

MPTC HOLIDEALS 2024: MORE THAN 100,000 MOTORISTS QUALIFY TO WIN

MPTC is thrilled to announce that the excitement for MPTC Holidеals 2024 has reached new heights, with over 100,000 participants now qualified to win extraordinary prizes. In their extended holiday promotion, MPTC gives its motorists another reason to enjoy the drive as they stand to experience the joy of winning a brand-new car or amazing cash prizes.

In partnership with Chevrolet Philippines, two lucky winners will get to drive away with a brand-new Chevrolet Tracker LS. In addition to these sleek rides, MPTC is also giving away more than P3 Million worth of cash prizes, with 10 winners walking away with P100,000 each, while 40 winners take home P50,000 each.

Joining the promo is a breeze, as all the motorists have to do is use the MPT DriveHub app, link their Easytrip RFID account, reload and pass at least four times through any MPTC tollways: CCLEX, NLEX, NLEX Connector, CALAX, SCTEX, CAVITEX, and CAVITEX C5 LINK during the promo period. For each reload of P200 denomination via the MPT DriveHub App, users earn an additional 1 point (non-cumulative). The accumulated points act as golden tick-

ets, increasing the chances of winning in the grand raffle draw.

New users may simply download the MPT DriveHub app and link an Easytrip or CCLEX RFID, to instantly receive 2 points. MPT DriveHub app is available via the App Store (<https://apple.co/3mBkwb6>) or Google Play Store (<https://bit.ly/MPTDriveHubPlayStore>).

"We're gearing up to raffle off cash prizes and two brand-new cars! Don't miss your shot at winning; simply download the MPT DriveHub app and link your Easytrip RFID account. With DriveHub, you can easily monitor your balance, reload, access the 24/7 hotline, receive advisories, and stay updated with other useful information while using our tollways. Given that most of our motorists use smartphones, having the DriveHub app is our way of enhancing customer support through a digital platform that's readily available for tollroad users," stated Mr. Rogelio L. Singson, President, and CEO of MPTC.

Don't miss out on this longest holiday celebration ever. Promo runs from December 8, 2023, to March 7, 2024. Per DTI Fair Trade Permit No. FTEB-179965 Series of 2023.

YOU CAN NOW REGISTER AT SM CITY TANZA!



Exercise your right to vote and register at SM City Tanza. Visit Comelec's satellite for voter's registration at the Ground Level of SM City Tanza. See poster for details and schedule.

Happy Holidеals!

DRIVE AND GET A CHANCE TO WIN

2 WINNERS
OF CHEVROLET
TRACKER LS SUV

10 WINNERS
OF P100,000 EACH

40 WINNERS
OF P50,000 EACH

HOW TO JOIN?

1 POINT = 1 RAFFLE ENTRY

2 POINTS

Download the MPT DriveHub app & link your Easytrip or CCLEX RFID account

1 POINT
FOR EVERY P200 load

Reload Easytrip or CCLEX RFID account using MPT DriveHub app

Maximum points/raffle entries are earned each month. Visit the MPT DriveHub website to see the full promo mechanics. Promo runs from December 8, 2023 to March 7, 2024. Per DTI Fair Trade Permit No. FTEB-179965 Series of 2023.

Gabay sa makabagong pagsasaka, sa pamamagitan ng SCALE UP alay ng DA Calabarzon, DA-BAR sa mga magsasaka

STRAIGHT NEWS PUBLISHING

TODAY'S NEWS AND BEYOND

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LTO impounds over 1.6K delinquent vehicles in February



Nagsagawa kamakailan ng Memorandum of Understanding (MOU) signing para sa Bigkis-Tubig Project sa Imus City Hall na naglalayong paigtingin at pagkasunduin ang mga proyekto at aktibidad ng mga kasamang partido at iba pang stakeholder na may kaugnayan sa proteksyon, rehabilitasyon, at pamamahala ng Julian at Imus Rivers. Nakasama ni City Mayor Alex A. Advincula sa programang ito ang Department of Environment and Natural Resources - Environmental Management Bureau (DENR-EMB) CALABARZON sa pangunguna ni DENR-EMB Officer-in-Charge of Water Quality Management Section, Ms. Forster Girliesina Sebarillo, Maynilad Water Services sa pangunguna naman ni President at CEO Mr. Ramoncito Fernandez, Barangay Bayan Luma IX Captain Ruben Tined Jr., Barangay Anabu II-C Captain Joey Sarte, at City Environment and Natural Resources Office (CENRO).



PBGen Aligre L. Martinez, Deputy Regional Director for Administration, together with PBGen Arnold P. Ardiente, Dean of Academics, Philippine National Police Academy, graced today's Closing Ceremony of 217 members of the Philippine National Police Academy "LAYAG-DIWA" Class of 2024 Cadet Attachment Program, held at Camp BGen Vicente P. Lim, Calamba City. During the aforementioned Cadet Attachment Program, the 217 members of PNPA "LAYAG-DIWA" Class of 2024 were deployed to the first-class City Police Stations of Cavite, Laguna, Batangas, Rizal, Quezon, Carmona Fire Station, and Calamba City Bureau of Jail and Management Penology. This program aims to provide crucial and invaluable hands-on experience and insights into the complexities of law enforcement and public safety, signifying the bridge between academic preparation and real-world application as they prepare to face the challenges of law enforcement as future leaders and officers. Furthermore, the activity concluded with a boodle fight at the covered court of this camp. RPO4A PR

Mga dating SK Chairperson, Kinamusta sa pangunguna ni Mayor Strike B. Revilla

Linggo pero tuloy ang trabaho, sa isang pagtitipon nagkaroon ng pagkakataon si Mayor Strike B. Revilla na makasama ang mga dating SK Chairperson. Dumalo rin sa nasabing event sina Konsehala Karen Sarino Evaristo, LNB Vice President Konsehal Randy Francisco, Mr. Richard Quion, head ng BDRMO, Mr. Agripino Pagdanganan head ng GSO at si Mr. Raven Espiritu, ang dating SK Federation President.

Ang layunin ng pagtitipon na ito ay upang magkaroon ng kamustahan at magbigay ng suporta sa mga dating SK Chairperson ng Bacoar. Ito ay bahagi ng



adhikain ni Mayor Strike na bigyang halaga ang mga ambag ng mga Former SK Chairperson sa ating lungsod.

Ito ay ginanap sa Legislative and Disaster Resilience Building. Sa pamamagitan nito, nagkaroon ng pagkakataon ang mga dating SK Chairperson na ibahagi ang kanilang mga kasalukuyang buhay at mga pangangail-

angan sa kasalukuyang administrasyon.

I binaital rin dito na magkakaroon ng Barangay Day na gaganapin sa Birthday Month ng ating Mayor sa ika-3 ng Marso. Ito ay isa pang pagkakataon para bigyan ng Pagkilala ang mga Dating Barangay Officials, SK Officials, at mga Barangay Workers katulad ng Tanod.

Sa pamamagitan

ng mga ganitong pagtitipon, patuloy na ipinapakita ni Mayor Strike B. Revilla ang kanyang malasakit at suporta sa mga kabataang dating naglingkod sa ating Lungsod. Ang kanyang liderato at dedikasyon ay patuloy na nagbibigay-inspirasyon sa iba pang mga opisyal at mamamayan ng Bacoar.



POINT OF VIEW

HEALTH HINTS FOR ELDERLY FROM AGES 45 TO 100 YEARS

Sometimes it can feel like maintaining a healthy lifestyle is an overwhelming challenge that doesn't fit within the realities of daily life. It's tough to hold down a full-time job, eat well, train for a marathon, make homemade green juice, spend quality time with your family/partner, and meditate for an hour each day.

Of course, healthy living can incorporate all of these things (if you want it to), but it doesn't have to be defined by grandiose displays of health and fitness.

So much of healthy living is really made up of small things we do daily—things that are so small they don't feel momentous, but that, done consistently over time, add up to produce big results.

31 wellness tips for healthy & happy living Here are 31 tips to live a healthier, happier lifestyle—all simple, easy things that can be seamlessly incorporated into your daily life:

1. drink a glass of water first thing in the morning Coffee's great too, but it's best to start your day by re-hydrating with a full glass of water. Hydrating first thing in the morning helps to aid digestion, enhance skin health and boost energy.

2. take the stairs Taking the stairs instead of the elevator is a simple way to get a little more physical activity in your daily life. It also strengthens and tones your legs and core while you're at it!

3. make half your plate veggies A simple hack for healthy eating (and portion control) is to make half your plate veggies at each meal. The veggies pack in essential vitamins, minerals and other phytonutrients important for health and longevity. And, because they're rich in fiber, they help to aid digestion (aka keep you regular!) and keep you feeling full longer.

4. get a fitness tracker + track your steps Using a fitness tracker (like a Fitbit or Apple Watch) to track your steps is an easy way to make sure you're getting enough physical activity each day. We aim for 10,000 steps daily, which has significant physical and mental health benefits. A fitness tracker will also remind you to get 250 steps each hour (another important measure of health—see tip #9!). Here are our favorite fitness tracker smartwatches of 2021.

5. switch to non-toxic household cleaning products Conventional household cleaning products are full of harmful chemical ingredients that are not good for our health (or the health of our kids or pets!). Switching to healthier alternatives is a simple way to reduce your exposure to environmental toxins in your home. See our Healthy Cleaning Guide for a complete list of recommendations, and what to look for when choosing safer household cleaning products.

6. use non-toxic skincare + personal care products Similar to cleaning products, conventional skincare and personal care products are formulated with toxic

Cont. Next week issue



Gabay sa makabagong pagsasaka, sa pamamagitan ng SCALE UP alay ng DA Calabarzon, DA-BAR sa mga magsasaka

Patuloy ang pag-gabay at paghihikayat ng Department of Agriculture IV-Calabarzon (DA Calabarzon) at DA Bureau of Agricultural Research (DA-BAR) sa mga magsasaka na gumamit ng mga makabagong teknolohiya at pamamaraan sa pagsasaka sa pamamagitan ng programang Sustainable Community-Based Action R4DE for Livelihood Enhancement, Upliftment and Prosperity (SCALE UP).

Ang programang SCALE UP sa mga bayan Atimonan, Plaridel, at Lopez, Quezon ay hinihikayat at ginagabayan ang mga magsasaka ng cacao, gu-

lay at palay sa makabagong pagsasaka. Sinimulan ito sa pagtalakay ng mga pangangailangan ng mga magsasaka kasabay ang pagkulekta ng mga sample ng lupa upang suriin. Sinusundan ito ng mga pagsasanay sa pamamahala ng sustansya ng lupa at ibat ibang teknolohiya sa produksyon ng cacao, palay at gulay tulad ng wastong pagtatanim, tamang pag-aaplay ng angkop na abono, pagkontrol ng mga peste at sakit, at pagpoproseso ng mga aning produkto.

Kaugnay nito ay binisita ng mga kawani ng DA Calabarzon Research Division kasama ang mga

representate mula sa DA-BAR ang mga sakahan ng cacao, palay at gulay na benipisaryo ng nabanggit na programa noong ika-22 ng Pebrero, 2024, sa Plaridel, Quezon.

Dito ay natalakay ang mga produktibong pagbabago tulad ng pag-ganda ng tindig ng mga pananim na may kasamang madaming bunga na ginamitan ng ipinakilalang teknolohiya.

Ayon kay G. Darwin Gimenez, isang magpapalay ng Plaridel, ang pagsunod sa ipinakilalang teknolohiya sa kanila tulad ng pagsunod sa rekomendasyon sa pag-aabono

mula sa sinuring lupa at paggamit ng mga plant growth enhancers, ay malaking tulong upang mapaganda ang kanilang mga pananim na nagdulot ng mas mataas na ani.

Samantala, binigyan din ni BAR Director Dr. Junel Soriano na mahihikayat natin ang mga magsasaka na gumamit ng mga makabagong teknolohiya sa pagsasaka sa pamamagitan ng pagkukumpara ng ani at kita ng luma at makabagong pamamaraan sa pagsasaka gaya ng mga pinairal sa SCALE UP. (Bryan E. Katigbak, DA-4A RAFIS)



FINANCIAL ASSISTANCE PARA SA MAHIGIT 400 KATAO, IPINAMAHAGI SA MARAGONDON

Tumanggap ng tulong pinansyal mula sa pamahalaan ang 401 residente sa bayan ng Maragondon kamakailan. Kabilang sa mga ito ang 251 mag-aaral na nasa kolehiyo at 150 indibidwal na tumanggap ng financial assistance mula sa Agimat Partylist. Sa kanilang Facebook page naman ipinaabot ng lokal na pamahalaan sa pangunguna ni Mayor Lawrence Arca at Vice Mayor Bernie Ilagan para sa tanggapan ni Agimat Partylist Representative Bryan Revilla para sa tulong sa kanilang mga kababayan. I via Maragondon Public Information Office

Crafting...

ties such as becoming a subcontractor for a Manila-based paper maché business. Gradually expanding, they hired skilled neighbors and became direct suppliers for an exporting company.

Carmelita's resilience and determination shine through setbacks. From starting with a sideline to becoming a supplier for international markets, her journey mirrors growth and success. Grateful for CARD RBI's support, she acknowledges the importance of their partnership in her achievements. "Whatever I have achieved in life, that is because of CARD RBI who was my first partner. I wouldn't be able to start a business if it wasn't for the loan they provided me. Their weekly

FROM PAGE 6

sessions for their clients are also a great help regarding the proper management of money and resources," she said.

For more than seven years, she has ventured into various businesses. She also started raising pigs. With 28 pigs and plans to invest more in pig farming, Carmelita continues to grow and diversify. She envisions her own maché production building and a storage facility.

Her message is clear: "When you stumble and fall, get back on your feet. Think about how to recover each time you lose. These lessons are crucial for our growth in the long run," Carmelita concluded.PR

LTO...

MANILA — The Land Transportation Office (LTO) impounded 1,653 motor vehicles in February as part of its nationwide crackdown against delinquency.

In a statement Friday, LTO chief Assistant Secretary Vigor Mendoza II said the impounded vehicles are only a fraction of the total 7,252 delinquent motor vehicles -- left unregistered for an extended period -- that were apprehended in February.

"Patuloy ang ating agresibong operasyon kaya muli ay nanawagan tayo sa mga delinquent motor vehicles na huwag na hintayin mahuli pa kayo dahil mas malaki ang babayaran ninyo at baka ma-impound pa ang mga sasakyan niyo

FROM PAGE 1

(Our aggressive operation continues and that's why we are again calling on delinquent vehicle owners to not wait to be apprehended because you'll only face bigger fines and possible impounding)," Mendoza said.

Renewal of registration is one of the ways to determine the roadworthiness of vehicles on the road to help ensure the safety of all road users, he added.

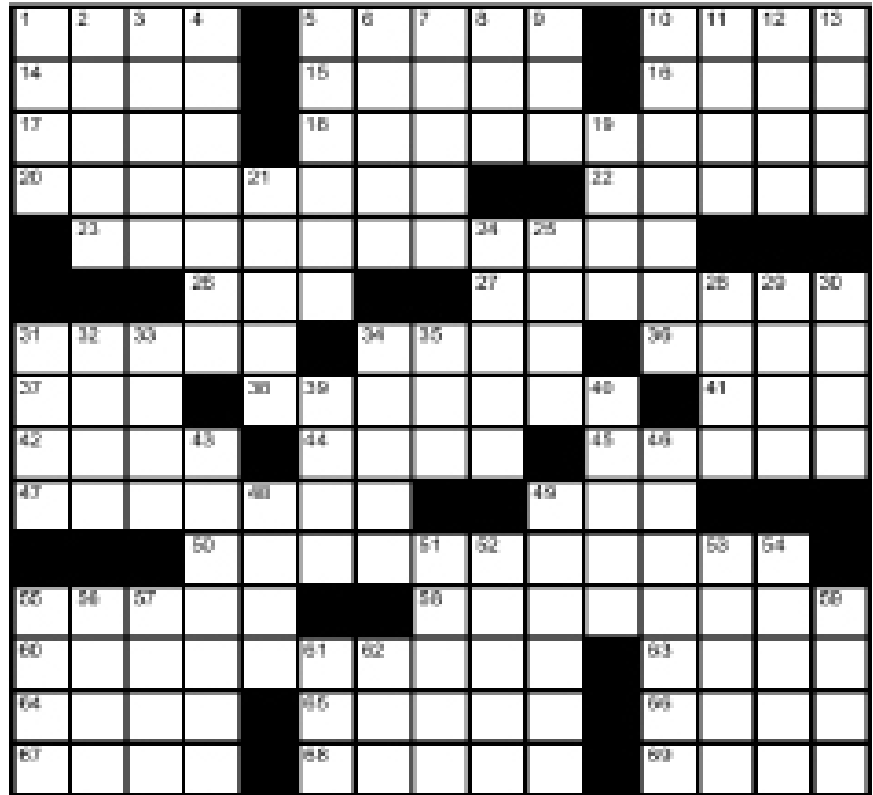
In addition, LTO regional offices caught 243 "colorum" or unregistered public utility vehicles (PUV) for illegally picking up passengers.

Of the figure, 123 were impounded.

"Let this serve as a stern warning to the

Cont. on page 7

Crossword Puzzles



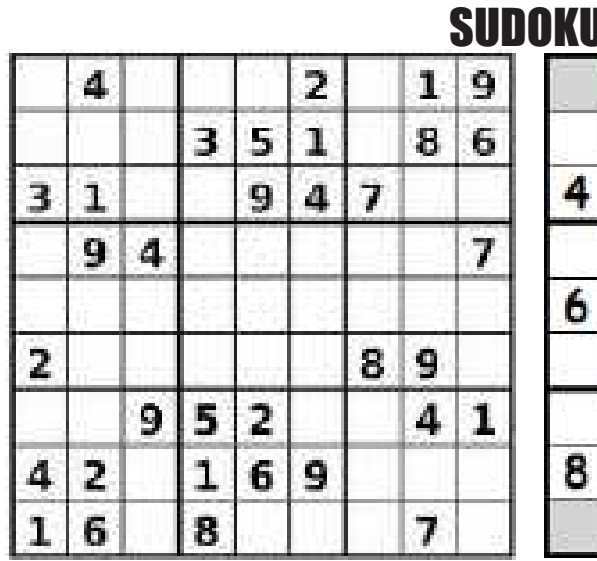
- ACROSS
- 1 Disputed strip in the mideast
 - 5 Olympic skater Cohen
 - 10 Minute meadow mammal
 - 14 Offs
 - 15 Transparent
 - 16 Foley on film
 - 17 Sunday speechless Abbr.
 - 18 Flared fashion
 - 20 Woos
 - 22 Washer cycle
 - 23 Lesser cinematic fare
 - 26 Count follower
 - 27 Dedictory dip
 - 31 Kinda
 - 34 Meat in a can
 - 36 Ketch's kin
 - 37 Modern form of address?
 - 38 Vice-like devices
 - 41 Bad beginning?
 - 42 Preix with"-syncratic"
 - 44 Opera set in egypt
 - 45 Word woth library or tomato
 - 47 Taois principle
 - 49 Dad's daughter
 - 50 Gold, Juno, Omaha, Sword and Utah, historically
 - 55 Seawall
 - 58 Surfer's haven
 - 60 Online answer
 - 63 Melody at the Met
 - 64 Agfa product
 - 65 Slander
 - 66 Member of an order
 - 67 Like open-source software
 - 68 A8s and TTs
 - 69 "I drew my snickers-___" -- Mikado, Act 2

LTO... FROM PAGE 2

delinquent motor vehicle owners that we will continue with this operation because this involves road safety and your obligation that comes with motor vehicle ownership," he said.

In January, the LTO said 272,233 delinquent motor vehicles have registered following the aggressive implementation of its "no registration, no travel" policy.

Last year, the LTO launched its crackdown against delinquent vehicles, estimated at 24 million. (PNA)

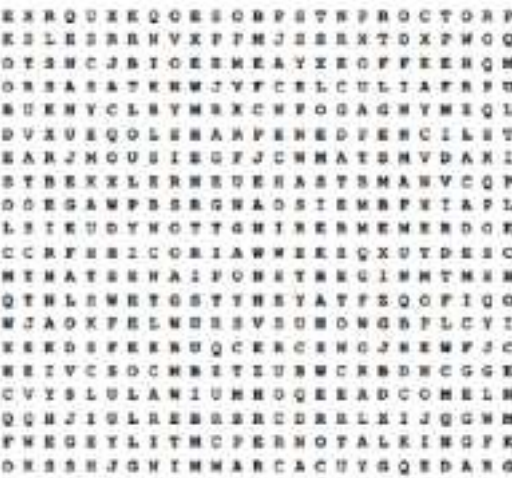


- 1 Crux
- 2 Bitter tasting
- 3 Weightless state
- 4 Guarantee
- 5 Attacks with boiling oil.
- 6 Aachen avenue
- 7 Temblor
- 8 Solo in space?
- 9 Exist
- 10 "The spice of life"
- 11 Thet can take a yoke
- 12 Dieter's portion
- 13 Ultimatum word
- 19 Coffee maker's method
- 21 Kind of training
- 24 He served in the Illinois Senate from 1997 to 2004

- 25 Siren
- 28 Hills competitor
- 29 babe Ruth's "Sultanate"
- 30 Fr. Miss
- 31 ___pro quo
- 32 Pakistani Languages
- 33 Others in the forum
- 34 Slug-like
- 35 Something to do with budget or a bra
- 39 Diego's dwelling
- 40 Dune's melange"
- 43 Traditional
- 46 Hindu hermitages
- 48 Pastoral poem
- 49 Hovoved parties, in myth
- 51 Chimp or chicken but not cheetah

- 52 China "Zhou ___"
- 53 Kenneth Lays's company
- 54 Vertical fishnet
- 55 Comedian Foxworthy
- 56 Kuwaiti chief
- 57 It may be tall and short at the same time
- 59 The house's receipts
- 61 Cape town country's Abbr. Ostrich's Aussic auntie?

WORDHUNT



- ACADEMIC
- BURBLE
- CONCENTRATE
- ESSEAT
- QUESTIONS
- THEIR
- MULTIPLE-CHOICE
- OBJECTIVE
- PASS
- READING
- ROOM
- ANDER
- CLOSET
- ROOM
- COURSES
- FAIL
- HEALTHY
- BREAKFAST
- NO TALKING
- OPEN BOOK
- PROCTOR
- RECALLING
- SHARPENED
- VEHICLE
- WRITER
- BIGGER
- CLIMB
- CRANKING
- GRADE
- HOW
- NOTE
- ORAL
- QUESTION
- REMEMBER
- WRITER



THE BARRIER BEACH

To offer no resistance to life os to be in a state of grace, ease, and lightness

The barrier beach makes us feel safe, protected But the sea accepts no barriers. The shore gives, withdraws, shifts. It achieves grace and beauty: Gorgeous curves, secret island, Everything fits: everything is in its place, Only the barrier beacg stands straight and long against the sea. it doesn't fit, it is hard and straight. Life is relentless like the sea, Its waves beating a constant path. Let go, soften, shift, blend, be a part of life. Feel the pulse, live it. The barrier is a barrier to life. Cancer is a barrier; Hard when you hold it in your hand. Growing it does not protect you, it hides your beauty. Remove the barrier, let life be exposed. Grow, love, weather the forces of nature.

Soulution of the Week

Offer no resistance. Let life pound you with its waves until your barrier are worn away. Flow with its tides and become one with the ocean

Empowering Rizalenyos: 10 Way for Entrepreneurial Growth

ANTIPOLO CITY | The Department of Trade and Industry (DTI) Rizal Provincial Office proudly announces the successful signing of contracts with 10 deserving individuals who have been chosen for the prestigious Kapatid Mentor ME-Money & Market Program 2024. This milestone marks the beginning of their journey towards entrepreneurial success and financial independence.

After a rigorous selection process, which included attending orientation sessions, submitting comprehensive documentary requirements, and excelling in face-to-face interviews with the DTI Rizal team, these individuals emerged as the cream of the crop. Their determination and passion for entrepreneurship have earned them this once-in-



a-lifetime opportunity.

The heart of the program lies in the free mentoring sessions conducted by certified Go Negosyo mentors. Covering essential areas such as marketing, accounting and finance, HR, operations management, supply and value chain, good governance, and ethics, these sessions promise to

SURF AND TURF AT ZARK'S - SM CITY MOLINO



SM CITY MOLINO, CAVITE - Shrimp lovers, rejoice! Introducing Bubba's Shrimp – where surf meets turf in a **FRESH, HUGE, GREAT** way! Enjoy these new limited-time offer perfect for this season! Enjoy Bubba's Shrimp Sandwich and Bubba's Shrimp n' Chips. Get ready for some deep fried, crunchy, and shrimpylicious treat that will surely make you want more!

Available at Zark's Burgers at SM City Molino starting March 3! Plan your dates now! PR

Business Owners Pave the

By: Sep Garchelee Anjelon G. Laurel

equip the participants with the knowledge and skills necessary to thrive in the competitive business landscape.

Moreover, participants will receive guidance on crafting a robust business plan and presenting it to a panel of esteemed judges, including government representatives, financing bodies, Go Negosyo mentors, and private institutions. This invaluable experience will not only refine their entrepreneurial acumen but

also open doors to potential investors and partners.

The benefits of participating in this program extend far beyond the classroom. Entrepreneurs will have the opportunity to showcase their ventures through media exposures and trade fairs, with minimal to no fees. Additionally, they will receive endorsements to advanced seminars and gain access to a vast network of connections, paving the way for future collaborations and expansion op-



portunities.

The official launch of these aspiring entrepreneurs is scheduled for March 12, 2024, in the presence of the executive team of Go Negosyo and DTI Region IV-A. This event will serve as a celebration of their commitment to excellence and a testament to the power of entrepreneurship in driving economic growth and prosperity.

For more information about the Kapatid Mentor Me-Money & Market Program, please contact the DTI Rizal office at r04a.rizal@dti.gov.ph or (02) 7744-1391.PR

Crafting Success

The journey of Carmelita Aguilar, now 44, began with criticism over her decision to start a family at 18. What some saw as a poor choice turned out to be the foundation of her success. Facing financial challenges, she entered the paper mache business while juggling other responsibilities like selling snacks and dishes.

Moving from Parañaque to Cavite and finally settling in Pangil, Laguna, the couple encountered difficulties. Despite owning a house, they struggled with rising costs. To make ends meet, Carmelita became the driving force behind their paper mache business, while her husband worked in Cavite.

When his husband, Alejandro, worked abroad in Qatar, Carmelita

managed the household and the business. Despite the challenges, she embraced the opportunity to focus on her paper mache craft.

Upon Alejandro's return, Carmelita transformed her sideline into a full-time venture. Rejecting the idea of him working abroad again, they concentrated on expanding their paper mache business.

"People who work here in the Philippines and those abroad earn the same amount of money if they are persistent. I didn't let him go back abroad to focus on the paper mache business," she said.

Financial support from CARD MRI Rizal Bank, Inc. (CARD RBI) played an important role in providing her business



Carmelita Aguilar demonstrates that success can be uncovered in the midst of life's challenges. Her business is a blessing for her and for the members of her community.

with an initial PHP 5,000 loan to purchase materials.

The couple are involved in every aspect of the business. Their great teamwork led to more opportuni-

EDITORIAL: Frightening forecast

We heard the Climate Change Commission loud and clear when it urged Filipinos to take proactive measures against an increased El Niño activity.

This chased the forecast of the Philippine Atmospheric, Geophysical and Astronomical Services Administration's (PAGASA) of an increase in the number of provinces to be affected by the El Niño phenomenon.

From 41 provinces that experienced adverse effects in January, the number is projected to reach 51 by the end of February.

According to PAGASA, Metro Manila and 23 other provinces may experience drought by the end of the month. These provinces are Abra, Apayao, Aurora, Bataan, Benguet, Cagayan, Cavite, Ifugao, Ilocos Norte, Ilocos Sur, Isabela, Kalinga, La Union, Mountain Province, Negros Occidental, Nueva Ecija, Nueva Vizcaya, Occidental Mindoro, Palawan, Pangasinan, Quirino, Rizal and Zambales.

Drought is a prolonged period of abnormally low rainfall leading to a shortage of water and is a slow-onset disaster characterized by the lack of precipitation, resulting in a water shortage.

Drought can have a serious impact on health, agriculture, economies, energy and the environment.

We have no immediate figures how many Filipinos in this land of 114 million people will be affected by El Niño but an estimated 55 million people globally are affected by droughts every year, and they are the most serious hazard to livestock and crops in nearly every part of the world.

Drought threatens people's livelihoods, increases the risk of disease and death, and fuels mass migration while water scarcity impacts 40 percent of the world's population, and as many as 700 million people are at-risk of being displaced as a result of drought by 2030.

Rising temperatures caused by climate change are making already dry regions drier and wet regions wetter.

In dry regions, as in some parts of the Philippines, this means that when temperatures rise, water evaporates more quickly, and thus increases the risk

of drought or prolongs periods of drought.

Between 80-90 percent of all documented disasters from natural hazards during the past 10 years have resulted from floods, droughts, tropical cyclones, heat waves and severe storms.

The Philippines, in particular, is currently experiencing extreme drought, one of the slow-onset effects of climate change, along with other climate impact-drivers: rising sea levels, increasing precipitation, and intensifying wind patterns and tropical cyclones.

"The recurrence of the El Niño phenomenon calls for the implementation of both short and long-term solutions to ensure food, water and energy security, safeguard livelihoods, and improve the country's disaster and climate resilience," said President Ferdinand Marcos Jr. in signing the Executive Order 53 or the reactivation and reconstitution of Task Force El Niño.

The CCC, in cooperation with other national government agencies, has developed policies and strategies that will prepare the nation for climate change impacts and disasters.

That should give us a buoyant feeling despite the heat.

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of transparency, accountability, and efficiency in procurement practices. Practical insights into the latest updates and changes in procurement regulations were also shared, ensuring that participants were well-informed about the evolving landscape of public procurement.

The event facilitated an open forum where participants had the opportunity to seek clarifications, share experiences, and network with colleagues from different departments. It served as a valuable platform for civil servants in Cavite to gain insights into the nuances of civil service and procurement rules. It is anticipated that the knowledge acquired during this event will contribute to the overall improvement of public service delivery and further strengthen the ethical foundation of the Provincial Government of Cavite. - Axel A. Sarte



public service sector.

Day one of the seminar delved into a thorough examination of civil service rules and regulations discussed by Ms. Maria Fe Mojica-Satsatin, head of the Office of the Provincial Human Resource Management Officer, and Atty. Brian Mey Tomas from the Office of the Provincial Governor. It shed light on the intricacies of the Civil Service Commission's guidelines covering topics like ethical standards, merit principles, and career protection strategies. Participants engaged in interactive discussions and case studies, fostering a deeper understanding of their roles and responsibilities within the civil service framework.

The second day

In a bid to enhance the knowledge and understanding of civil servants within the Provincial Government of Cavite, the Office of the Provincial Legal Officer successfully organized a seminar entitled "Love Your Job, Protect Your Career: A Re-orientation on Civil Service Rules and Regulations and A Guide to Procurement Rules and Regulations."

The event took place on February 22-23, 2024, at the Sangguniang Panlalawigan Session Hall, Legislative Building in Trece Martires City. The two-day seminar was participated by representatives from various offices of the Provincial Government of Cavite. It aimed to provide a comprehensive re-orientation on civil service regulations and procurement rules, emphasizing the importance of adherence to these guidelines in maintaining a successful and ethical career within the

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SMC opens NAIAX Tramo access ramp to improve traffic headed to airport

San Miguel Corporation's (SMC) infrastructure arm officially opened the new access ramp of the NAIA Expressway (NAIAX) at Tramo in Pasay City. This is expected to ease traffic in the area and provide seamless access to the country's main international gateway and other areas.

Speaking at its ceremonial opening on March 1, 2024, SMC President and CEO Ramon S. Ang explained the importance of the 800-meter access ramp for motorists, particularly for those using EDSA southbound coming from Makati, or northbound, coming from the Entertainment City.

"This Tramo access ramp provides another option for motorists heading to the airport, and other areas in Paranaque City and Cavite province. We believe it can help relieve overall traffic congestion in the area, and improve traffic flow within the vicinity of the airport," Ang said.

Public Works Secretary Manuel Bonoan led the inauguration of the new access ramp and credited the company for supporting the government's efforts to build vital infrastructure to sustain the country's economic growth.

"The Tramo access ramp has been in San Miguel's drawing board for a long, long time because they knew it would enhance the efficiency of NAIA expressway, and improve the mobility of motorists going to the airport," Bonoan said.

Bonoan said further improvements on NAIAX are being studied by their agency, as grantor of the concession, in partnership with SMC, to improve the flow of traffic to airport terminals, given growing demand.

"The Department of Public Works and Highways will always be there to support and implement these projects to improve traffic flow especially here in Metro Manila," he added.

For his part, Ang remained firm in the company's commitment to work closely with the government, as it pursues infrastructure projects that benefit Filipinos.

"San Miguel will continue to pursue these vital infrastructure projects, in close coordination with our government, because of their benefits to our people and economy. Through these projects, we also create jobs, improve the mobility of



DPWH Secretary Manny Bonoan and SMC President and CEO Ramon S. Ang officially opened the Tramo access ramp of the NAIA Expressway Friday, March 1, in Pasay City. The new access ramp enhances the accessibility of the country's main international gateway, and will help to ease traffic congestion in nearby areas, amid rising traffic volume due to increasing demand.



goods and services, and make our cities and regions more primed for growth. All these serve to support and sustain our growing economy," Ang said.

The NAIA expressway is an 11-kilometer elevated toll road that connects the Skyway System to the three passengers terminals of NAIA, the country's main international gateway, as well as to Pasay's Entertainment City, Macapagal Boulevard, Sucat Road in Paranaque City, and the road network to Cavite province. PR



Feel the rush of adrenaline with the whole gang at the more EKciting Fun Kart!



L-R: EK President and CEO Mario O. Mamon, international race car driver Marlon Stockinger, EK's Princess Victoria and Eldar the Wizard, and father and son racing champions Carlos Anton and Iñigo Anton during the reopening ceremony of the EK Fun Kart.

Enchanted Kingdom, the first and only world class theme park in the Philippines, reopened its 800-meter go-kart race track featuring brand new karts for kids and adults alike.

The reopening ceremony which happened February 25 was led by EK President and CEO Mario O. Mamon and Yokohama Tires Philippines Vice President Vivienne Cruz. Father and son racing champions Carlos and Iñigo Anton, and international race car driver Marlon Stockinger exhibited their driving skills at the EK Fun Kart. Carlos' eight-year-old son, Alonzo Anton, tested the cadet kart for eight to 12-year-old drivers.

"To make the ride more inclusive, EK added four cadet karts for the younger members of the family to enjoy," Mr. Mamon shared. "We also have 12 brand new single seaters and five two-seater karts. EK also added a new lap-timing system for more fun and friendly competition," he added.

International race car driver Marlon Stockinger shared that he was here when EK Fun Kart first opened in 2003. "It gave me a lot of experiences, a lot of good

teachings towards my racing career. I think it's a good place to hone your skills as a driver. So, whether you want to enjoy or bring your family - or if you want to take racing seriously eventually - this is a great training ground," he said.

The Fun Kart which closed for five months due to the renovation period boasts an enhanced building and new paint markings. It also features new tire barriers in partnership with world-class quality tires company Yokohama Tires Philippines.

"We are glad to partner with Yokohama Tires Philippines who are aligned with EK's priority to ensure the safety of our guests to deliver a seamless and magical experience here at the park," Mr. Mamon added.

The Fun Kart is open from Wednesdays to Sundays, from 12PM until the park closes. Single-seater karts can be availed at Php 800, Php 950 for two-seater karts, and Php 650 for the cadet carts.

For more information about the Fun Kart and upcoming events at EK, visit <https://www.enchantedkingdom.ph> and EK's official social media accounts @enchantedkingdom.ph for Facebook and Tiktok, and @ek_philippines for Twitter and Instagram.PR



Magnitude 5.4 quake jolts Surigao Sur

MANILA – A magnitude 5.4 earthquake hit Surigao del Sur on Friday afternoon.

In a bulletin issued at 6:30 p.m., the Philippine Institute of Volcanology and Seismology (Phivolcs) said the tectonic quake struck 89 kilometers southeast of Cagwait at 5:28 p.m.

It was 16 km deep.

Intensity IV (moderately strong) was felt in Cagwait, and Intensity II (slightly felt) was reported in Bislig.

Phivolcs also logged the following instrumental intensities:

Intensity III (weak) - City of Tandag, Surigao del Sur

Intensity II - Nabunturan, Davao de Oro

Intensity I - San Francisco, Southern Leyte

Reported intensity is the traditional way of knowing the intensity based on reports of people who felt the earthquake. Instrumental intensity, on the other hand, is measured using an intensity meter that measures ground acceleration.

Meanwhile, Phivolcs said both aftershocks and damage are unlikely from the magnitude 5.4 quake. (PNA)

Travelers cautioned amid rising cases of 'vacation scams'

MANILA — The Philippine National Police (PNP) on Friday advised the public to ensure that they are transacting with legitimate companies to avoid falling victims to scams ahead of the summer travel season. The PNP Anti-Cybercrime Group (ACG) issued the warning due to the upward trend in vacation or travel accommodation scams last year.

PNP spokesperson Col. Jean Fajardo, citing ACG data, said from 39 cases in 2021 and 91 cases in 2022, the police recorded 313 cases in 2023. This year, the police has so far recorded 35 cases. Criminals utilize social media and digital technology to impersonate legitimate establishments, offering online accommodation services at much lower rates than usual.

However, upon arrival, victims discover that their reservations do not exist in the establishment's system. "We would like to take this opportunity to warn and remind our public na mag ingat (to be wary). Katulad ng sinasabi natin (As we have been saying), this is not only limited sa mga (to) vacation scam. Pati nga 'yung mga nagbebenta ng mga murang services, nagbenta ng mga ano-anong produkto, mag-ingat tayo especially kung ang kapalit agad nun is magpapadala kayo ng pera without you not knowing kung sino ang mga iyon (This includes those offering cheap services, selling different kinds of products, let's be wary especially if the scheme means you have to send money without you knowing who are these)," she added.

ACG director Maj. Gen. Sidney Hernia

Director urged netizens to exercise utmost caution and refrain from providing personal or financial details online without verifying the legitimacy of the recipient. "It is, indeed, important to be wary of unrealistic deals and always read reviews from other travelers. Also, if something seems suspicious, report it to the authorities," Hernia said. (PNA)

