

Antipolo Entreps Get Free Mentoring From Go Negosyo



TAYO NANG MAG-NEGOSYO SA ANTIPOLO. Veteran mentors from Go Negosyo’s 3M on Wheels give the thumbs-up as the popular mall-based free entrepreneurship mentoring program was held last August 26, 2023 in Antipolo City, Rizal. They volunteered their time to help hundreds of active and aspiring entrepreneurs from Rizal and nearby provinces.

The City of Antipolo, famous for its suman, artists and pilgrimage sites, welcomed Go Negosyo last August 26, 2023 as the non-profit held its popular 3M on Wheels free entrepreneurship mentoring event at the Robinsons Place Antipolo in this capital city of Rizal Province.

Veteran entrepreneurs and some of the country’s top business executives volunteered as mentors, and coached the hundreds of active and aspiring local entrepreneurs. In addition, booths offering potential on-the-spot business opportunities for attendees were on hand, while representatives of government agencies offered assistance in securing documentation and regulatory requirements for small businesses. “We all need advice in building our businesses. No one can do it alone,” said Go Negosyo founder Joey Concepcion in his message to the attendees.

The Provincial Government of Rizal gave a special message to the audience through Councilors LJ Sumulong and Angie Tapaes, and Board Member Nilo Leyble, followed by the President of the PCCI Antipolo, Meliton Oliver Darwin. Content creator and entrepreneur Kara Samson of BKS Incorporated gave a short talk on how small entrepreneurs can become their own brand influencers on social media. The main event, however, was when the active and aspiring entrepreneurs were mentored by Go Negosyo’s pool of seasoned entrepreneurship mentors and offered business advice and coaching.

Concepcion said that given the popularity of entrepreneurship in the country, 3M on Wheels will be held twice a month across major cities across the country, and will remain free to access for all active and aspiring entrepreneurs.

Lucky attendees went home with free copies of the entrepreneurship manual “21 Steps to Start and Grow Your Business”.

Previously known as Mentor Me on Wheels, 3M on Wheels is the expanded, mall-based free entrepreneurship event conducted nationwide by Go Negosyo. PR

Enchanted Kingdom turns over 9th Brigada Eskwela classroom



Enchanted Kingdom, the first and only world-class theme park in the Philippines, turned over its 9th adopted classroom to Dila Elementary School in Santa Rosa City, Laguna in support of the 2023 Brigada Eskwela of the Department of Education (DepEd).

According to DepEd, this year’s theme “Bayanihan Para sa Matatag na Paaralan,” underscored the country’s volunteer initiatives to ensure a clean, safe, inclusive, and child-friendly learning environment for learners and teaching and non-teaching personnel, and strengthen resiliency of schools and basic education.

The adopt-a-classroom program is in line with EK’s advocacy in promoting a fun, unique and healthy learning environment for students. In this program, EK’s very own maintenance personnel and visual artists repaired, upgraded and repainted the turned over classroom.

Mr. Mario Mamon, Chairman and President of EK affirmed the theme park’s continuous support to DepEd’s Brigada Eskwela and the community in the City of Santa Rosa, Laguna. “Enchanted Kingdom is committed to sharing and upholding Eldar the Wizard’s positive values of kindness, humility, patience, honesty, diligence, generosity and love for God and family. We hope that through our efforts of improving the children’s learning environment, we will be able to encourage the youth to adopt and put these positive values into practice,” he added.

The turn over ceremony was graced by no less than Santa Rosa City Mayor Arlene B. Arcillas and Vice-Mayor Arnold B. Arcillas, as well as Dila Elementary School Principal Necita F. Barba, Education Program Supervisor (Kindergarten/SPED)

Maribel M. De Vera, Cluster IV Public School District Supervisor Christie B. Merano, Senior Education Program Specialist Jason Sagaysay, teachers, and students. Mr. Mamon also invited everyone who attended to visit the park and join in the grand celebration of EK’s 28th Anniversary on October 28. Teachers and students are also encouraged to take part in the Enchanting Classroom and Edutainment Programs offered by Enchanted Kingdom. For more information about this upcoming 28th anniversary celebration as well as other upcoming events and offerings, stay connected with Enchanted Kingdom’s official digital platforms via <https://linktr.ee/enchantedkingdom.ph>.



to encourage the youth to adopt and put these positive values into practice,” he added.

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Rice price ceilings take effect Sept. 5: Palace

MPT South Supports 2023 Brigada Eskwela



Students of Col. E. De Leon Elementary School in Paranaque received free school supplies to kick off this year's Brigada Eskwela.

Metro Pacific Tollways South (MPT South), a subsidiary of Metro Pacific Tollways Corporation (MPTC), stands in solidarity with the nation during the annual Brigada Eskwela, as public schools prepare to resume classes this month.

Recognizing the importance of ensuring clean and functional classrooms and facilities, MPT South has taken an active role in supporting public schools along its Manila-Cavite Expressway (CAVITEX) and Cavite-Laguna Expressway (CALAX) alignment. This year,

the toll road operator has contributed to the revitalization of learning spaces. Notably, volunteer employees of MPT South engaged in the cleaning



MPT South Volunteers pose with school officials and other community volunteers during Brigada Eskwela at Tibig Elementary School, Silang, Cavite (T) and Gahak-Marulas Elementary School, Kawit, Cavite (B).



The Acting Director of the PNP Training Service, PCOL RADEL DL RAMOS graced the Joint Opening and Closing Ceremony of the Basic Internal Security Operations Course held today at PRO 4A Covered Court, Camp BGEN Vicente P Lim, Calamba City. 162 PNP personnel graduated from said course while 80 personnel will be joining another batch. The PNP BISOC is a training program designed to prepare members of the PRO CALABARZON for their role in maintaining internal security and addressing various security threats in the region. PRO4A

Continued learning recovery, teacher support as public schools open

Senate to subpoena ex-cop in viral QC road rage

‘Goring’ displaces over 900 families in Calabarzon

ACEN RES ignites future of sustainable education by powering Letran Calamba with 100% renewable energy



27 NATURAL HEALTH AND NUTRITION TIPS THAT ARE EVIDENCE-BASED

1. Limit sugary drinks

Sugary drinks like sodas, fruit juices, and sweetened teas are the primary source of added sugar in the American diet (1Trusted Source).

Unfortunately, findings from several studies point to sugar-sweetened beverages increasing risk of heart disease and type 2 diabetes, even in people who are not carrying excess body fat (2Trusted Source).

Sugar-sweetened beverages are also uniquely harmful for children, as they can contribute not only to obesity in children but also to conditions that usually do not develop until adulthood, like type 2 diabetes, high blood pressure, and non-alcoholic fatty liver disease (3Trusted Source, 4Trusted Source, 5Trusted Source).

Healthier alternatives include:

- water
- unsweetened teas
- sparkling water
- coffee

2. Eat nuts and seeds

Some people avoid nuts because they are high in fat. However, nuts and seeds are incredibly nutritious. They are packed with protein, fiber, and a variety of vitamins and minerals (6Trusted Source, 7Trusted Source).

Nuts may help you lose weight and reduce the risk of developing type 2 diabetes and heart disease (8Trusted Source).

Additionally, one large observational study noted that a low intake of nuts and seeds was potentially linked to an increased risk of death from heart disease, stroke, or type 2 diabetes (9Trusted Source).

3. Avoid ultra-processed foods

Ultra-processed foods (UPFs) are foods containing ingredients that are significantly modified from their original form. They often contain additives like added sugar, highly refined oil, salt, preservatives, artificial sweeteners, colors, and flavors as well (10Trusted Source).

Examples include:

- snack cakes
- fast food
- frozen meals
- packaged cookies
- chips

UPFs are highly palatable, meaning they are easily overeaten, and activate reward-related regions in the brain, which can lead to excess calorie consumption and weight gain. Studies show that diets high in ultra-processed food can contribute to obesity, type 2 diabetes, heart disease, and other chronic conditions (11Trusted Source, 12Trusted Source, 13Trusted Source, 14Trusted Source, 15Trusted Source).

In addition to low quality ingredients like refined oils, added sugar, and refined grains, they're usually low in fiber, protein, and micronutrients. Thus, they provide mostly empty calories.

to be cont. for next issue

NPA

CAMP CAPIN-PIN, Rizal - An NPA leader has yielded to the Philippine Army's 2nd Infantry "Jungle Fighter" Division here on Monday, August 28, 2023.

Alias Bloody, whose various positions included being a former member of CPPNPA-NDF affiliated organization Migrante, a publishing staff of Propaganda and Education under the National Operational Department, and vice platoon leader and

LEADER SURRENDERS TO

commanding officer of the National Economic Strike Force under the National Finance Commission, surrendered to the soldiers in hopes of starting a new life with his family.

In a simple ceremony, 2ID Commander Maj. Gen. Roberto S. Capulong warmly received alias Bloody and provided financial assistance to help him as he safely rebuilds his life together with his family.

In a statement,

ARMY'S 2ID IN RIZAL

Maj. Gen. Capulong lauded the wise decision of alias Bloody to abandon armed struggle and heed the government's call for peace.

He also encouraged the few remaining NPA members to do the same, avail themselves of government grants and programs, and live anew with their families in the folds of the law. 2ID

CAMP CAPIN-PIN, Rizal - An NPA leader has yielded to the Philippine Army's 2nd Infantry

SENATE ...

MANILA – The Senate Committee on Public Order and Dangerous Drugs will issue a subpoena against Wilfredo Gonzales, a former police officer who was caught in a viral video pulling out and cocking his gun at a cyclist in a road rage that happened near Welcome Rotonda, Quezon City.

Senator Ronald "Bato" Dela Rosa, who chairs the panel, told reporters on Friday that if Gonzales chooses to ignore the subpoena, he will be cited in contempt and shall be arrested by the Senate's Office of the Sergeant-at-Arms.

"Ipa-subpoena natin siya kung hindi siya magsipot at kung hindi pa din siya sumipot sa subpoena, pwede natin siyang ipaaresto sa sergeant-of-arms natin (We will subpoena him if he will not attend and if he will not heed to the subpoena, we can ask the sergeant-of-arms to arrest him)," he said.

The panel will hold the investigation at 10 a.m. on Sept. 5 in response to the Senate Resolution No. 763 filed by Senate President Juan Miguel Zubiri and Senator Pia Cayetano.

Dela Rosa scheduled the inquiry despite the fact that the cyclist withdrew his complaints after reportedly having settled with Gonzales.

"The investigation in aid of legislation

September 06-12, 2023

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ACROSS

1. Tibia
5. Respond by changing
10. Mold
14. Yield
15. The original "101"
16. Beach banquet
17. Result
20. Pickle portion
21. Treacherous curve
22. Gives the boot to
23. Hardy heroine
25. Give a single star, perhaps.
26. Miss Vanners' metier
29. Twitchy
33. Water quality evaluation?
35. Fidel's friends
37. Type of Tennis or bowling
38. She Played Gia on Full House
39. James of Rollerball
40. Suffix with lex-or-morph-
41. Succinct Sahara summary?
43. Former Senator D'Amano
45. Edmonton Skaters
46. Gore and Sharpton
47. Eso Beso balladeer
48. When Macbeth kills Duncan
51. American Uncle
53. Mutual of ____

goes beyond the filing of appropriate charges against the erring gun holder," pointed out.

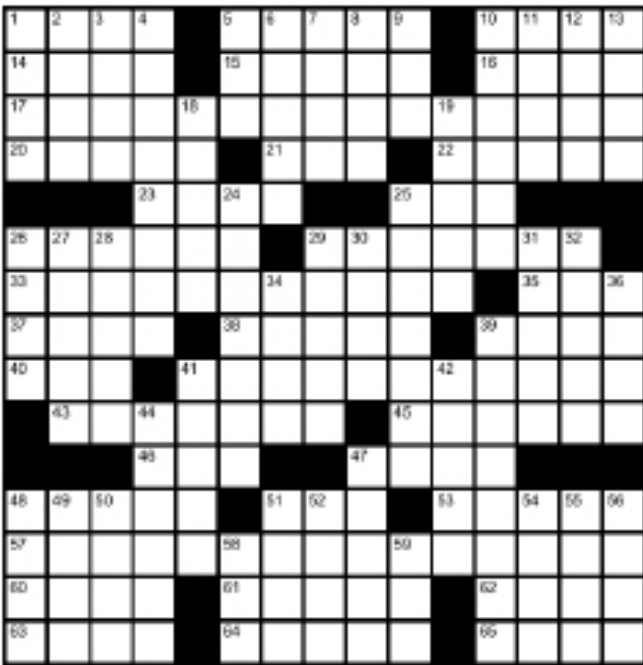
The panel, Dela Rosa said, also encourages Gonzales, especially the cyclist, to attend the hearing so that all sides will be heard.

On Thursday, the Quezon City Council also looked into the incident aiming to support whoever can provide more information about the incident; to know how the Galas Police Station handled the case that led to the settlement of both parties; to receive updates from the Quezon City Police District which is currently handling the case; and to revoke Gonzales' gun and driver's licenses.

Meanwhile, dela Rosa lauded the Philippine National Police (PNP) for its decision to revoke the firearm privileges of Gonzales, saying what the latter did is unacceptable in a civilized society.

"Hindi pupwede 'yung gano'n. Gagamit ka kaagad ng baril. Hindi 'yon karapat-dapat kahit na sabihin mo pantakot lang 'yon (That is not allowed – immediately pulling a gun. It is inappropriate even if you say it is just to scare the person)," he said. "But still, napakalaki po ng impact nun sa nakakita na bumunot ka ng baril, kumasa ka pa, kahit sabihin mo na 'di mo tinutukan (Pulling a gun and cocking it has a huge impact on those who saw it even if it was not pointed at anyone)."

Crossword Puzzles



57. Midmorning fruit disg?
60. Rapids rider
61. Like some verbs, abbrev.
62. Kind of Garden
63. T-men, generally
64. Mercantile establishment
65. Squid sprays.

DOWN

1. Sec 30 down
2. Give a hand
3. Like some hands
4. Denial
5. Member of the colonial army?
6. Saharan fruits
7. Fruity refreshments
8. Bowler's targets



BLACK HOLES OF RENEWAL

The cave you fear to enter holds the treasure you seek.

WHEN WE NEED to find our energy and source, the place to look is in the darkness. It is the black holes that the energy of creation lives. Whether we are speaking of the UNIVERSE OR OF AN INDIVIDUAL, DARKNESS IS THE SOURCE OF LIFE.

When facing emotional despair, hopelessness, or physical anguish, going into the darkness helps us to find our self and renew our life. It is in the nothingness that we can stop and find peace and answers. When we see our true potential, we can then create our selves anew. We can become like a blank canvas and begin the act of creation out of the darkness.

When i lecture, I hold up a piece of paper with a black dot on it and then ask people to describe what they see. Many say a black dot, while other answer correctly and say a piece of paper with a dot on it. You can decide to focus on the darkness or use it to appreciate that your life contains light too. You would never appreciate the light if you didn't have the darkness.

Don't be afraid of the darkness. Let the Director show you the way! Go inside, discover your own black hole, and emerge with new energy and the true light of awareness. Let the tomb become a womb.

Soulution of the Day :

Spend some time in the dark today.

9. Children's chase game
10. Show off and show often
11. Avignon ayes
12. Rave's partner
13. Rumble
18. Last name in Vacuums
19. Treatments for a cow or a celeb
24. Sunday speeches
25. Ideal example
26. Fit
27. Golden Globe category
28. Wheel of fortune buy
29. Buying binge
30. With I down govt. students.
31. Meeting maestro
34. Eyeglass Holders?
36. You'd like to make them meet
39. Squid snack
41. Kind of acid
42. Big name in cameras
44. Swoons
47. Decorative resin
48. Incantation initiation
49. Alpine porch
50. Clump of curls
51. Reorder
52. Retro do
54. Very prolife auth?
55. Wield a machere
56. Says "who"?
58. Towel label
59. Iron or bronze, e.g.



Communities Conference, TECH Talks: Food Processing Technologies, AGHAMAZing Science Talent Show, and the Intellectual Property (IP) Explorers: Primer on Intellectual Properties.

The Awarding and Closing Ceremonies will be held on the last day, September 22, to recognize partner-stakeholders and beneficiaries of DOST-CALABARZON and LBSCFI's projects, and to culminate the five-day event.

The DOST-CALABARZON, together with the Los Baños Science Community Foundation, Inc. (LBSCFI), is set to conduct this year's "KaSY-ENSaYahan sa CALABARZON: 2023 Regional Science, Technology, and Innovation Week back-to-back with the 15th Los

dash by the Ivory Coast as they eventually preserved a hot start.

Lebanon raced to a 32-20 lead at the end of the first quarter and preserved the huge lead until halftime, opening a 55-41 halftime cushion.

However, Ivory Coast crawled back in the third quarter and even tied the game at 60-all before Lebanon finished the quarter strong to restore

ry Coast crawled back in the third quarter and even tied the game at 60-all before Lebanon finished the quarter strong to restore order.

Ivory Coast mounted another comeback and cut the lead down to just two, 86-84, with 1:09 left in the fourth, but an Omari Spellman three sparked the game-ending 8-0 run to seal Lebanon's win.

DOST-CALABARZON, LBSCFI team up to hold this year's Regional S&T Week and SyenSya Festival for the region

The DOST-CALABARZON, together with the Los Baños Science Community Foundation, Inc. (LBSCFI), is set to conduct this year's "KaSY-ENSaYahan sa CALABARZON: 2023 Regional Science, Technology, and Innovation Week back-to-back with the 15th Los Baños SyenSya Festival" to showcase both the organization's STI efforts through exhibits, contests, forums, and other activities. This will be held on September 18-22, 2023 at the University of the Philippines Los Baños, Los Baños, Laguna simultaneously via Facebook Live.

With the expected presence of DOST key officials and other distinguished guests namely Undersecretary Sancho Maborang of the Region-

al Operations, the launching of the 2023 RSTW, TIKME (Teknolohiya at Inobasyon, Kaagapay ng Micro Enterprises), and Wonderama Exhibits as well as other projects will be launched during the Opening Ceremonies on September 18. A press conference for local and national media will also be conducted afterwards.

Moreover, a series of refreshing S&T activities will also be introduced to cater students, MSMEs, technology adopters/technopreneurs, local government unit (LGU) representatives, and citizens of CALABARZON. These include the LBSCFI's SyenSya Technology Forum, 2023 RoboClash: the 1st DOST CALABARZON-LSPU Regional Robotics Tournament, the Regional Science and Math Quiz Bee, the Smart and Sustainable



BSKE 2023: Paghahain ng Certificate of Candidacy ni Moyora Madette Amante bilang Chairwoman ng Barangay San Gabriel San Pablo City. Suportado ni Congressman Loreto"Amben"Amante .(KEVIN PAMATMAT)

MANILA — The implementation of the mandated price ceilings for rice will start on Sept. 5, Malacañang said Friday.

The clarification was made after Executive Order (EO) 39 stated that the price cap on regular and well-milled rice will take effect immediately upon its publication in the Official Gazette or in a newspaper of general circulation.

“The Office of the Executive Secretary (OES) clarified on Friday that Executive Order No. 39, which sets a price ceiling on regular and well-milled rice in the whole country, will take effect on Sept. 5, Tuesday,” Communication Secretary Cheloy Garafil said in a statement.

EO 39 sets the mandated price per kilogram of regular milled rice at PHP41 and well-milled rice at PHP45.

Continued. . .

As public schools open for Academic Year (AY) 2023-2024, Senator Win Gatchalian urged the Department of Education (DepEd) to maintain focus on learning recovery and preparations for the 2024 rollout of the K to 10 MATATAG curriculum.

The Chairperson of the Senate Committee on Basic Education also hailed the efforts of DepEd and teachers for restoring normalcy to the basic education sector.

Gatchalian, however, pressed the need to address learning poverty and to strengthen fundamental skills such as literacy and numeracy. Learning poverty in the country is at 90.9% based on World Bank estimates as of June 2022. While the DepEd has rolled out programs like the National Learning Camp, Gatchalian said that the rollout of these interventions should capture struggling learners who need the most intervention.

The Academic Recovery and Accessible Learning (ARAL) Program Act (Senate Bill No.1604), which Gatchalian filed, seeks to establish a national learning recovery program to accelerate learning recovery and

President Ferdinand R. Marcos Jr. signed EO 39 on Thursday, approving the Aug. 31 recommendation of the Department of Agriculture (DA) and the Department of Trade and Industry (DTI) to impose man-dated price ceilings on rice amid the current surge in retail prices of the staple in the country.

EO 39 directs the DTI and the DA to ensure the strict implementation of the mandated price ceilings, monitor and investigate abnormal price movements of rice in the market, and provide assistance to affected retailers, with the help of the Department of the Interior and Local Government.

It also orders the Bureau of Customs to step up its ongoing inspections and raids of rice warehouses to combat hoarding and illegal importation of rice in the country and facilitate the confiscation,

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mitigate the effects of the COVID-19 pandemic, including learning loss. The program's target includes learners who are below the minimum proficiency levels required in Language, Mathematics, and Science.

The senator also emphasized the importance of preparing for the rollout of the revised K to 10 MATATAG curriculum, which will start rolling out by AY 2024-2025 for Grades 1, 4, and 7, followed by other grade levels in the next school years until 2028.

This school year, however, a pilot implementation of the revised curriculum will run in selected schools. According to Gatchalian, this pilot run should be formally studied to further refine the curriculum and its implementation. The senator also stressed the importance of aligning teacher education and training to the MATATAG curriculum.

“Nakasalalay sa ating mga guro ang tagumpay at epektibong pagpapatupad ng MATATAG curriculum. Dapat nating tiyakin ang kanilang kahandaan sa pamamagitan ng mga dekalidad na pagsasanay,” Gatchalian concluded.

seizure or forfeiture of smuggled rice as may be warranted by the law.

In a media interview in Puerto Prince-sa City, Palawan earlier Friday, Marcos urged the public to report individuals who would fail to implement the price caps on rice.

“I would encourage anyone who finds that someone or a retailer is selling at above the price ceiling, i-report po ninyo, i-report ninyo sa pulis, i-report ninyo doon sa DA, doon sa lugar ninyo, i-report ninyo sa local government para matingnan po namin at tiyakin na hindi lalampas doon sa ating presyo na nilagay (report it to the police, the DA or the local government so we would be able to monitor and make sure that it would not exceed the price ceilings),” he said.

Marcos said that while EO 39 would be implemented nationwide, the government would focus its monitoring in Metro Manila, noting that the condition “is not so bad outside” the country's metropolises.

Meanwhile, Garafil, citing the OES statement, said any inquiry or complaint can be coured through the government's 8888 Citizens' Complaint Center. (PNA)

ACEN...

ACEN RES renews commitment to supply Letran Calamba with 100% renewable energy sourced from ACEN's renewables portfolio

• The partnership enables the campus to run entirely on renewables and help avoid approximately 7,877 tons of CO2 emissions

• ACEN RES continues its advocacy for renewable energy, inspiring more businesses to transition and contribute to global emission reduction

09 August 2023 – Reaffirming its dedication to a greener future, ACEN Renewable Energy Solutions (ACEN RES), the retail supply electricity arm of the Ayala group, recently re-committed to empowering Colegio de San Juan de Letran-Calam-

Pagsasanay para sa pagtatatag ng Halal Meat Shop, isinagawa ng DA-4A

Sa pangunguna ng Department of Agriculture IV-CALABARZON (DA-4A) Halal Program katuwang ang

National Meat Inspection Service (NMIS) at City Veterinary Office ng Tanauan, Batangas, isinagawa ang pagsasanay sa pagtatatag ng Halal Meatshop noong ika-16 hanggang ika-17 ng Agosto, 2023 sa Argosino Hall, LARES Compound, Lipa City, Batangas.

Ito ay dinaluhan ng tatlong kalahok mula sa City Cooperative and Livelihood Development Office, City Veterinary Office, Meat Shop Owners, Parenthood Marketing Association, Barangay Animal Health Workers, at Muslim Community ng Tanauan City, Batangas.

Ayon kay DA-4A Halal Program Coordinator Zara, sa tumataas na demand ng halal na karne at sa lumalaking populasyon ng mga kapatid na Muslim, ang pagtatag ng Halal meatshop ay makakatulong

upang magkaroon ng madaling akses

ang mga mamimili sa Halal certified na karne. Aniya sa pamamagitan ng pagsasanay na ito, ang mga nagnanais na mag-sisimula ng meatshop ay magkakaroon

ng kamalayan sa mga dokumento at establisy-mento na kinakailangan.

Unang tinalakay sa pagsasanay na ito ang mga batas o legal na basehan kung bakit kinakailangan ng lisensya o permit sa pagtatayo ng isang meat establishment. Nagbigay ang tag-apagsanay mula sa NMIS ng mga listahan ng mga kinakailangan na dokumento, mga kagamitan at anyo ng establisyimen- to upang marehistro at makakuha ng akredita- syon mula sa ahensiya nang sa gayon ay mabig- yan sila ng lisensiya.

Ang mga meat establishments na maaring irehistro at ihingi ng akreditasyon ay ang Slaughterhouse, Poultry Dressing Plant, Meat Cutting Plant, Meat Distribution Center or Depot at Meat Cold Storage Warehouse. Bawat isang establisyimento ay may

kanya-kanyang kinakail- angang dokumento tulad halimbawa ng business permit, floor plan at iba pa. Mayroon din kinakailan- gang istraktural na dapat sundin tulad ng pisikal na istraktura, mga kagamitan at pasilidad.

Binigyan din ng kawani mula sa NMIS ang mga angkop na paraan at mga batas sa paghawak at paglipat ng karne mula sa katayan hanggang sa pamilihan nang sa gayon ay mapan- itili ang kalinisan.

Ibinahagi naman ni Dr. Aries Garcia, City Veterinarian ng Tanauan City, Batangas, ang mga basic requirements ng lokal na pamahalaan sa pagtatatag ng meatshop at mga responsibilidad bilang isang meat traders. Ipinakita din niya ang ibat ibang klase ng parte at gayat ng karne na depende sa pangangailan- gan.

Samantala, nag- bigay din ng inormasyon ang kawani ng Agribusi- ness and Marketing As- sistance Division (AMAD) ukol sa mga istrategiya at mga dapat isalang-alang sa pagbebenta ng sariling produkto. PR

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now be powered entirely by renewable energy. Rev. Fr. Napoleon M. Encarnacion, O.P., rector and president of the esteemed Dominican institution, said: “We have a significant power requirement, which necessitates a partnership with a reliable, proven energy company. As an Ayala company, ACEN instills confidence that it can meet its commitments. Furthermore, their dedication to renewable energy aligns perfectly with our ethos as a forward-thinking, environmentally conscious Catholic educational institution.”

Ela Mina, AVP for commercial operations and head of account management of ACEN RES, said: “This partnership with Letran, an institution that is deeply invested in fostering the holistic. (Kevin Pamatmat.)

EDITORIAL:
Who's afraid of floods?

What's better than the Philippine Coast Guard and our Navy conducting patrols in the West Philippine Sea to assert the country's sovereignty over our 200-mile Exclusive Economic Zone?

Just last week, the United States, Australia, Japan and the Philippines conducted a joint exercise in the waters off Manila involving the Australian and Japanese large-deck ships on deployment in the region.

The quadrilateral naval drills in the vital sea lane underscored our shared commitment to a rules-based international order.

The joint drills in the South China Sea has become urgent after Chinese Coast Guard and maritime militia used water cannons against a Philippine Navy ship on a resupply mission to the derelict BRP Sierra Madre that stands guard at Ayungin Shoal as part of our commitment to assert our sovereignty over our EEZ.

The Australian ships and aircraft are in the Philippines as part of the Philippines-Australian joint amphibious drill Exercise Alon, which is supported by MV-22 Ospreys for US Marine Force Rotational – Darwin.

The exercise is also part of the Australian Defense Force's Indo-Pacific Endeavor 2023 deployment, an annual engagement activity in the region which takes place from June to October.

What the mission to the shoal aimed at, according to the Armed Forces of the Philippines, is to demonstrate “our resolve to stand up against threats and coercion and our commitment in upholding the rule of law.”

President Ferdinand Marcos Jr., Australian Deputy Prime Minister and Defense Minister Richard Marles and Defense Secretary Gilberto Teodoro Jr. observed the drills in Zambales on Friday.

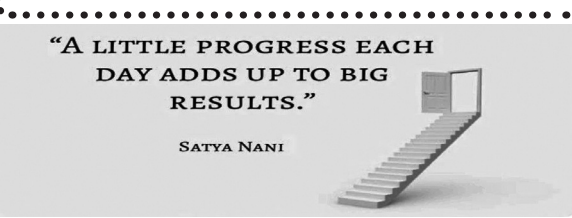
“We recommitted to planning bilateral joint patrols in the South China Sea/West Philippine Sea and other areas of mutual interest,” Marles said in a statement issued that day.

Washington has vowed to defend the Philippines, its longtime treaty ally, if our vessels and forces come under armed attack, including in the South China Sea.

Would the Mutual Defense Treaty signed by our two countries in 1951 deter aggression in this part of the Pacific Ocean more than 70 years later?

We really don't know.

But if the four-nation military exercises are any yardstick, then we can at least rely on not only one, but two other countries to help us when we need it the most.



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All is fish that comes to her net



As a fish vendor, Reden Guevarra from Bataan ensures that her products are of good quality to

they purchased for PHP 50,000.00.

It was the start of a new journey for her. Reden's day begin at three o'clock in the morning as she prepares to go to the public market. Restaurants near her have become her loyal customers,

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agement.

Earlier this month, the Department of Education (DepEd) inaugurated the 2023 Brigada Eskwela, or Schools Maintenance Week, under the banner of “Bayanihan Para sa Matatag na Paaralan.” This year's Brigada Eskwela highlights the nation's collective volunteer efforts to guarantee a clean, secure, inclusive, and child-friendly learning atmosphere for both students and education professionals. It also aims to enhance the resilience of schools and basic education, ensuring that public schools are fully prepared for the commencement of classes on August 29th.

MPTC is the leading mobility infrastructure and solutions provider in the Philippines. It is the toll road development arm of Metro Pacific Investments Corporation (MPIC). Aside from CAVITEX, and CALAX, MPTC also holds concession rights for CAVITEX C5 Link, the North Luzon Expressway (NLEX), the Subic-Clark Tarlac Expressway (SCTEX), the NLEX Connector Road, and the Cebu-Cordova Link Expressway (CCLLEX) in Cebu.

so she ensures that her products are always of good quality so she can retain the good relationship with them. She also offers to deliver fish to the school where her children used to study.

In December 2016, she met the Center for Agriculture and Rural Development (CARD) A microfinance NGO. Seeing flocks of women passing her by, she felt intrigued about what was going on. She learned that CARD, Inc. provides business loans for entrepreneurs like her. Because December is a peak season, she accepted the offer of an initial loan of PHP5,000. Now, she can avail a much higher loan that she continues to use

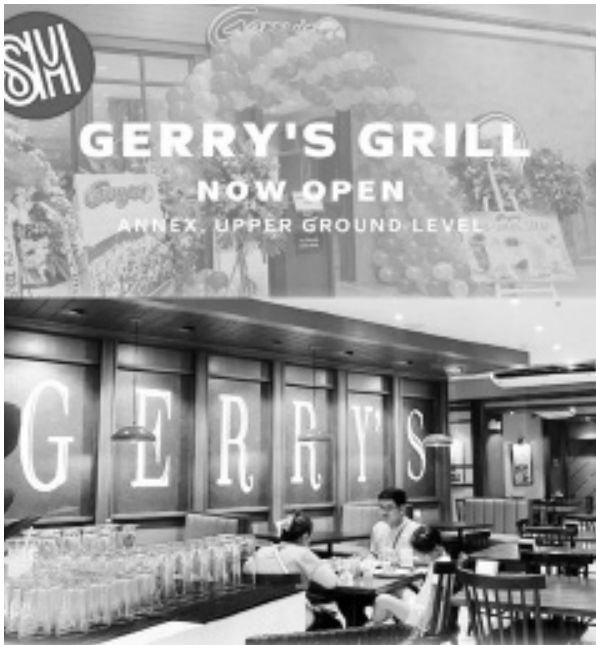
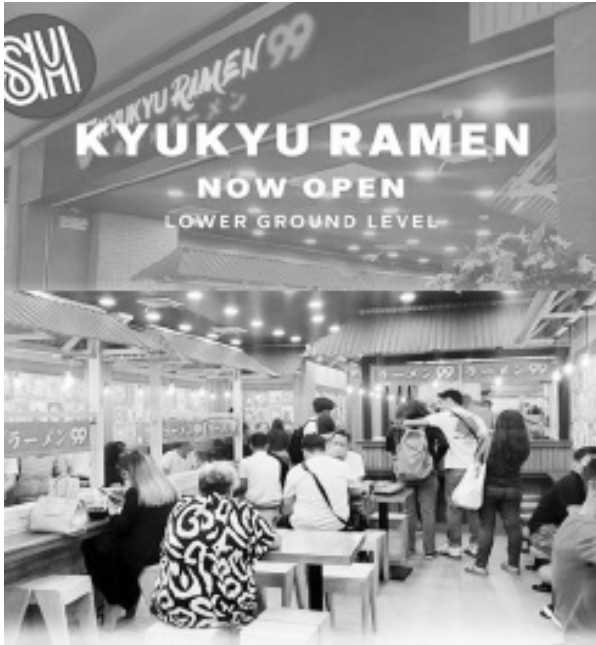
in expanding her business.

“I have a dream; I want my life to be secure when I grow old, and in order for that to happen, I need the assistance of CARD, Inc., which provides various products and services such as insurance, loans and savings on which people like me can rely.” Guevarra explained as why she thinks CARD, Inc. is a good institution.

Her sharp mind, combined with diligence and her habit of never giving up is what makes her the strong woman she is today. Many challenges may come her way, but she made sure that all that comes her net is fish. PR



Enjoy new food hubs at SM City Dasmariñas



Japanese or Filipino cuisine? Why not both? SM City Dasmariñas has new food hubs that will satisfy both. Visit KYU KYU RAMEN 99 if you're into hot ramen, whether it's spicy, cheesy or savory, for as low as 99 pesos only. Located on the lower ground floor beside Macao. Meanwhile, Filipino comfort food and grills are mouthwatering too! So if the cravings go to Filipino cuisine, Gerry's Grill is the best choice! Located on the upper ground floor of annex building.



Around 500 residents of Rosario, Cavite received free medical services such as blood test, ECG, consultation, free medicines and dental services from the recently concluded medical mission of SM Foundation's Gamot para sa Kapwa project at SM City Rosario.

GRAN TURISMO: BASED ON A TRUE STORY, RACING NOW AT SM CINEMA



Get ready to race as Gran Turismo: Based On A True Story makes a turn at SM Cinema! Witness how a gamer risked all he's got to take on the most elite sport in the world and become a professional car racer. Take on the journey with Jann Mardenborough (portrayed by Archie Madekwe) and his real-life tale of a Gran Turismo teen player whose gaming skills achieved a winning streak about great deals

er. Experience the real action at SM Cinema's huge screens with incredible display by Laser Projector, and dragging digital surround sound. Buckle up as the movie take you to the edge of your most comfortable seats. So get your best buddies now and race your way at SM Cinema. Visit www.smcinema.com or @SMCinema on social media to know more about great deals you can grab for the best movie experience.

'Goring'...

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CALAMBA CITY, Laguna (PIA) -- Heavy rains spawned by Typhoon Goring caused 935 families or 3,494 individuals to evacuate in the Calabarzon region, according to the Department of Social Welfare and Development (DSWD) Region IV-A.

Of these, 545 families or 1,910 individuals sought shelter in 35 evacuation centers in Cavite and Batangas provinces.

As of August 28, there were still 527 families or 1,834 individuals in 32 evacuation centers while 390 families or 1,584 individuals stayed with relatives or friends. These families have since returned to their homes as the weather improved.

Director Bar-

ry Chua, of the DSWD Calabarzon, said 75,567 food packs worth P45,836,848.53 are stockpiled in their field office and satellite warehouses while 10,000 more food materials are available for packing.

The DSWD also prepared 23,963 non-food items amounting to P41,033, 567.44 and standby funds amounting to P5,847,725.80 for additional supplies.

"The Calabarzon field office is closely coordinating with the Regional Disaster Risk Reduction and Management Council (RDRRMC)-operations center and Provincial Social Welfare and Development Offices for regular updates on the weather disturbance," Chua said.

SCORE STYLE AND COMFORT FOR YOUR KIDS WITH WORLD BALANCE AT SM CENTER IMUS



SM CENTER IMUS, CAVITE - Slam dunk into style and comfort with Double Clutch! These basketball shoes with bubble tech are a game-changer for your little MVP. Watch them

dribble, shoot, and score like never before. These shoes aren't just for the pros; they're for every aspiring hoopster. Get a pair for your superstar today in-store and online for P2,299 in Red or Light Blue colorways!



Shoppers of all ages enjoyed the One Piece toy collection display at the event center of SM City Trece Martires. Visit SM City Trece Martires and experience the Straw Hat Madness today!



SM CITYMOLINO HOLDS WATCH PARTY FOR FIBA WORLD CUP 2023



SM CITY MOLINO, CAVITE - In support for Gilas Pilipinas in their game against Italy, SM City Molino held a watch party of FIBA World Cup 2023 in a partnership with Cignal. Joining the crowd in cheering for the Pinoy players are Mark Yee, Lester Reyes, Carl Soriano, and Miguel Malabag of Bacoor Strikers, and the Basketball Team of University of Perpetual Help System Delta - Molino

Campus headed by their Coach Chester Saldua. The crowd cheered wildly for Gilas Pilipinas on every steel, shoot, and rebound. It was the team's third game in an attempt to recover from its loss against the Dominican Republic and Angola which unfortunately ended with Italy winning the match. The Philippines is this year's main host of the FIBA World Cup, along with Japan and Indonesia.

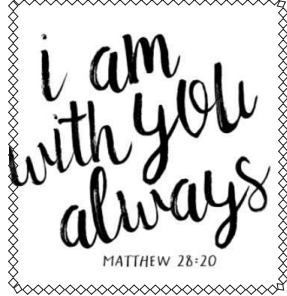
Medical Mission program continues in Naic



PGC's medical mission program continues in Brgy. Palangue 3, Naic, Cavite, benefitting one hundred forty-two patients, who availed free medical check-up, consultation and prescription medicine. The mission was conducted on August 29, 2023 through the collaboration of the Office of the Provincial Governor and the Office of the Provincial Health Officer.

GEAMH medical professionals comprised of Dr. Alfa Joy V. Fallurin, Dr. Daisy V. Penuis, and midwives, rendered the free medical services to the locals of Naic. Maintenance medicines, mul-

tivitamins and mosquito repellent-lotion were also distributed during the event. The mission was a resounding success with assistance from 8th District Board Member Reinier Ambion, Barangay Chairman Angeles M. Pegollo, barangay officials, health workers and volunteers.--- Romelyn P. Dones



Meet this SM partner who is now giving opportunities to handicraft makers in the countryside



Kea International owner Eloisa Bautista-Flores' journey with Conrad Manila started by consistently doing good work.

Conrad Manila is one of the hotels under SM Hotels and Conventions Corp.

Backed by years of experience in supplying handicrafts in the hotel industry, Bautista-Flores understood what needed to be done to supply products to SM Hotels. It is to showcase the excellence of their handicrafts.

She shared, "Being one of SM's suppliers for many years, we were referred by buyers of baskets to Conrad Manila. From there, we presented our production capacity." It was a decision that paved the way for more success not only for Kea Interna-

tional but for the handicraft communities in the countryside. Established in 2010, Kea creates handmade products including baskets, storages, gift boxes, furniture, woodcrafts, and other home accessories.

"I supply Conrad Manila with leather-made guest amenities. This includes holders of notepads, TV remotes, and directories. These are being produced in our main warehouse in Batangas. We have in-house production that creates 100% handmade accessories. Everything is hand-sewn, hand-wrapped by skilled box makers in our province," Bautista-Flores further shared.

Going beyond guest amenities, Kea also supplies Conrad Manila's kitchen with pantry trays

and wood boards. "For woodcraft like boards and trays, we have satellite factories in Tarlac where these are being produced," she shared.

Her products' presence at Conrad Manila also led to better and brighter things for her company: "While I was supplying Conrad Manila, I met one of the executives and he asked me to approach SM Store. We presented our Buri Hammer Set. This was the first item we sold to SM Store."

Bautista-Flores further shared that from usually selling 100 sets, it grew to about 1,000 a year. In her journey with SM, she shared that there were a lot of learnings along the way.

"One thing I admire about SM is that they truly treasure the partner-

ship, and I am proud to be one of their suppliers. They are with me every step of the way. I am just amazed at how systematic their operations are attending to thousands of suppliers. Being in the handicraft industry where low-income workers are thousands, orders from SM have brought good livelihood to the countryside," she said.

For Bautista-Flores, the growth of her company is also the growth of the people who work with her. Just this year, Conrad Manila was named a verified luxury hotel by Forbes Travel Guide 2023 Star Awards, the world-renowned authority on excellence in hospitality, and amid the elegance at Conrad Manila are beautifully made handicrafts created by workers who take pride in what they do.

DTI Rizal conducts Training on Standardization of Pineapple Processing to help CARPreneurs in Antipolo City, Rizal



Realizing the great potential of pineapple industry in the province of Rizal, the DTI - Rizal conducts Training on Standardization of Pineapple Processing in San Jose, Antipolo City, Rizal last May 19, 2023. The Samahan ng mga Magsasaka

ng Bayan ng Antipolo, Inc. (SAM-ABAI) is one of the associations assisted by the Department of Trade and Industry - Rizal (DTI Rizal) as one of its CARPreneurs and Shared Service Facility (SSF) Cooperator of DTI - Rizal that is engaged in pine-

apple production.

The training was participated by 12 pineapple farmers and members from SAMABAI. Together with Trade and Industry Development Specialist - CARP Kyle Christine Pascual and SSF Support Staff - Paolo Garrovillas, the participants applied their learnings from past training with the Department of Science and Technology to standardize their processing and improve the quality of their products.

The participants had a hands-on processing of their pineapples into pineapple jams and chutney. They were able to produce 20 bottles of pineapple jams and 34 bottles of pineapple chutneys. The excess pineapple peels would not go to waste because they will be processed into pineapple wine.

The produced products will be sold to different marketing activities in the upcoming months to promote it and help SAMABAI earn profit.