alde Joselito F. Pagulayan at iba pang pangunahing lokal na opisyal.

Sa kanyang talumpati, binigyang-diin ni Mayor Sara Duterte ang kahalagahan na suportahan ng sambayanang Pilipino ang kanilang mensahe ng pagkakaisa upang matugunan ang lahat ng malalaking problemang bumabalot sa bansa.

FUNNSIDE ningnangan

DUGONG ALAY, DUGTONG BUHAY

MAYOR SALAMAT, NAIS NA MAKILALA ANG ALFONSO BILANG ‘WEDDING DESTINATION OF THE SOUTH’

Sa isang Facebook post nitong Disyembre 3, ibinahagi ni Alfonso Mayor Randy Salamat na nais niyang kilalanin ang kanilang bayan bilang ‘The Wedding Destination of the South.’

Ayon kay Salamat, dati ay kilala lamang bilang ‘The Hidden Gem’ ang bayan ng Alfonso ngunit sa ngayon ay nais nilang maging kilalang lugar para sa mga kasal.

“Dating hindi kilala kaya The Hidden Gem of the South. Pero….Tayo po ay nangangarap na balang araw ang Alfonso ay tatawagin pong The Wedding Destination of the South,” aniya.

“Dahil pag mataas ang turismo sa ating bayan maraming magkaka trabaho. Walang magiging krimen kung walang nagugutom. Sabay sabay aangat lahat kung mayaman ang turismo sa ating bayan,” dagdag pa ng alkalde.

Hinikayat rin ni Salamat ang kaniyang mga nasasakupan na makiisa sa pangarap na ito.

“Tara Alfonseño tulungan tayo upang maabot natin ang pangarap na to.”

Source: Randy Salamat (FB)

HIGIT 80 PORSYENTO NG RESIDENTE SA NOVELETA, BAKUNADO NA

Mahigit sa 80 porsyento ng mga residente sa munisipalidad ng Noveleta ang nakatanggap ng kanilang unang dosis ng bakuna laban sa coronavirus disease (COVID-19), batay sa ulat ng Noveleta Health Office noong Linggo, Disyembre 5.

Ito ay patuloy na pagbabakuna ng lokal na pamahalaan sa kanilang mga residente.

Matatandaan na nakamit ng bayan ang herd immunity noong Nobyembre 24 at sa kasalukuyan ay sinimulan na ng Rural Health Unit ang Covid booster shots ng mga healthcare workers o A1, at iba pang municipal health worker at nurse ng Noveleta Medcare Center sa Barangay San Jose 2 sa pangunguna ng Municipal Health Opisyal na si Dr. Ma. Hilda Bucu.

"We are only accepting local residents and can go through walk-in registration, just bring the necessary documents needed for the minors," ani Bucu.

Sa ngayon ay apat na lang ang aktibong kaso ng Noveleta, na nasa ilalim ng home quarantine batay sa datos nito noong Disyembre 4, 2021.

Source: Manila Times

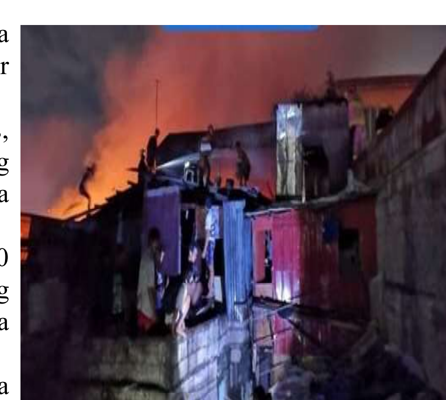
80 PAMILYA, BIKTIMA NG SUNOG SA BACOOR

Nasa 80 pamilya ang naging biktima ng naganap na sunog sa lungsod ng Bacoor nitong Lunes ng hapon.

Ayon sa ulat ng ABS CBN News, umabot sa dalawang oras ang nasabing sunog na nagsimula bandang alas-5:30 ng hapon sa nasabing araw.

Tinupok ng sunog ang nasa 50 kabahayan Pogi St sa Bgy. Niog 1 na tinatayang ansa P300,000 ang halaga ng pinsala, ayon sa Bacoor City Fire Station.

Wala namang naiulat na nasaktan sa nasabing insidente.



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BBM–Sara, winning team sa 2022 polls –'Pol bigwigs'

MANILA, Philippines — Naniniwala ang mga tinaguriang "poli-tical bigwigs" sa Laguna na ang UniTeam nina presidential candidate Ferdinand "Bongbong" Marcos Jr., at running mate nitong si Inday Sara Duterte-Carpio ang "winning team" para sa nalalapit na May 2022 national elections.

Ayon sa Lakas-CMD na malugod na tinanggap ang UniTeam sa kanilang paglilibot sa lalawigan kahapon, ang Laguna ay isa sa mga "vote rich" na probinsya sa Southern Tagalog Region.

"Laguna is more than elated and excited to welcome our winning team and the per-fect tandem, the UniTeam of BBM-Sara," pahayag ni Laguna Vice Go-vernor- Karen Agapay, national president ng League of Vice Governors of the Philippines.

Ang mga lokal na opisyal ay nagpulong sa Palmeras Garden Restaurant sa San Pablo City kung saan naging mainit ang pagsalubong ng mga supporters sa BBM-Sara tandem.

Inianunsyo naman ni Laguna Gov. Ramil Hernandez, partymate ni Agapay sa ilalim ng Partido Demokratiko Pilipino-Lakas ng Bayan (PDP-Laban) na ini--a-adopt nila ang presidential daughter bilang "honorary daughter" ng Laguna.

Tiniyak din ni Pakil, Laguna Mayor Vincent Soriano, Lakas-CMD provincial chair-man na magwawagi sa May 2022 national polls ang tambalang Marcos-Du-terte.

"We will work hard in Laguna to ensure their victory. Naniniwala kami sa kanilang galing at naniniwala kami na sila ang magpapatuloy ng mga reporma para sa kaunlaran ng ating bansa," ani Soriano na iginiit na mananalo ang UniTeam.

Ang BBM-Sara Uni-Team ay nagsagawa ng motorcade sa Ca-lamba City kung saan sumama rin dito sina senatorial aspirants Harry Roque at Jinggoy Estrada. Sumunod nilang sinuyod ang Cabuyao at San Pedro City sa pagtitipon na inorga-nisa ng mga lider sa pu-li-tika sa lalawigan.

Lunas sa ulcer

DOC WILLIE - Dr. Willie T. Ong - Pilipino Star Ngayon

ANG gastritis o ulcer ay sakit kung saan nagagasgas ang laman o lining ng sikmura dahil sa sobrang acidic o laging nalilipasan sa oras ng pagkain.

Ito ang aking mga payo:

1. Umiwas sa maasim at maanghang na pagkain,

2. Kumain ng pakonti-konti pero madalas sa isang araw,

3, Kumain ng saging at tinapay, at

4. Lumagok ng kaunting tubig bawat 20 minuto para mahugasan ang acid sa tiyan.

5. Umiwas sa alak at sigarilyo. Ang alcohol ay nakabubutas ng tiyan lalo na kung iinom nang walang laman ang tiyan. Ang sigarilyo naman ay nakasisira din ng baga at tiyan.

6. Limitahan ang pag-inom ng pain relievers. Ang mga gamot sa kirot tulad ng Mefe-namic acid ay dapat inumin lamang pagkatapos kumain. At huwag ninyo ito araw-arawin dahil masama din ito sa katagalan.

7. Ang Aspirin ay maaari din magdulot ng ulcer.

Inumin ang aspirin pagkatapos kumain. Kapag sinisikmura pa rin, ihinto ang aspirin at magpa-check sa doktor.

8. Tantsahin ang pag-inom ng gatas.

Ayon sa mga espesyalista, ang gatas ay puwedeng magpadami ng acid sa sikmura. Ang iba naman ay nagtatae sa gatas. Mas maigi pa ang yoghurt.

9. Magluwag ng sinturon. Ang masikip na pantalon at sinturon ay maaaring magpataas ng pressure sa tiyan. Dahil dito, mahihirapan bumaba ang kinain natin.

10. Pagkakain ay huwag agad umupo o humiga. Maglalakad muna para matunawan.

11. Kumunsulta sa doktor kapag may dugo ang dumi o matindi ang sakit ng tiyan.

EDITORYAL

DENR, kailan kikilos sa problemang air pollution

Nagluwag na ng restrictions sa Metro Manila. Marami nang bukas na establisimento. Balik na rin ang maraming sasakyan sa Metro Manila, mapri-bado at publiko. Kaya balik sa buhol-buhol na trapik. Marami nang yumayaot at tiyak na lalo pang sisikip dahil sa Christmas season.

Pero hindi ang trapik ang labis na nakakatakot kundi ang usok ng mga sasakyan na nakakasulasok-. Sa dami ng mga sasakyang hindi na namimintina, ang problema sa air pollution ay nakaamba at unti-unting pumapatay sa mamamayan. Wala ring ipinag-kaiba sa COVID-19 ang air pollution. At wala namang hakbang ang Department of Environment and Na-tural Resources (DENR) ukol sa problemang ito. Dedma.

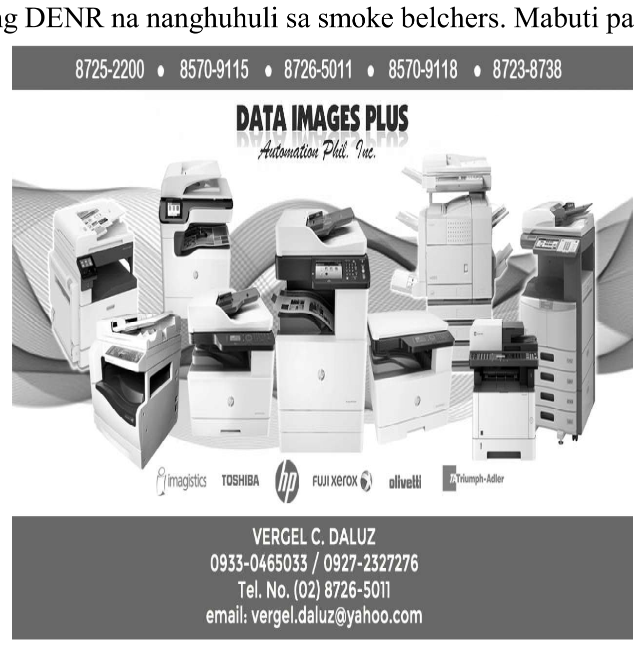
Ayon sa pag-aaral, 80 percent na pinagmumulan ng air pollution sa Metro Manila ay mga hindi namimintinang sasakyan gaya ng mga karag-karag na dyipni, taxi, trak at traysikel. Pinagmumulan din ng pollution ang mga usok mula sa pabrika at sinusunog na basura.

Sa ilalim ng Clean Air Act of 1999, mahigpit na ipinagbabawal ang pagsusunog ng mga basura at paggamit ng incinerators. Nawalan ng silbi ang batas- kaya ngayon, balik na naman sa may lasong hangin na nabawasan na noong nakaraang taon nang magsimula ang pandemya.

Kapansin-pansin na wala na ang mga operatiba ng DENR na nanghuhuli sa smoke belchers. Mabuti pa ang Manila Bay at pinagaganda ng DENR sa pamamagitan ng pagtatambak ng dolomite. Pinondohan ng P389 milyon para maging kaakit-akit. Pero ang paglilinis sa hangin, wala silang hakbang.

Ayon sa Department of Health (DOH), ang maru-ming hangin ay nagdudulot ng noncommuni-cable diseases (NCDs) gaya ng allergies, acute respi-ratory infections, chronic obstructive pulmonary dis-eases, cancer at cardiovascular diseases.

Bumababa na ang kaso ng COVID-19 kaya pa-tuloy ang pagluwag sa restrictions. Lahat nang sasak--yan ay maaari nang pumasok sa Metro na lubhang delikado. Bumababa ang kaso ng COVID pero mala-mang na sa air pollution naman mamatay ang mamamayan. Makagawa sana ng paraan ang DENR sa problemang ito bago maging huli ang lahat. Hindi dapat haya-ang lumala ang problema sa air pollution.



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PAHAYAGAN NG Kabitenyo

In God We Trust

ISSN-1656-0558

An English-Filipino newsweekly published every Monday by Pahayagan ng Kabitenyo with Editorial and Business Office at Unit-D 147 Panapaan IV, P.F. Espiritu IV, Bacoor, Cavite 4102.

Email: pahayaganngkabitenyo@Yahoo.com

Email: pahayagancavite@gmail.com

Entered as Second Class Mail at Postal Region IV San Pablo City under Permit N0 200305 on May 27, 2003

PAPERPh Est. 2019 MEMBER

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

SUBSCRIPTION RATE :	P1,000.00/year
Advertising Rate :	P200.00/col. cm.
Legal Rate :	P160.00/col. cm.

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
TRECE MARTIRES CITY

HOME DEVELOPMENT MUTUAL FUND,
Mortgagee,
-versus-

MELANIE E. GOH
MORTGAGOR/S

FORECLOSURE CASE NO. F-448-15
X---X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale **under Act 3135, as amended by Act. 4118, filed by Mortgagee, HOME DEVELOPMENT MUTUAL FUND**, with business address at 12th Floor JELP Business Solution Center, No. 409 Shaw Boulevard, Mandaluyong City, against the Mortgagor/s, **MELANIE E. GOH** with residence and postal address at LOT 8, BLOCK 49, PHASE 2, PARKLANE COUNTRY HOMES, SANTIAGO, GENERAL TRIAS, CAVITE, to satisfy the mortgage indebtedness which as of **24 November 2014** amounts to **THREE HUNDRED TWENTY SIX THOUSAND SIX HUNDRED FOURTEEN PESOS and 44/100 (P326,614.44),** Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on January 27, 2022 at 10:00 o'clock in the morning at the main entrance of Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE No. T-1159472

A parcel of land (Lot 8, Blk. 49 of the consol. subd. Plan. Pcs-04-087331, being a portion of Lots described on Blk. 49, Psd-086693, L.R.C Rec. No.) situated in the Brgy. of Santiago, Mun. of Gen. Trias, Prov. of Cavite. Bounded on the NE., along line 1-2 by Lot 10; on the SE., along line 2-3 by Lot 7; on the SW., along line 3-4 by Lot 6, all of Blk. 49; & on the NW., along line 4-1 by Alley 15, all of the cons./subd. plan. Beginning at a pt. marked "1" on plan xxx containing an area of **THIRTY SIX (36) SQ. METERS X X X**

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 and time, it shall be held on **February 17, 2022** without further notice.

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

Trece Martires City, December 09, 2021.

LUCIO C. ALEJO III
Sheriff IV

Copy Furnished:
HOME DEVELOPMENT MUTUAL FUND
12th Floor JELP Business Solution Center
No. 409 Shaw Boulevard, Mandaluyong City

MELANIE E. GOH
LOT 8, BLOCK 49, PHASE 2, PARKLANE COUNTRY HOMES, SANTIAGO, GENERAL TRIAS, CAVITE

WARNING: It is absolutely prohibited to remove, deface of destroy this Notice of Extra Judicial Sale on or before the date of sale

PAHAYAGAN NG KABITENYO
December 13, 20 & 27, 2021

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
TRECE MARTIRES CITY

HOME DEVELOPMENT MUTUAL FUND,
Mortgagee,
-versus-

MICHAEL BINATO CALDERON
married to JOCELYN V. CALDERON
MORTGAGOR/S
FORECLOSURE CASE NO. F-769-15
X---X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act. 4118, filed by Mortgagee, **HOME DEVELOPMENT MUTUAL FUND**, with business address at 12th Floor JELP Business Solution Center, No. 409 Shaw Boulevard, Mandaluyong City, against the Mortgagor/s, **MICHAEL BINATO CALDERON married to JOCELYN V. CALDERON** with residence and postal address at LOT 17, BLOCK 21, WOODVILLE SUBDIVISION, PASONG KAWAYAN, GEN. TRIAS, CAVITE, to satisfy the mortgage indebtedness which as of 03 August 2015 amounts to **TWO HUNDRED FORTY TWO THOUSAND NINE HUNDRED EIGHTY PESOS and 91/100 (P242,980.91),** Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **January 27, 2022** at 10:00 o'clock in the morning at the main entrance of Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE
No. T-1292376

A parcel of land (Lot 17, Blk.21 of the cons. subd. plan. Pcs-04-016610, being a portion of Lots 2672, 2676, 2677, 3302, 3303, 3304 & 3184, All of San Francisco de Malabon Estate; & Section 11, Psd-04-105570; L.R.C. Rec. No.) situated in the Brgy. of Pasong Kawayan/Palubluban/Sampalukan, , Mun. of Gen. Trias, Prov. of Cavite. Island of Luzon. Bounded on the NW., along line 1-2 by Lot 18, Blk. 21 (Open Space); on the NE., along line 2-3 by Lot 16, Blk. 21; on the SE., along line 3-4 by Road. Lot 21; and on the SW., along line 4-1 by Lot 19, Blk. 21, all of the cons./subd. plan. Beginning at a pt. marked "1" on plan xxx containing an area of **EIGHTY (80) SQ. METERS X X X**

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 and time, it shall be held on **February 17, 2022** without further notice.

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

Trece Martires City, December 09, 2021.

LUCIO C. ALEJO III
Sheriff IV

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HOME DEVELOPMENT MUTUAL FUND
12th Floor JELP Business Solution Center
No. 409 Shaw Boulevard, Mandaluyong City
MICHAEL BINATO CALDERON
married to JOCELYN V. CALDERON
LOT 17, BLOCK 21, WOODVILLE SUBDIVISION, PASONG KAWAYAN, GEN. TRIAS, CAVITE

WARNING: It is absolutely prohibited to remove, deface of destroy this Notice of Extra Judicial Sale on or before the date of sale

PAHAYAGAN NG KABITENYO
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REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
TRECE MARTIRES CITY

HOME DEVELOPMENT MUTUAL FUND,
Mortgagee,
-versus-
SPOUSES RODRIGO A. PANES
and MILAGROSA C. PANES
MORTGAGOR/S
FORECLOSURE CASE NO. F-931-15
X---X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act. 4118, filed by Mortgagee, **HOME DEVELOPMENT MUTUAL FUND, w**ith business address at 12th Floor JELP Business Solution Center, No. 409 Shaw Boulevard, Mandaluyong City, against the Mortgagor/s, **SPOUSES RODRIGO A. PANES and MILAGROSA C. PANES** with residence and postal address at LOT 6, BLOCK 36, PHASE 2A, GRAND RIVERSIDE SUBDIVISION, PASONG CAMACHILE, GENERAL TRIAS, CAVITE, to satisfy the mortgage indebtedness which as of **03 August 2015** amounts to **ONE HUNDRED NINETY THOUSAND FOUR HUNDRED SIXTY SIX PESOS and 06/100 (P190,466.06),** Philippine Currency, including interest, penalties, and other charges as of said date but exclusive of all the other expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **January 27, 2022** at 10:00 o'clock in the morning at the main entrance of Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency, the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE No. T-1087735

A parcel of land (Lot 6, Blk.36 of the consol. subd. Plan. Pcs-04-014361, being a portion of consol. of Lots 1 Blk. 32; 1 Blk. 33, both of Pcs-04-012772, 1790-E, Psd-04-031323; 1954-A, Psd-04-109084, 1953 (Rs-04-002594); 3135 (Rs-04-002596) and 3379, all of San Francisco de Malabon Estate situated in the Bo. of Pasong Camachile, Mun. of Gen. Trias, Prov. of Cavite. Is. of Luzon. Bounded on the NE., along line 1-2 by Lot 24, Blk. 36; on the SE., along line 2-3 by Lot 7, Blk. 36;; on the SW., along line 3-4 by Rd. Lot 7 (6.5 m. wide); and on the NW., along line 4-1 by Lot 5, Blk. 36, all of the cons./subd. plan. Beginning at a pt. marked "1" on plan xxx containing an area of **THIRTY SIX (36) SQ. METERS X X X**

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 and time, it shall be held on **February 17, 2022** without further notice.

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

Trece Martires City, December 09, 2021.

LUCIO C. ALEJO III
Sheriff IV

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HOME DEVELOPMENT MUTUAL FUND
12th Floor JELP Business Solution Center
No. 409 Shaw Boulevard, Mandaluyong City
SPOUSES RODRIGO A. PANES
and MILAGROSA C. PANES
LOT 6, BLOCK 36, PHASE 2A, GRAND RIVERSIDE SUBDIVISION, PASONG CAMACHILE, GENERAL TRIAS, CAVITE

WARNING: It is absolutely prohibited to remove, deface of destroy this Notice of Extra Judicial Sale on or before the date of sale

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DEMAND REDUCTION SA ILEGAL NA DROGA AT HINDI LANG SUPLAY, DAPAT TUTUKAN BATAY KAY ELEAZAR

Ipinabatid ni dating PNP Chief at Senatorial Aspirant Guillermo Eleazar na mas kailangan at importanteng tutukan ang pagbabawas ng demand ng ilegal na droga at hindi lamang suplay nito upang tuluyang mapuksa ang problema sa droga.

Aniya, sinisiguro raw ng kasalukuyang administrasyon ang pagpapatuloy ng kampanya nito laban sa ilegal na droga sa pamamagitan ng mas holistikong proseso. Ito ang kaniyang pananaw at ninanais na matutukan kung sakaling palarin siya na maging tagapagpatupad ng batas.

"About the drug problem, tayo ay nagkakaisa na talagang holistic approach ito. Ang nakikita lang kasi natin ay ang role ng PNP na parang inaasa sa law enforcement itong supply reduction, na mawala those supplying the drugs. Pero ang point natin doon is demand reduction which is, actually para sa akin, ganoon kaimportante o mas importante pa – itong prevention," ayon kay Eleazar.

Pahayag niya, kailangan na maipagpatuloy ang kampanyang ito ng mga susunod na lider ng bansa bagamat bukas ang kaniyang kamalayan sa mga lapses ng implementasyon nito na maaari pa rin naman daw pagbutihin.

"Tanggap na natin iyan, kailangan natin iyan except in some lapses, sa pagmamalabis na hindi naman natin kinukunsinti," dagdag niya.

Upang mapagbuti ang kampanyang ito, sinabi niyang kailangan bigyang-pansin ang rehabilitation ng mga drug users upang maibalik ang mga ito sa kanikanilang maayos na pamumuhay.

"Pero at the end of the day, just like what I have experienced in the PNP, it is in the implementation of the existing policies and programs na ni-rerevise from time to time to adjust and adapt to the prevailing situation," ani Eleazar.

Dagdag niya, malaki ang katungkulan ng ahensiya at ng mga mambabatas sa pagpapanatili ng kapayapaan at kaayusan na target na makamtan sa pamamagitan ng mga kampanya.

"In the aspect of economic development, this is always anchored on peace and security at alam nating lahat na ang masiglang ekonomiya ay nakasalalay sa ligtas at maayos na pamayanan." pahayag ni Eleazar.

Source: Evelyn Macairan/

Pinay, nakamit ang pinakamataas na parangal sa University of Oxford

Nakamit ng isang pinay na si Ellaine Joy Calapao-Sanidad ang pinakamataas na parangal na summa cum laude sa isang prestihiyosong University of Oxford sa United Kingdom.

Ang naturang unibersidad ay tinaguriang "one of the best and oldest universities" in the world at 28 sa alumni nito ay mga Nobel Prize winners.

Ipinanganak si Ellaine sa San Isidro, Abra, at nagtapos ng kursong Master of Studies in Diplomatic Studies.

Natanggap ni Ellaine ang parangal nitong December 2, 2021, ngunit ang kanyang graduation ay sa March 12, 2022 pa.

Samantala, sinabi rin ni Ellaine na ito ang kanyang second Master's degree. Siya ay may M.A. in Speech Communication mula sa University of the Philippines-Diliman, ayon sa panayam ni Ellaine sa Interaksiyon.

"I have always been too hard on myself, and it was only recently that I learned how important it is to give myself a tap once in a while for being able to put up with the ever ambitious, difficult me," sabi ni Ellaine.

Nakamit ng isang pinay na si Ellaine Joy Calapao-Sanidad ang pinakamataas na parangal na summa cum laude sa isang prestihiyosong University of Oxford sa United Kingdom.

Noong una ay nag-apply si Ellaine sa Chevening Scholarship, ang international scholarships programme ng U.K. government ngunit hindi ito nakapasa.

Ngunit hindi siya sumuko, bagamat tinawag niyang "suntok sa buwan" ang pagnanais niyang ito.

Nang mag-try ulit, nakapasa siya para sa scholarship at nakakakuha ng kanyang Master's degree sa University of Oxford noong 2020.

Bagamat isang taon lamang ang kanyang course, hindi naging madali para kay Ellaine na mapalayo sa pamilya, lalo't may pandemya.

Nakabalik na sa Pilipinas si Elaine kamakailan at gusto muna niyang namnamin ang mga sandaling ito matapos mapalayo sa pamilya.

"Coming back home, my [priorities] were to rest, spend quality time with my family, and work on my physical recuperation before pursuing my next plans in life," kwento niya.

May payo naman siya sa mga katulad niyang gustong mag-aral abroad, gaya ng University of Oxford.

"Think of Oxford as just any other university abroad. Considering it as an unreachable university won't help you get there."

Dagdag pa nito, huwan umanong maging pabaya kapag nabigyan ng pagkakataon "Because only with giving your best could you get the best reward."

Caviteños tell the BBM-Sara Uniteam: ''The people are behind you"

"Huwag kang mapapagod BBM, nasa likod mo lang kami, nasa likod mo ang taumbayan (Don't get tired BBM, we are behind you, the people are behind you)!"

This was the cry of the Cavitenos as the BBM-Sara UniTeam's Unity Caravan rocked and rolled in the province on Thursday.

BBM-Sara Uniteam said some women were in tears when they greeted the pick-up truck carrying Partido Federal ng Pilipinas (PFP) standard bearer Ferdinand 'Bongbong' Marcos Jr.(BBM), and running-mate Davao Mayor Inday Sara Duterte of Partido Lakas-CMD, while traversing the stretch of Bacoor to Rosario.

"Huwag kang mapapagod BBM (Don't get tired DDM). Nasa likod mo kami (We are behind you). Matagal ka naming inantay (We have been waiting for so long),!" cried an old woman who couldn't help but cry as Bongbong beamed at her with the sweetest smile.

It is estimated that as many as hundreds of thousands of Caviteño supporters came out of their homes to show their warm support for BBM-Sara UniTeam.

The euphoria was similar with the previous scene described as "sea of humanity" in Quezon City, the all-day sortie from Bacoor City and the towns of Noveleta, Rosario and Kawit were attended also by thousands who support the tandem.

Most of the supporters sporting red and green clothes patiently waited for the arrival of the BBM-Sara UniTeam caravan.

Some of them are waving the Philippine flag. A man showed a 'sculpture' of the face of former President Ferdinand Marcos Sr. while a Caviteno also wore a barong tagalog combined with a traditional Filipino hat and red neckerchief depicting a brave Filipino.

Cavite, with an estimated 2.1 million registered voters since 2019 and considered one of the vote-rich provinces in the country, is also widely known as "Lalawigan ng Magiting (The Province of the Brace)."

The people chanted at the top of their lungs "Bongbong-Sara" with their hands in victory sign signifying BBM and their other hand in clenched fist signifying Inday Sara.

The motorcade could not barely move because most of the supporters were blocking the official vehicle of the "power duo" just to be able to shake their hands.

Scenes like this one in Cavite were also often witnessed in the past provincial sorties of BBM-Sara UniTeam.