

PGC delivers medical services to the locals of Imus.

The Provincial Government of Cavite through the Office of the Provincial Governor-Extension, delivered free medical consultation and medicine to Brgy. Bayan Luma 3, Imus City during the medical mission held on January 10, 2023 serving a total of one hundred eighty (180) patients.

Medical team from General Emilio Aguinaldo Memorial Hospital composed of Dr. Hanna Patricia V. Gilera, Dr. Hannah Christine P. Catama, GEAMH midwives Azaleah Masicap, Imelda Mabituin, Teresa Cabaña and Marita Marquez with the help of Dr. Gelyn Golamco, medical doctor from Imus Rural Health Unit, rendered free medical consultation.

Minimum health protocols were strictly observed for the safety of everyone. Ms. Sheena Homo and Ms. Liza Ancheta from PESU carried out the antigen swab testing.

Brgy. Captain Reynaldo P. Borromeo and Barangay Health Workers assisted in the activity.--- Romelyn P. Dones



TAPAT SA BAYAN. TAPAT SA USAPAN. MEDICAL MISSION JANUARY 10, 2023 | BAYAN LUMA 3, IMUS CITY WWW.CAVITE.GOV.PH WWW.GEAMH.MEMH.COM

PHO commences construction of TB culture testing laboratory.

Cavite Provincial Health Office, in partnership with the Department of Health National TB Control Program and the Philippine Business for Social Progress, initiated the construction commencement ceremony of the TB Culture and Drug Susceptibility Testing Laboratory on January 10, 2023 at the Ancillary Building of General Emilio Aguinaldo Memorial Hospital, Trece Martires City. The project is expected to fast track testing to further improve detection and treatment of TB cases in the province.

During the ceremonial activity, 8th District Board Member Reyniel A. Ambion, Chair of the Committee on Health, gave a welcoming remark on behalf of Governor Jonvic Remulla and Vice Governor Athena Bryana Tolentino. He conveyed their gratitude for the time and effort exerted in making the activity come to fruition. He underlined that the project will benefit healthcare providers and those who are infected with TB, as they do not need to travel to other hospitals



TAPAT SA BAYAN. TAPAT SA USAPAN. TB CULTURE & DRUG SUSCEPTIBILITY TESTING LABORATORY JANUARY 10, 2023 | GEAMH, TMC WWW.CAVITE.GOV.PH WWW.GEAMH.MEMH.COM

outside Cavite for laboratory testing.

Dr. Nonie John L. Dalisay, Provincial Health Officer II, explained that the idea of having a TB culture laboratory was first initiated in 2014, and the plan was formulated by the late Dr. George Repique Jr., former Provincial Health Officer, and continued during the tenure of Dr. Gilbert Ilog. Meanwhile, Dr. Nelson C.

Soriano, Provincial Health Officer I, stated that since they have the capacity and logistics for diagnosing tuberculosis, the occurrence of problems can be averted. He added that the team working on the project thinks outside the box. Hence, the achievement is invaluable and should be preserved.

Dr. Eva Marie Torio, head of the DOH Infectious

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PAHAYAGAN NG
Kabitenya

In God We Trust **ISSN-1656-0558**

VOL. 21 NO. 47 **JANUARY 16 - 22, 2023** **10.00**

The perfect place in Silang to write down your thoughts and unwind! ✨



This newly opened café in Silang, Cavite has everything you need for a refreshing day. Aside from the cozy instagrammable ambiance, the food and coffee here are worth the visit.

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HOTEL

ホテル ソウゴ

KONSTRUKSYON NG PINAKAUNANG TB CULTURE TESTING LABORATORY SA CAVITE, SISIMULAN NA

TRECE MARTIRES CITY | Pinangunahan ng Department of Health (DOH) National TB Control Program, Philippine Business for Social Progress, at Cavite Provincial Health Office ang construction commencement ceremony para sa pinakaunang TB Culture and Drug Susceptibility Testing Laboratory sa lalawigan na itatayo sa General Emilio Aguinaldo Memorial Hospital Ancillary Building.

Taong 2014 nang unang inilag ang plano upang magkaroon ang pamahalaang panlalawigan ng sarili nitong TB Culture Laboratory upang mapabilis ang testing, detection at treatment ng mga kaso ng tuberculosis.



SEE PAGE 4

SILANG LGU SUSUBUKANG MAKAPASOK SA GUINNESS WORLD RECORD

Susubukan ng lokal na pamahalaan ng Silang at ng simbahang Katoliko nito na makapasok sa Guinness World Record para sa pinakamahabang "candlelit relay" o linya ng mga kandilang sisindihan na itinakdang gawin sa darating na Enero 22, bilang bahagi ng pagdiriwang ng Kapistahan ng Nuestra Señora de Candelaria.

Ayon sa social media post ni Silang Mayor Kevin Anarna, nakahanda na ang bayan para sa candlelit relay na magsisimula sa makasaysayang simbahan ng Silang sa town proper nito hanggang sa bagong municipal hall grounds sa Barangay Biga 1 o tinatayang dalawang kilometro ang haba.

Nagsimula na rin ngayon ang pag-eensayo ng



mga nagboluntaryo para sa unang pagtatangka ng Guinness World Record.

Ang unang naitala para sa pinakamahabang linya ng mga kandilang sisindihan ay sa India na may 366 na kandila para sa isang kaganapang inorganisa ng kilusang noon pang Oktubre 14, 2016.

"Together with our Church, let's come together on January 22nd at 6:00 p.m. for the queue of people holding candles. Our town will be better known not only in the whole Philippines but also in the whole world," saad ni Anarna sa kanyang post sa social media.

Matatandaan na sa panahon ng pandemya, kinilala ang Silang bilang isa sa pinakasikat sa paghahalaman bukod sa pagiging bagong "gourmet destination" ng mga turista.

Maharlika Wealth Fund, takbo ng ekonomiya tatalakayin ni PBBM sa 2023 World Economic Forum sa Switzerland

Nakatakdang ibida ni Pangulong Ferdinand R. Marcos Jr. ang economic performance ng bansa sa harap ng mga world leaders at top chief executive officers (CEOs) sa kanyang pagdalo sa World Economic Forum (WEF) sa Davos, Switzerland sa susunod na linggo.

Sa isang press briefing, sinabi ni Department of Foreign Affairs (DFA) Undersecretary Carlos Sorreta na magandang pagkakataon ito upang mailahad ang patuloy na paglago ng ekonomiya Pilipinas at mahikayat ang mga dayuhang lider at investors na mamuhunan sa bansa.

Tatalakayin din ng



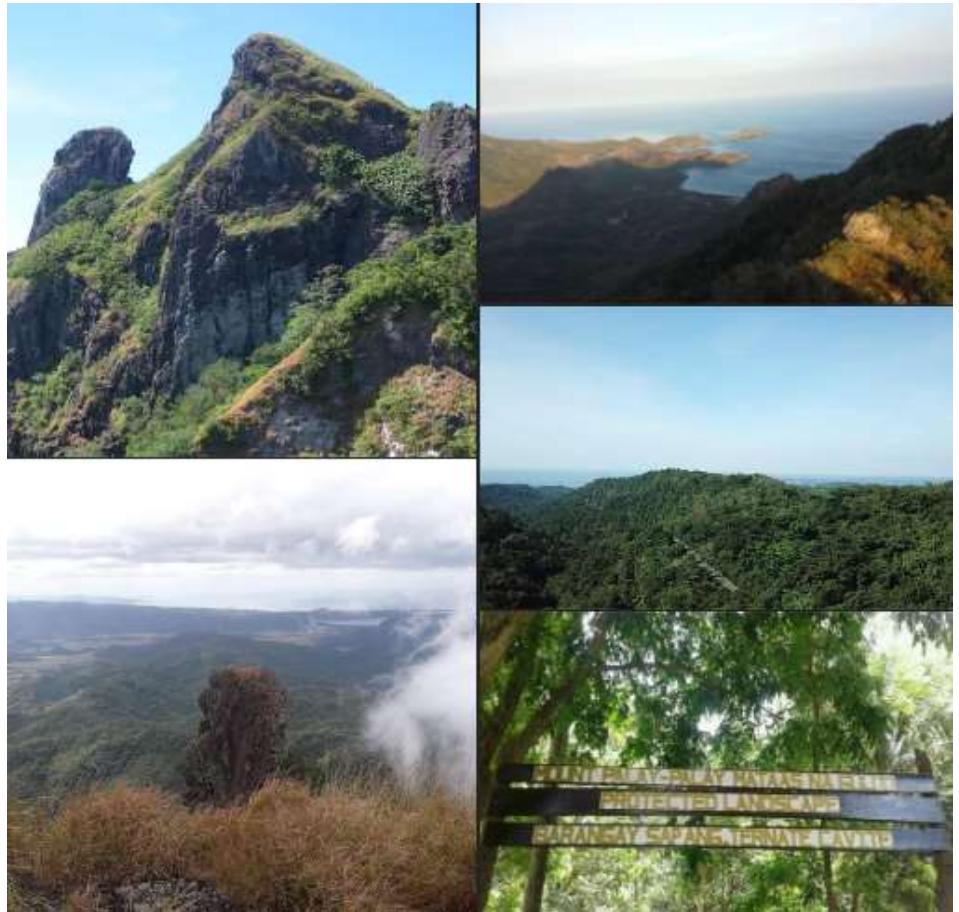
Pangulo ang Maharlika Investment Fund, ang panukalang sovereign wealth fund ng bansa. Ayon kay Sorreta, pagkakataon ito upang ipakita na handa ang Pilipinas sa pagkakaroon ng isang sovereign wealth fund.

Lalahok din ang Pangulo sa isang high-level dialogue session kasama ang iba pang mga lider,

kabilang ang Pangulo ng South Africa, ang Punong Ministro ng Belgium, at ang Pangulo ng European Commission.

Bilang bahagi ng kanyang pagdalo sa WEF ay magsasagawa rin si Pangulong Marcos ng mga business meeting at pakikipagpulong sa Filipino community.

MT. PICO DE LORO, BUKAS NA MULI SA MGA TURISTA!



Ang Mt. Pico De Loro, na isang sikat na hiking spot at matatagpuan sa Palay-Palay-Mataas-na-Gulod na parte protektadong tanawin sa lalawigan ng Cavite, ay nagsimula na muling tumanggap ng mga hiker at mountaineer noong Enero 12 o anim na taon matapos itong isara para sa rehabilitasyon.

Nauna nang nagsagawa ng soft opening ang Department of Environment and Natural Resource (DENR)-Calabarzon sa pamamagitan ng Protected Area Management Office (PAMO) nitong Disyembre 21 at 22 kung saan sinubukan ng mga tauhan at tour guide ng PAMO ang pag-akyat sa lugar. Source: Philippine Information Agency Calabarzon

Mga Pagkain para sa Lalaki

Payo ni Doc Willie Ong

Itong mga pagkain ang bagay sa mga lalaki. Para maging masigla at malusog:

1. Matabang isda (fatty fish) tulad ng dilis, sardinas, bangus, tanigui, tuna, tawilis.

Ang sustansyang nakukuha sa isda ay ang omega-3 fatty acids. Ang fatty fish ay posibleng tumutulong laban sa sakit sa puso, stroke, hypertension, depression, joint pain, lupus at rheumatoid arthritis.

2. Mga beans at munggo.

Mababa sa taba, ang mga beans ay isang mahusay na pinagmumulan ng protina at fiber. Maaaring magkaroon ng proteksiyong epekto ang beans laban sa sakit sa puso at kanser.

3. Kamatis at Tomato sauce.

Ang kamatis ay may lycopene, isang mabisang panglaban sa prostate cancer sa lalaki at sakit sa puso. May tulong ang lycopene sa balat at pagprotekta laban sa UV light ng araw.

4. Pulang karne (red meat) at hindi taba.

Ang karagdagang protina ay nakapagpapalusog. Ang protina ay gumagamit din ng mas maraming calories at nasusunog ang protina. Ang amino acid leucine ay matatagpuan sa pulang karne (red meat). Mahalaga ang amino acid dahil sa pagpapatatag ng masel sa katawan. Piliin ang lean meat na walang taba. Kumain ng katamtaman

5. Seafoods.

Ang mga alimango, tulya, talaba, hipon at iba pang shellfish ay may Zinc, mababa sa calories at mataas sa protina. Kailangan ng lalaki ang zinc para makabuo ng semilya. Tinutulungan din nito ang iyong prostate. Kung ikaw ay kulang sa Zinc, tataas ang tsansa na ikaw ay magkaroon ng prostate cancer.

6. Saging at potassium.

Para sa mga masakit na kalamnan at pulikat. subukan ang mga saging. Kung sapat ang potassium ay pwede maka-iwas sa mga ito. Ang mga saging ay puno sa potassium. At kung ikaw ay may mataas na presyon (high blood), ang potassium ay mahalaga bilang pagbawas ng sodium para mapababa ang blood pressure.

7. Berdeng Gulay (Green Leafy Vegetable).

Madahon at berdeng gulay ang kangkong, malunggay, spinach, alugbati, dahon ng sili at lahat ng talbos. Ito ay mayaman sa antioxidants lutein at zeaxanthin na mabuti sa paningin. Ang phytochemicals sa gulay ay pinatataas ang cellular health at makatutulong sa pagpapababa ng tsansa na magkaroon ng kanser.

8. Orange na gulay.

Subukan ang mga karot, kamote, kalabasa at orange bell peppers. Ang orange na gulay ay may maraming bitamina C, lutein at beta-carotene. Mabuti ito sa mata at pinipigilan ang sakit sa puso at kanser. Kaya kumain ng maraming mga gulay na iba't iba ang kulay.

9. Itlog.

Ang itlog ay masarap at masustansyang protina na puwede idagdag sa iyong pagkain. Ang isang malaking itlog ay mayroong 6 grams protina, 63 mg potassium at 78 calories lamang. Puwede kumain ng isang itlog bawat araw.

10. Luya.

Ang luya ay may tulong sa masakit at pagod na kalamnan. Ang luya ay mabisa sa pamamaga, tulad ng pain relievers. Sa pag-aaral sa mga pasyenteng may arthritis sa tuhod, ang katas ng purong luya ay nakababawas ng paninigas at sakit ng 40%. Ang salabat ay maganda rin sa pagduduwal, mabilis na paggaling at pag-alaga ng boses.



EDITORIAL - Pangingsda sa sariling teritoryo, kailangan pang may basbas

NAGKAUSAP na sina President Ferdinand Marcos Jr. at Chinese President Xi Jinping ukol sa kalagayan ng mga mangingisdang Pinoy sa West Philippine Sea (WPS). At sabi ni Marcos, nangako raw si Xi na hahanapan ng solusyon ang isyu ng ating mga mangingisda para makapangisda muli sa dati nilang pinagkukunan ng ikinabubuhay. Ayon kay Marcos, malinaw ang sinabi ng president ng China na sosolusyunan ang problema at naniniwala siya na tutuparin ito. Napag-usapan din daw ng dalawa ang mga posibleng gawin upang maiwasan ang mga pagkakamali at nang hindi humantong sa malaking problema.

Sa nangyaring pag-uusap nina Marcos at Xi ukol sa hinaharap ng mga mangingisda, wala pang katiyakan kung may gagawin nang solusyon ang pinuno ng China para makapangisda nang walang

takot ang mga Pinoy. Matagal nang panahon na nakaranas nang pananakot ang mga mangingisda mula sa China Coast Guard. Kapag lumalapit ang mga bangkang pangisda ng mga Pinoy sa dati nilang pinangingsdaan, itinataboy sila at binobomba pa ng tubig. May pagkakataon pang hinabol ang mga mangingisdang Pinoy na ikinasira ng kanilang mga bangka.

Ang nakapanggigil pa, ang lugar na pinangingsdaan ng mga Pinoy ay sakop sa exclusive economic zone na pinagpasyahan ng arbitrary ruling noong 2016. Sariling teritoryo ng Pilipinas ang pinagkukunan ng isda subalit kailangan pa ngayong makipag-usap sa China ukol dito. Parang lumalabas na humihingi ng permiso sa sariling

pangisdaan para lamang makapanghuli. Ang ginagawa ng China na pag-angkin sa hindi naman nila pag-aari ay nagdulot sa pagkawala ng kabuhayan ng mga mangingisdang Pinoy.

Aabangan ngayon ang pangako ni Xi na may kaugnayan sa pangingsda. Kung sisira siya sa pangako at magpapatuloy pa rin ang pambu-bully, dito na dapat gumawa ng hakbang ang Pilipinas. Hindi na dapat palampasin. Marami naman ang naniniwala na paninindigan ni Marcos Jr. ang kanyang sinabi nang manumpa noong Hunyo 30, 2022, na hindi siya papayag na mabawasan o matapakan ang kahit kpiraso ng teritoryo ng Pilipinas. Ito ang pinanghahawakan nang maraming Pilipino sa kasalukuyan. Dapat ipaglaban ang sariling pag-aari.



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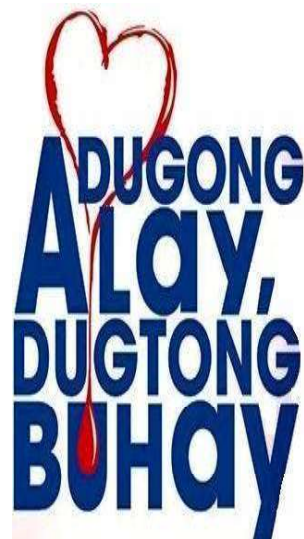
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DOLE sets rules in workplaces vs. food, waterborne diseases

MANILA – The Department of Labor and Employment (DOLE) on Monday issued guidelines for the prevention of food and waterborne disease in establishments and workplaces in the private sector.

These are contained in Labor Advisory No. 1, series of 2023 signed by Labor Secretary Bienvenido Laguesma.

“Pursuant to Article 5 of the Labor Code of the Philippines as renumbered, Republic Act No. 11058 as implemented by Department Order No. 198, Series of 2018 (DO 198-18)”, and in line with the commitment of the DOLE as a member of the Inter-Agency Committee on Environmental Health (IACEH), particularly on the prevention and control of cases of cholera, diarrhea, and other food and waterborne diseases,” it said.

The DOLE is requiring employers to provide workers with free welfare facilities, particularly an adequate supply of safe drink-

ing water, and sanitary and washing facilities pursuant to Section 19 of DO 198-18.

Those establishments and workplaces engaged as drinking water service providers, bulk water suppliers,



water refilling station operators; ice manufacturers; food establishments, commercial, industrial and institutional buildings that use/supply/serve drinking water, and other covered entities are advised to conform with the provisions of the Department of Health (DOH) Administrative Order No. 2017-0012 and Chapter 2 of Presidential Decree No. 856 (PD 856), prescribing the standards and procedures on drinking water quality.

“All establishments where food and/or drinks are manufactured, processed, stored, sold or served for public consumption are advised to secure the necessary permits from the local health office and conform to the requirements pursuant to Chapter 3 of PD 856, and other food safety-related issuances,” the DOLE added.

Employers must also continue to implement their Occupational Safety and Health Program, which includes, as may be practicable, the promotion of the importance of safe water supply and well-maintained sanitation facilities; conduct of awareness-raising activities on the basic information about food and waterborne diseases.

They should also provide necessary assistance and

access to treatment of employees in need of immediate medical attention in cases of cholera, diarrhea, or any food and waterborne diseases in workplaces; and advocacy for the families of their workers and respective communities.

In cases of cholera, diarrhea, and other food and waterborne diseases in workplaces, the safety officer must report it to the local government unit of their locality and to the DOH, pursuant to Republic Act No. 113325. Meanwhile, DOLE regional offices are expected to provide appropriate assistance such as promoting basic personal hygiene, food, and water sanitation practices during its enforcement activities; disseminating information through distribution/website posting of IEC materials on food and waterborne diseases; and participating in the nationwide information campaign for the prevention and control of food and waterborne diseases. (PNA)

Certificate of eligibility makukuha na sa CSC Regional Offices

MANILA, Philippines — Mas maginhawa na ngayon ang pagkuha ng Certificate of Eligibility (COE) dahil ang mga Civil Service Eligible ay maaari ng makuha ang authenticated copy ng nasabing sertipikasyon sa alinman sa 16 regional offices ng ahensya sa bansa.

“Mas magiging madali na para sa ating mga kababayan ang pagkuha ng kanilang eligibility records dahil kahit saang CSC Regional Office ay maaari na silang magpunta at mag-request ng COE. Kasama na ryan ang pagkuha ng authenticated copies ng COE,” ayon kay CSC Chairperson Karlo Nograles.

Sinabi ni Nograles, ang bagong proseso ay bahagi nang pagpapatupad ng ahensya ng Internal Civil Service Eligibility Verification System (iCSEVS), base na rin sa itinatakda ng CSC Resolution No. 2200677, na naaprubahan nitong nakalipas na -Disyembre 16, 2022.

Sa pamamagitan ng iCSEVS, pinapahintulutan nito ang CSC authorized verifiers na agad makumpirma ang civil service eligibilities mula sa integrated database na siyang naglalaman ng record ng mga pumasa sa Career Service Pen and Paper Test and Computerized Examinations.

Nilinaw pa ni Nograles, tanging ang mga Regional Office lamang ng CSC ang maaaring tumanggap at mag-proseso ng request para sa authenticated COE copies at hindi kasama ang kanilang Field Offices.

Habang ang CSC Central Office ay tatanggap lamang ng requests for civil service eligibi-lity na hinihingi ng alinmang korte at iba pang investigating bodies sa pamamagitan na rin ng isang “Subpoena Duces Tecum” at Order o ang written request ng CSC Executive Offices at Office for Legal Affairs ng Central Office nito.

SEGURIDAD AT KALUSUGAN SA MGA PAARALAN, BINIGYANG PANSIN NG DEPED, GMA LGU

GENERAL MARIANO ALVAREZ | Layunin ng lokal na pamahalaan at sektor ng edukasyon na aksyunan ang mga kaso ng paggamit ng ipinagbabawal na gamot sa mga paaralan.

Bukod sa pagbabakuna, utilities, at seguridad ng mga mag-aaral, sinabi ni Mayor Maricel Echevarria Torres na nais bigyang



pansin ng lokal na pamahalaan katuwang ang Department of Education (DepEd) ang mga

concern ng mga pampublikong paaralan tulad paggamit ng illegal drugs, gaya ng marijuana.

Siniguro naman ng alkalde sa Local School Board Meeting na pagsusumikapan nilang paunlarin ang antas ng edukasyon sa kanilang bayan, sa tulong ng mga mag-aaral, magulang, kaguruan, at ng mga kawani ng mga paaralan. | via Mayor Maricel Echevarria Torres

GUHIT NG KAPALARAN

CAPRICORN: (Dis. 22-Ene. 19) – Magbubunga na ang pinaghirapan. Magi-ging maganda ang takbo ng buhay kaysa nitong mga nagdaang buwan. Mag- ipon para hindi na muling magi-pit. Huwag makalimot sa iyong mga prayoridad. Lucky numbers at color for the day ang 11, 23, 39, 45 at canary yellow.

AQUARIUS: (Ene. 20-Peb. 18) – Manatiling tapat sa minamahal. Kung may gustong sabihin, huwag mangiming magsalita. Ihayag ang iyong damdamin. Lucky numbers at color for the day ang 4, 18, 21, 30 at pink.

PISCES: (Peb. 19-Mar. 20) – Isang dating kaklase, kaibigan o kamag-anak na kay tagal nang nais kang makausap, pero iniwasan mo. Harapin sila ngayon. Lucky numbers at color for the day ang 3, 16, 39, 41 at cream.

ARIES: (Mar. 21-Abr. 19) – Magandang balitang darating. Maaaring may kinalaman sa trabaho, kaibigan o kamag-anak. Masusorpresa ka. Lucky numbers at color for the day ang 9, 17, 23, 36 at peach.

TAURUS: (Abr. 20-May. 20) – Malaking pagbabago ang nakatandang mangyari sa buhay. Mapapaunlad ang sarili dahil malalaman ang kakayahan. Lucky numbers at color for the day ang 5, 20, 33, 40 at royal blue.

GEMINI : (May.21-Hun. 21) – Labanan ang katamaran dahil walang matatapos na gawain. Alisin sa sistema ang “mamaya na” o kaya’y “wait”. Lucky numbers at color for the day ang 10, 23, 31, 39 at lilac.

CANCER: (Hun. 22-Hul. 22) – Kalimutan ang nangyari. Ang mahalaga ay ang ngayon at bukas. Isipin na may bagay na nangyayari, taliwas sa inaasahan. Lucky numbers at color for the day ang 9, 18, 27, 36 at blue.

LEO : (Hul. 23-Ago. 22) – Malaki ang tiwala mo sa sarili ngayon. Lalo pa itong lalaki sa positibong resulta na mata-tamo sa career. Lucky numbers at color for the day ang 2, 13, 25, 41 at maroon.

VIRGO: (Ago. 23-Set.23) – Ilang pagbabago sa trabaho ang makapagpapalito sa’yo. Pilitin na matutuhan ang lahat para matapos ang kalituhan. Lucky numbers at color for the day ang 7, 21, 28, 35 at beige.

LIBRA: (Set. 24-Okt. 23) – Mapagtatanto na parang walang patutu-nguhan ang buhay, subalit hindi dapat mag-isip ng negatibo. Lucky numbers at color for the day ang 2, 11, 24, 39 at purple.

SCORPIO: (Okt. 24-Nob. 22) – Tiyakin na ang mga binibili ay ang kaila-ngan lamang. Huwag bigyan ng pagkakataon na makapag-aksaya ng pera. Lucky numbers at color for the day ang 5, 9, 23, 41 at orange.

SAGITTARIUS: (Nob. 23-Dis. 21) – Paglaanan ng atensyon at panahon ang sarili. Hindi mabuti ang ginagawang sobrang pagpapagod. Mag-relax. Lucky numbers at color for the day ang 1, 10, 20, 34 at green.



TAPAT SA BAYAN. TAPAT SA USAPAN.

PGC employees elects PGCEA's new set of officers. On January 9, 2023, the Provincial Government of Cavite Employees Association (PGCEA) held its first election for the new set of officers at the Ceremonial Hall, Provincial Capitol Building, Trece Martires City.

More than 1,200 PGCEA members participated in the voting process supervised by the Election Committee (ELECOM) chaired by Ms. Wilma Pereña together with the PGCEA Interim Officers headed by its Interim President, Ms. Maribel Bernal.

After the final casting of votes, the canvassing was witnessed by Ms. Marivic S. Munar, Supervising Human Resource Specialist of CSC Region IV-A who congratulated the PGCEA team for the organized conduct of the milestone event for the organization.

Winning candidates were proclaimed by ELECOM Chair, Ms. Pereña, together with PGCEA Interim President, Ms. Bernal, Provincial Legal Officer, Atty. Annaliza Mercene-Pulmones, and CSC representative, Ms. Munar, following the canvassing of ballots and a successful verification of results.

The newly-elected PGCEA officers were: Ms. Mischel Osorio – President; Mr. Joseph Avecilla - Vice-President; Ms. Angelica Joy Balanquit – Secretary; Mr. Paul Mark Feranil - Assistant Secretary; Ms. Myrachel Cuadra – Treasurer; Ms. Karen Dela Cruz - Assistant Treasurer; Ms. Josefina Ayon – Auditor; and, Mr. Walter Mojica and Ms. Genevieve Rogado as Public Relation Officers.--- JDP

Secretary Solidum visits the hybrid trimaran cargo vessel project in Aklan

The Department of Science and Technology (DOST) Secretary Renato U. Solidum Jr. visited the ongoing project for a hybrid trimaran cargo vessel in New Washington, Aklan on 11 January 2023. Secretary Solidum, together with DOST Region VI staff led by Regional Director, Engr. Rowen R. Gelonga, discussed the project's current status with Engr. Jonathan Salvador, the brainchild of the project and owner of the Metallica Shipyard.

The project is being implemented by the Aklan State University (ASU), with the Maritime Industry

sign, environment-friendly, safe and unsinkable.

It will utilize multi-engine technology that prevents it from encountering total engine failures while at sea, minimizing maritime accidents. It will also be constructed with a specifically

engineered design to address the possibility of capsizing, making it practically unsinkable and able to withstand harsh environments at sea.

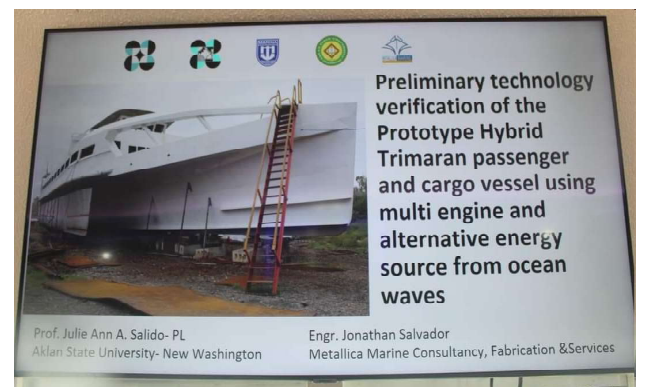
The visit at the shipyard coincided with Sec. Solidum's attendance at the



2023 Community Multimedia Summit at the Aklan State University - Banga Campus. The Summit was organized by the Provincial Multi-Media Press Corps PH, Inc. (PMPCPI), Publishers Association of the Philippines Inc. (PAPI), Philippine Online Broadcasters Association (POBA), and the Aklan Press Club,

Authority (MARINA) and Metallica Shipyard as its partners. MARINA, as a project partner, will ensure that the vessel will be compliant with international safety and emission standards. Having seven years of experience in shipbuilding, Metallica Shipyard will provide the hybrid craft's design and specifications.

The construction of the hybrid trimaran cargo vessel, which can harness energy from ocean waves, experienced certain challenges especially during the



height of the COVID-19 pandemic. The said project aims to improve the country's maritime industry as it is projected to be a modern de-

Inc. (APCI) and attended by broadcasters, publishers, editors, columnists, online broadcasters, writers, and professional communicators nationwide.

KONSTRUKSYON NG.....

Ayon kay DOH Region 4-A Infectious Diseases Unit Head, Dr. Eva Marie Torio, mahalaga ang itatayong TB Culture and Drug Susceptibility Testing Laboratory upang lalong mapabuti ang TB management sa lalawigan dahil magiging mas mabilis na ang testing at treatment sa nasabing sakit.

Sa kanyang mensahe, sinabi ni Eighth District Board Member Reyniel Ambion na malaking tulong para sa kanilang mga kababayan ang itatayong pasilidad dahil magkakaroon na ng sariling TB testing facility sa kanilang probinsya. Aniya, malaking ginhawa ito dahil hindi na kakailanganing magtungo sa mga kalapit lugar para sa laboratory testing. | via Cavite Provincial Information Office

**REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
BRANCH 4-FC
CITY OF IMUS, CAVITE**

BDO UNIBANK, INC.,
Mortgagee,

-versus-

**MARCHI C. MALABANAN married to
LAURICE ELEANE R. MALABANAN,**
Mortgagors,

**EXTRA-JUDICIAL FORECLOSURE OF
REAL ESTATE MORTGAGE UNDER
ACT 3135 AS AMENDED BY ACT 4118
FC Case No. 17676-22**

X-----X

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **BDO UNIBANK, INC.**, mortgagee, with principal place of business at BDO Towers Valero, 8741 Paseo de Roxas Avenue, Makati City, against **MARCHI C. MALABANAN married to LAURICE ELEANE R. MALABANAN**, mortgagors, with residence and postal address at Blk 6 Lot 19 Pallas Athena Classique, Brgy. Anabu 2-D, Imus City, Cavite and/or Lot 2390-A, Road, Barrio Malagasang 1st (now Malagasang 1-C), Imus City, Province of Cavite and/or Lot 2240, Road, Barrio Malagasang 1st (now Malagasang 1-C) Imus City, Province of Cavite, to satisfy the mortgage indebtedness which as of November 16, 2022 amounts to **SEVEN MILLION THREE HUNDRED THIRTY SIX THOUSAND SEVEN HUNDRED TWENTY PESOS AND 87/100 (Php7,336,720.87)**, 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 **February 14, 2023 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 properties with all improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE No. 057-2015019673

"A parcel of land (Lot No. 2390-A of the subd. plan Pls-2875-D, being a portion of Lot No. 2390 of Imus Estate, GLRO Rec. No. 8843), situated in the Bo. of Malagasang 1st, Mun. of Imus, Prov. of Cavite, Island of Luzon. Bounded on the North, East, and South by Lot No. 2390-B of the subd. plan; and on the West by Lot No. 2240 of Imus Estate. **x x x containing an area of FIVE HUNDRED FOUR (504) SQ. METERS more or less. xxx"**

TRANSFER CERTIFICATE OF TITLE No. 057-2015020571

"Lot No. 2240 of the Imus Estate subdivision province of Cavite, Case No. 8843 of the Court of Land Registration. Bounded on the North, by Lot No. 2239; on the East, by Lot No. 2390; on the South, by Lot No. 2241; and on the West, by Road. **Containing an area of THREE HUNDRED SEVENTY ONE SQ. METERS (371), more or less."**

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 **February 21, 2023 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 properties and encumbrance therein if any there be.

City of Imus, Cavite, Philippines, November 29, 2022

EMMANUELLE H. FRANCISCO
Sheriff IV

APPROVED

ARMIE A. FRANCISCO
Clerk of Court VI

**COPY FURNISHED:
BDO UNIBANK, INC.,**
BDO Towers Valero, 8741 Paseo de Roxas Avenue, Makati City

**MARCHI C. MALABANAN married to
LAURICE ELEANE R. MALABANAN**
Blk 6 Lot 19 Pallas Athena Classique,
Brgy. Anabu 2-D, Imus City, Cavite
Lot 2390-A, Road, Barrio Malagasang 1st (now Malagasang 1-C),
Imus City, Province of Cavite
Lot 2240, Road, Barrio Malagasang 1st (now Malagasang 1-C),
Imus City, Province of Cavite

**PAHAYAGAN NG KABITENYO
JANUARY 9, 16 & 23, 2023**

**REPUBLIC OF THE PHILIPPINES
Fourth Judicial Region
Regional Trial Court
Branch 20
Imus, Cavite**

**HOME DEVELOPMENT MUTUAL FUND
(Pag-IBIG Fund),**
Mortgagee,

-versus-

RICHARD ALLAN D. VERGARA,
Mortgagor.

**Extra-Judicial Foreclosure of
Real Estate Mortgage Under Act
No. 3115, as amended, Republic Act.
FC CASE NO. 17539-22**

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 Bldg. No. 358 Sen. Gil Puyat Ave., Makati City, against **RICHARD ALLAN D. VERGARA**, mortgagor, with residence address at B3, L31, Camella Homes, Bayan Luma, Imus, Cavite/ Lot 11, Block 23, Greengate Homes, Malagasang 2, Imus, Cavite, to satisfy the mortgage indebtedness which as of July 29, 2022 amount to **FOUR HUNDRED THIRTY NINE THOUSAND FIVE HUNDRED FIFTY NINE PESOS & 63/100 (P439,559.63)** Philippine Currency, including interest and penalty charges, 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 **February 14, 2023 at 10:00 a.m.** or soon thereafter at the main entrance of the Office of the Clerk of Court, 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. T-1352665

A parcel of land (Lot 11, Block 23 of the cons.-subd. plan Pcs-04-023656, being a portion of the cons. of Lots 1852 & 1853 Port, Imus Estate, L.R.C. Rec. No. 8843), situated in the Brgy. of Malagasang 2, Mun. of Imus, Province of Cavite, Island of Luzon. Bounded on the SE., along line 1-2 by Lot 12; on the SW., along line 2-3 by Lot 13 both of Blk. 23; on the NW., along line 3-4 by Rd. Lot 25 (6.5 m.w); and on the NE., along line 4-1 by Lot 9, Blk. 23, 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 **February 21, 2023 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, January 5, 2023

ANSELMO P. PAGUNSAN, JR
Sheriff IV

Approved:

ARMIE A. FRANCISCO
Clerk of Court VI

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND (Pag-IBIG Fund)
The Petron Mega Plaza Bldg. No. 358
Sen. Gil Puyat Ave., Makati City

ATTY. MICHAEL YANCY P. YNGSON
RECEIVERS AND LIQUIDATORS INC.
Unit C, 10th Flr., Strata 2000 Bldg.,
F. Ortigas Jr. Rd., Ortigas Center, Pasig City

RICHARD ALLAN D. VERGARA
B3, L31, Camella Homes, Bayan Luma, Imus, Cavite
Lot 11, Block 23, Greengate Homes, Malagasang 2, Imus, Cavite

**PAHAYAGAN NG KABITENYO
JANUARY 16, 23 & 30, 2023**

DHSUD, pinag-iingat ang publiko sa mga nananamantala sa 'Pambansang Pabahay' program ng pamahalaan

Inabisuhan ng Department of Human Settlements and Urban Development (DHSUD) ang publiko na mag-ingat laban sa mga indibidwal o grupo na nagpapakalat ng maling impormasyon tungkol sa Pambansang Pabahay Pilipino Program.

Sa isang pahayag, binigyang sinabi ni DHSUD Secretary Jose Rizalino Acuzar na maaaring makipag-ugnayan ang mga nais mag-avail ng programa sa mga lehitimo at kaugnay na tanggapan ng kanilang ahensiya.



Binigyang diin ni Acuzar na maliban sa lokal na pamahalaan, Home Development Mutual Fund or Pag-IBIG Fund, Social Housing Finance Corporation, National Home Mortgage Finance Corporation, at National Housing Authority, ay wala nang ibang pribadong tanggapan o grupo ang awtorisadong umaksiyon patungkol sa Pambansang Pabahay.

Inaasahan naman na magiging 'full blast' ang implementasyon ng nasabing housing program sa pagsisimula ng konstruksiyon ng mga pabahay sa unang semester ng 2023.

Layon ng programa na makapagtayo ng 1 milyong housing units sa loob ng isang taon at 6-milyon sa loob ng anim na taon na inaasahang tutugon sa problema ng pabahay sa bansa. (FC)

AFFIDAVIT OF SELF ADJUDICATION

Notice is hereby given that the estate of the deceased **TERESITA V. REMO**, who died on October 26, 2022 in Bacoor City, Cavite, who died without any will and without any debt, leaving the PNB Savings Account with account No. 143410038442 - Makati Poblacion Branch - was the subject of Affidavit of Self Adjudication, among the surviving heirs by means of a public document executed and ratified before Notary Public Atty. Jerome G. Salazar, identified as Doc. No. 230 Page No. 47; Book No. VI; Series of 2023.

**PAHAYAGAN NG KABITENYO
JANUARY 16, 23 & 30, 2023**

PGC brings medical mission program at Brgy. Nicolasa Virata, GMA.



In pursuit of providing quality healthcare to Caviteños, the Provincial Government conducted a medical mission in the Municipality of General Mariano Alvarez serving of the locals of Brgy. Nicolasa Virata on January 13, 2023.

The Sangguniang Kabataan, headed by SK Chair Kaye Princess Cabuhat, warmly welcomed the OPG extension staff and the PHO medical professionals who extended free medical consultation and medicine distribution to their residents.

Dr. Evelyn Adgon, Dr. Ariana Coleen Colobong and Dr. Melisse Margote Edaño led the healthcare providers as they assess the health and wellbeing of the patients especially the senior citizens, children, and youth. Aside from the free medicines and vitamin supplements, OPG extension staff also gave out hygiene kits donated by Mercury Drugs living the tagline, "Reaching out to communities in need because we care."

A total of 258 patients availed the healthcare services. -- Jam Elisse M. Reyes



Pag-isyu ng digital National ID, paglulunsad ng Digital PhilID mobile app, pinabibilis ni Pangulong Marcos

Nais ni Pangulong Ferdinand R. Marcos Jr. na mapabilis ang digitalization ng National Identification (ID) system na maaaring magamit ng mga Pilipino sa mga pampubliko at pribadong transaksyon.

Kabilang ito sa mga tinalakay ni Pangulong Marcos sa kanyang pakikipagpulong sa Private Sector Advisory Council (PSAC) on Digital Infrastructure kung saan hiniling ng Pangulo sa pribadong sektor na tulungan ang Philippine Statistics Authority (PSA) sa pagbuo at paglulunsad ng Digital PhilID App.

Kabilang sa mga target ng Philippine Identification System (PhilSys) ay ang pagsisimula ng isang mobile app sa unang quarter ng taong ito sa tulong ng pribadong sektor upang suportahan ang pagsisikap ng PSA na gawing digital ang National ID system.

Benepisyo ng Digital National ID

Kasama sa mga benepisyo ng paggamit ng digital ID system ang automated na eKYC (Know Your Customer), proteksyon sa identity theft, credit card at loan application, at digital wallet.

Makatutulong din ang pag-integrate ng Digital ID sa digital wallet sa pamamahagi ng tulong pinansiyal sa ilalim ng Assistance to Individuals in Crisis Situations (AICS) program ng DSWD at iba pang ayuda ng pamahalaan.

Ayon sa isang pag-aaral ng McKinsey Global Insti-



tute, ang pagpapatupad ng digital ID program sa isang umuusbong na ekonomiya na may mataas na adoption rate ay maaaring magbukas ng economic value na hanggang sa karagdagang 3 porsiyento ng gross domestic product (GDP) sa 2025 o P700 bilyon.

Sa buong mundo, kabilang sa matagumpay na paggamit ng digital ID ay ang system integration, ePrescription, online banking, transportation solution, personal information reference, aplikasyon para sa mga dokumento ng gobyerno at face verification.

Ang PhilSys ay nakikitang magbabago kung paano naihatid ang mga serbisyo sa Pilipinas at inaasahang magpapabilis sa paglipat ng bansa sa isang digital na ekonomiya, kabilang paperless at cashless transactions.

DA to boost onion production in Calabarzon amid high prices

CALAMBA CITY, Laguna (PIA) — As onion prices remain steep, the Department of Agriculture (DA) in Calabarzon said it will ramp up local production of the high value crop in the region.

Regional Executive Director Milo delos Reyes said on Wednesday that the DA continues to distribute agricultural inputs to onion farmers to strengthen their production and boost the supply of the crop.

"Hindi natin pinapabayaang ang mga magsasaka natin ng sibuyas dito sa rehiyon kahit iilan lamang sila dahil patuloy tayo na nagbibigay ng binhi at abono. Bagkus, patuloy nating palalakasin ang produksyon ng ating lokal na sibuyas sa mga susunod na mga buwan," delos Reyes said.



Calabarzon region is considered an onion consumer compared to the onion-producing regions like Ilocos, Cagayan Valley, Central Luzon and Mimaropa.

According to DA IV-A, only 70 hectares of farmlands are planted to onions in CALABARZON resulting in a higher demand of the crop due to a lower amount of supply.

"In terms of demand, syempre appektado din tayo with the same reason na hindi malaki ang produksyon natin ng sibuyas," delos Reyes added.

Prices of onion in the region fetch at P500 per kilo for red onions while white onions go from P500-550 a kilo.

President Ferdinand Marcos Jr., concurrent DA Secretary, has shored up the Kadiwa markets nationwide to provide cheaper agricultural goods to consumers and provide a direct market for the farmers to sell their harvests.

In support of the program, the DA IV-A has been rolling out Kadiwa centers throughout the region where the public can also buy onions at lower prices.

"Patuloy din tayong nagsasagawa ng Kadiwa sa iba't-ibang panig ng rehiyon and even sa Metro Manila upang direktang maghatid sa mamimili ang mga produktong ani ng ating mga magsasaka," Delos Reyes added. — CH

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GOVERNOR JONVIC REMULLA' UGNAYAN SA BARANGAY

PGC's Ugnayan sa Barangay program continues in Trece Martires City.

Even after the Christmas season, Governor Juanito Victor C. Remulla through the Provincial Government of Cavite's Ugnayan sa Barangay Program, continued to share 'aguinaldo' to Treceños, spreading joy at the start of a new year.

The governor together with 7th District Board Member Crispin Diego Remulla and his brother Francisco Gabriel Remulla, were back on track with the Ugnayan sa Barangay program on January 4 & 5, 2023 in Brgy. Inocencio and Brgy. De Ocampo, Trece Martires City.

They were joined by Mayor Gemma Lubigan and Vice Mayor Bobby Montehermoso who conveyed their profound appreciation for the trust, support and respect given to them by their constituents. Furthermore, they stated that in Trece Martires City, no one is left behind, no sector is neglected. They announced that in 2023, the vendors and transport groups within the city will be given focus.

Meanwhile, Board Member Ping Remulla, affirmed his intention and commitment in continuing the legacy of his father, former Congressman and now Justice Secretary Jesus Crispin Remulla. With that, he sought for the continued support of the people in his journey. He also stated that he stands in solidarity with the people of Cavite in their fight for wage increases.

Governor Remulla then disclosed that the current provincial capitol building will be demolished to make way for a stadium, public park, and aquatic center. The new provincial capitol is undergoing construction and still remains in Trece Martires City. Additionally, he mentioned about the road construction plan from Trece Martires City to PITX, a faster route which will be a welcome development for commuters.--- Jam Elisse M. Reyes

Ugnayan sa Barangay continues in Tanza



PGC's Ugnayan sa Barangay continues in Tanza during its run in Brgy. Santol covered court, Tanza on January 13, 2023 participated by constituents from Brgy. Santol, Bunga and Bucal. Gov. Jonvic Remulla led the event and extended blessings by sharing rice and financial assistance to lucky residents.

In attendance were 7th District Board Members Crispin Diego "Ping" Remulla, Raymundo "Munding" Del Rosario, and local officials of Tanza led by Mayor Yuri Pacumio, Vice Mayor Archangel "SM" Matro and some members of Sangguniang Bayan together with SK Federation President Ronjay Perdito. They were joined by Chairwoman Leilanie Murillo Punzalan of Barangay Santol and Barangay Chairmen of Bucal and Bunga. Francisco Gabriel "Abeng" Diaz Remulla also joined the event to support his brother.

BM Ping Remulla reported development projects for the district and asked for support as he continues to work for the progress of barangays and his constituents.

Afterwards, Governor Jonvic Remulla mentioned plans and various development programs of the provincial government for the benefit of Caviteños.--- Romelyn P. Dones

Governor Remulla mingled with the people of Amadeo.

Governor Jonvic Remulla mingled with the people of Brgy. Talon, Amadeo during the conduct of PGC's Ugnayan sa Barangay on January 14, 2023.

Amadeo Municipal Councilors and Barangay Captains were present expressing messages of gratitude, positivity and optimism to their constituents.

Mayor Redel John Dionisio stated that Governor Remulla and his nephew, 7th District Board Member Ping Remulla have shown their love for Amadeo by providing for the improvement of the community and comfort of their people. Mayor Dionisio then said in a rhetorical tone, "Kung tayo'y may pagmamahal sa sariling bayan, yung tama ang piliin natin."

In his message, Board Member Ping Remulla said that he is one with the people in pushing for the development and welfare of Caviteños.

Thereafter, Governor Jonvic Remulla recalled the happenings in the past year and mentioned the continuous progress, investments and benefits amidst the pandemic. He also stated that the projects and initiatives for the benefit of the whole province of Cavite will continue. --- Jam Elisse M. Reyes

Cavite Governor back in Indang for another leg of Ugnayan sa Barangay.



The Provincial Government of Cavite's Ugnayan sa Barangay was back in Indang as the year 2023 began bringing not just excitement but also hope to hundreds of Indangeños during its run on January 10, 2023 in Brgy. Calumpang Cerca.

Cavite Governor Jonvic C. Remulla gave updates on the COVID cases in the province and gave a pat on the back of Mayor Perfecto Fidel for the 94% vaccinated residents of the Municipality. Additionally, Governor Remulla outlined the projects and initiatives under his administration including the east-west route from Silang, Amadeo and Indang to Nasugbu, road construction from Trece to PITX and the construction of other establishments.

7th District Board Member Ping Remulla communicated with the locals as a resident of Indang himself, saying that it would be his honor to be the voice of his fellow Indangeño in the lower house. He then sought their continuous support in his endeavor as a public servant.

Joining the program were Mr. Abeng Remulla, Mayor Perfecto Fidel, Vice Mayor Sammy Rodil, Brgy. Chairman Virgilio Fidel and the members of Sangguniang Bayan of Indang.--- Jam Elisse M. Reyes