

DOST Rizal Food Safety Team conducts GMP Training-Workshop for RIMASA

The Department of Science and Technology (DOST) through its Provincial Science and Technology Office (PSTO) Rizal conducted the Good Manufacturing Practices (GMP) training-workshop for the Rizal Mango Stakeholders Association (RIMASA) last 7-8 March 2024 at the Brgy. Plaza Aldea, Tanay, Rizal.

The Rizal Food Safety Team (FST), comprised of various national government agencies (NGAs) at the provincial level from the Department of Trade and Industry (DTI) and Department of Labor and Employment (DOLE), was tapped as the resource speakers for the said training-workshop.

Ms. Jennefer Jeazon Medina, Science Research Specialist II of DOST Rizal and master of ceremonies led the commencement of the program with an opening prayer. She reminded the participants of the proposed flow of lectures and activities to be accomplished within the two-day training. A pre-test was conducted to assess the prior knowledge of the participants about the topics to be covered.

The first speaker, Mr. R-jay M. Salabao, Project Technical Assistant I of DOST Rizal, discussed about basic food hygiene and a briefer on the GMP. He ended his presentation introducing one type of food safety hazards—biological hazards. Next, Ms. Duane Mariel S. Juarez, Project



Technical Aide I of DOST Rizal, continued the discussion on food safety hazards, specifically on the chemical and physical hazards. To cap the first day lectures, Ms. Kyle Christine Pascual, Trade and Industry Development Specialist of DTI Rizal, discussed on the topic of cross contamination.

The participants immersed on their first day group activity, wherein they were able to determine the contaminants and hazards to address the risks and identify preventive measures to avoid such risks from happening. They also participated in another activity which demonstrated the proper handwashing techniques.

The Rizal FST started the second day of the training-workshop by facilitating an interactive game to provide a quick recap of the Day 1 activities. Then, the participants shared their inputs and insights on cross contamination through the second group activity presentation of outputs.

To resume with the lectures, Ms. Niña Sherylle Giron, Supervising

Science Research Specialist of DOST Rizal, conducted a plant layout audit to assess the association's GMP compliance.



Mr. Salabao also shared his knowledge on pest control, while Ms. Pascual continued her discussion on the food contact surfaces and raw materials handling. To conclude, Ms. Janine Rivera, Labor and

Employment Office II of DOLE Rizal talked about food preparation and personnel hygiene.

Finally, the participants addressed their inquiries through an engaging Q&A and ex-

Community Empowerment thru Science and Technology (CEST) Program of DOST. Through DOST's intervention, they were able to process their produces, particularly mangoes. Their processing



MMC regulations on use of e-trikes to include definitive penalties



VOL. I • NO. 42 • April 17-23, 2024 • P 10.00

PBBM, Abalos call on LGUs to unite vs traffic problem

MEMORANDUM OF UNDERSTANDING WITH RESA ADVOCACY AKSYON KOLORUM MOVEMENT



Dinaluhan ng lokal na pamahalaan, sa pangunguna ni Mayor Kevin Anarna ang Akmove Advocacy Academic Conference na ginanap sa SMX Convention Center SM

Aura sa Taguig City. Ito ay isang makabuluhang usapan na inihianda ng Real Estate Service Act (RESA) Advocate Aksyon Kolorum Movement kung

saan inilahad nila ang mga naitalang ilegal na Real Estate Service Online sa ating bansa. Dito din ay nagbigay sila ng mga hakbang na maaaring gawin katuwang ang mga

Modified work schedule in accordance with CSC policy

AFP, PNP loyal to Charter; reject calls to withdraw support for PBBM

DTI Cavite spearheads Cavite Local Price Coordinating Councils (LPCCs) Meeting



12 March 2024 | OIC-Provincial Director Lilibeth R. Chavez of the Department of Trade and Industry - Cavite (DTI-Cavite) spearheads the conduct of a meeting with representatives of the Department of Interior Local Government (DILG-Cavite) and Local Price Coordinating Council (LPCC) focal persons in Cavite. The meeting aims to re-orient the LPCCs with regard to their powers and functions, looked into their present status, challenges and future directions.

Through the collaboration of DTI, DILG and the LGUs, LPCCs in Cavite will be activated and strengthened to effectively deliver their functions. As an initial step, the group created an online group communication platform designated for fast coordination, assistance and monitoring with regard to issues and concerns about LPCCs. The meeting was attended by representatives from DILG and different LPCCs in the Province.

Comelec: Only the best expected of 2025 polls provider



Accelerate release of aid to farmers amid El Niño devastation – Gatchalian



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HEALTH HINTS FOR ELDERSDFROM AGES 45 TO 100 YEARS

cial reasons to choose organic foods, so we'll let that more detailed post linked do the talking and just remind you to choose organic foods whenever possible. They better for your health, the environment, and the farmworkers growing your food.

drew-dau-1Z_BVuDS1h4-unsplash (1).jpg
roberto-nickson-gZ9aFYv_vko-unsplash.jpg
brooke-lark-t7wg7BJU2-s-unsplash.jpg
kevin-laminto-432HbzKfxCw-unsplash.jpg
23. a teaspoon of apple cider vinegar keeps the doctor away

Apple cider vinegar cures everything (well... almost everything!). A teaspoon of apple cider vinegar in a glass of water helps aid digestion, relieve bloa, boost immunity, regulate blood sugar levels and more. We recommend organic, raw, unfiltered apple cider vinegar.

24. smile often
Smiling boosts your physical and mental health (it's true!), so find ways to smile as often as you can throughout the day.

25. work on overcoming your fears
Fears hold us back and keep us from living life as our best self. Acknowledge your fears and take steps to overcome them. (One example of this is overcoming the fear of public speaking to open new doors in your career and personal life.)

26. use a yoga ball as a desk chair
Save your back/shoulders/neck and strengthen your core by using a yoga ball as a desk chair.

27. manage stress with self-care activities
Chronic stress is detrimental to both your physical and mental health. Get to know your stress triggers (the things that cause stress for you, either quickly or in the long-term) as well as your stress releases (the things that can help calm you when you're stressed) so you can proactively cope with stress and maintain healthy levels.

28. intermittent fasting can promote weight loss
We're not really into dieting (restrictions are no fun!), but intermittent fasting is more of an eating pattern than a diet. It has several notable health benefits for reducing inflammation and contributing to longevity, and can help speed metabolism to promote weight loss.

29. drink a glass of water after every alcoholic beverage
Nope, we're not going to tell you to refrain from alcohol (though you certainly can if you want!). Drinking alcohol in moderation can be part of "healthy" lifestyle if done in a responsible manner. A glass of water after every alcoholic beverage helps to detoxify the alcohol from your body, as well as slow your alcohol consumption and keep you hydrated (a key factor in hangover prevention!).

30. practice gratitude
Practice gratitude each day—this could be when you wake up, before bed, or during your lunch

Cont. on next week serries 6th



DOH warns Filipinos against heat stroke

tures can lead to heat cramps and heat exhaustion, characterized by symptoms such as fatigue, dizziness, headache, vomiting, and light-headedness," the DOH said.

"Prolonged heat exposure increases the probability of heat stroke, a serious condition characterized by loss of consciousness, confusion, or seizures, which can be deadly if left untreated," it added.

In a radio interview on Tuesday, DOH Undersecretary Enrique Tayag urged other schools to consider the students' conditions as other schools and local government units have already suspended face-to-face classes due to hot weather.

"Tama naman po 'yun kasi unahin muna ang kalagayan ng mga

mag-aaral. Kailangan talaga ang mga paaralan ay tignan kung kakayanin ng mga mag-aaral na pumasok sa tindi ng init (That's right because the students' condition must be prioritized. Schools must check if students could study, go to class amid the extreme heat)," he said.

Tayag also advised schools to open their windows during classes and to remind their students regularly to stay hydrated.

Earlier, the DOH released a public advisory on what to do in case anyone experiences symptoms of heat stroke. The person concerned must be moved to a shaded and cool area and must be provided ventilation.

The person's

April 17-23, 2024

outer clothing may be removed and cold compresses, ice packs, cold water, or cold wet cloth must be applied on the skin, especially the head, face, neck, armpits, wrists, ankles, and groin.

The DOH also encouraged the public to regularly monitor temperature reports from the PAGASA and to take preventive measures against heat-related illnesses.

These include drinking plenty of water; avoiding consumption of iced tea, soda, coffee, or alcoholic drinks; limiting time spent outdoors between 10 a.m. and 4 p.m.; usage of protection against sunburn such as hats, umbrellas, and sunblock; and wearing of loose fitting, lightweight clothing. (PNA)

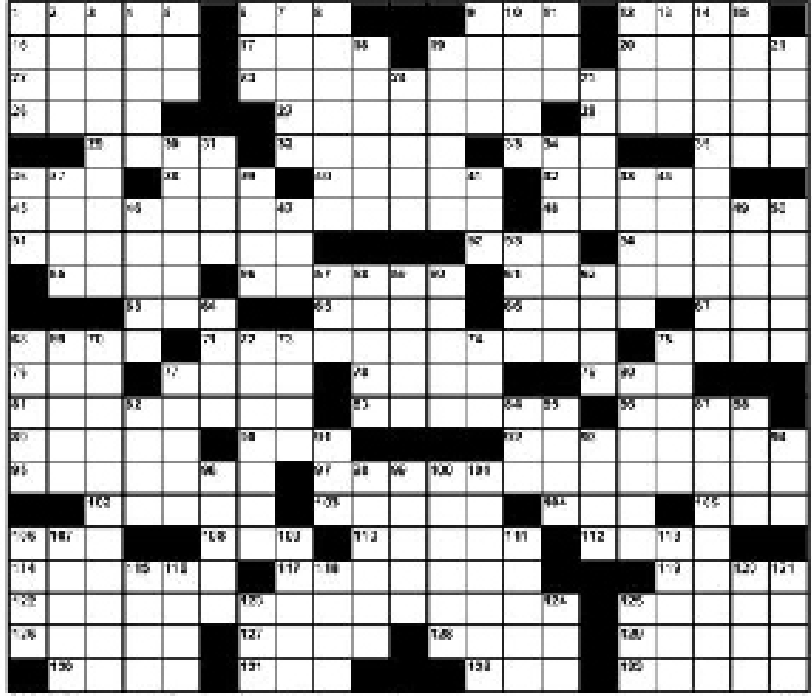
April 17-23, 2024



ACROSS

- 1 Raises
- 6 Snack
- 9 Switch label
- 12 Pinnacle
- 16 Brilliance
- 17 Sports org.
- 19 Greek portico
- 20 Oslo's land, to the natives
- 22 Lamp cap
- 23 Dorothy Sayers detective
- 26 ___ Soit qui mal y pense
- 27 Put an end to
- 28 Pass
- 29 ___ monster
- 32 Mortise's partner
- 33 Catch
- 35 Mil, Coil.
- 36 Poerically above
- 38 Spanish gold
- 40 Adds alcohol to
- 42 Neighbor of tibet
- 45 P.D. James detective
- 48 Rumbled
- 51 Tricks
- 52 Not me
- 54 France's longest river
- 55 Novel ending
- 56 Skier's coverup
- 61 Forage plants
- 63 " Cats" author's monogram
- 65 Manitoba indian
- 66 Hair, in Heidelberg
- 67 Request
- 71 Martha Grimes detective
- 75 Cuts down
- 76 "___tu," Verdi aria
- 77 Distaff counterpart
- 78 Off the mark
- 79 Slip
- 81 Detoured
- 83 London suburb
- 86 Teen angst
- 89 Storms
- 90 Airport abbr.
- 92 Endures
- 95 Silly
- 97 Agatha Christie detective
- 102 Frequent stopper
- 103 "___ what I say"
- 104 "___ volenter; God willing
- 105 CIA predecessor
- 106 Wee dram
- 108 Satiric magazine
- 110 "___ nor iron ___ cage...."
- 112 Skier's powder

Crossword Puzzles



- 114 Melodic
- 117 City on the Po
- 119 Virginia politician
- 122 Harry Kemelman detective
- 125 Tree-lined walk
- 126 Facing the pitcher
- 127 Read my ___
- 128 Patner or polish
- 129 Devenports
- 130 Anglo-Saxon laborer

DOWN

- 1 Hebrew letter
- 2 Iterative sound
- 3 Josephine Tey detective
- 4 Diameters' halves
- 5 Fr. holy woman
- 6 Not GI dratfee
- 7 ___ of many colors
- 8 Journalist Ida
- 9 Baseball's Mel et al.
- 10 Mountain wind
- 11 At a distance
- 12 Blue dye
- 13 Michael crichton film
- 14 Dorothy Gilman detective
- 15 Discharge
- 18 Hebrew name fo God
- 19 Fishing nets
- 21 Ogles
- 24 Thetorical repetition
- 25 " Oberon" composer
- 30 Resort hotels
- 31 ___ Sea (east of the caspian)
- 34 Bony
- 36 Doit
- 37 Entertainer Adams
- 39 Designer Cassini
- 41 Diffident
- 43 ___ bear
- 44 MP's problem
- 46 Gloss alternative

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WORDHUNT



MYTH
UNICORN
FAIRY
FANTASY
MAGICAL

PERFECT
LEGENDARY
MYSTICAL
RAINBOW
BEAUTIFUL
WILD

SPARKLE
MYSTERIOUS
BEAST
REAL
TALES

- 47 Brownie's org.
- 49 Rub out
- 50 Classroom furniture
- 53 Lei land
- 57 "___ bin ein Berliner"
- 58 Sweep the sea
- 59 Uncanny
- 60 " Ruby Red Dress" singer
- 62 Actress Dunaway
- 64 Part of QED
- 68 Father Juniper
- 69 Regions
- 70 John Ball detective
- 72 ___ Cite, Paris
- 73 Surrender
- 74 Intense black
- 75 Original: Prefix
- 77 "___ to my ears"
- 80. Sugarcane shoot
- 82 Wine : Prefix
- 84 Wise bird?
- 85 Should have
- 87 Rex Stout detective
- 88 Greek Cupid
- 91 Beta Kappa leader
- 93 Gibbons
- 94 Relatives of aves:
- 96 Titled
- 98 Envelops
- 99 Large quantities
- 100 Pool shots
- 101 Unfastens
- 106 Scarlet' d place
- 107 Sound off
- 109 MCX minus DIII
- 111 Hawaiian hardwood
- 113 Synthetic fiber
- 115 Scottish resort
- 116 Localon
- 118 Mature
- 120 Legume
- 121 Top quality
- 123 Without exception
- 124 Inc. , in the UK
- 125 " I wandered lonely ___ cloud"



Rx PRESCRIPTIONS

MOMENTS OF MEANING

The least of things with a meaning is worth move in life than the greatest of things without it.

THINK BACK TO A TIME that was meaningful for you. I didn't say pleasant or joyful, I said meaningful. More often the meaningful events are not pleasant ones, but painful or frightening. Other times they are sudden epiphanies that bring great insight. Initially the incident may seem insignificant, and the full impact of it will not come until later. The meaningful moments focus us on the significant of our lives and how we spend our time.

How have these events become our teachers and guides? What lessons have you learned that have led you to where you are and the person you have become? Many times we have no idea how the decisions and choices we make lead us to experiences that become life altering.

Today, ask yourself what motivates you, what gives your life meaning? Find the answer, and you will find yourself. Look back at meaningful events; think about what gave you joy as a child. When you combine the two things, you will be living the life intended for you.

Soulution of the Week

Today take the time to explore what is meaningful for you. Ponder past events and note the lessons that they brought you.



CARMONA CITY, Cavite (PIA) – Local government units should remain vigilant in ensuring the safety of children and creating a community that will protect them from all kinds of abuse, a town mayor stressed during a recognition ceremony for the Seal of Child-Friendly Local Governance (SCFLG).

The Council for the Welfare of Children (CWC), along with the Department of the Interior and Local Government (DILG) IV-A and the Department of Social Welfare and Employment (DSWD) IV-A, recognized 63 LGUs in Calabarzon during the 2022 SCFLG awarding ceremony on April 4, for their exemplary performance in enacting programs and policies aimed at protecting chil-



Global oil production up by 0.4% in March

ANKARA – World oil production rose by more than 0.4 percent, or around 410,000 barrels per day (bpd), to nearly 102.35 million bpd in March, with a recovery in the US production, according to the International Energy Agency's (IEA) latest report on Friday.

According to the energy agency's Oil Market Report for March, crude oil production by the Organization of Petroleum Exporting Countries (OPEC) increased by approximately 110,000 bpd in March to 27.05 million bpd.

The group's total oil production reached approximately 32.51 million

bpd over the same period. Daily oil production in non-OPEC countries rose by 410,000 bpd in March to an estimated 69.84 million bpd as production recovered from steep North American weather-related losses in January.

"The United States and Canada accounted for 200,000 bpd of the monthly gains, while output in China and Norway rose by 60,000 bpd and 40,000 bpd, respectively," the report said.

According to the report, world oil demand continues to lose momentum with the first quarter of 2024 growth of 1.6 million bpd, 120,000

bpd below the previous forecast due to exceptionally weak OECD deliveries

"With the post-COVID rebound now largely complete, and vehicle efficiencies and an expanding EV fleet acting as further drags on oil demand, growth in 2024 and 2025 slows to 1.2 million bpd and 1.1 million bpd, respectively," the IEA said.

The agency predicts that this year's global oil demand will be 103.17 million bpd, up almost 1.21 million bpd from the previous year.

Demand is expected to increase by 1.14 million bpd to 104.31 million bpd next year. (Anadolu)



dren from abuse.

The 2022 SCFLG assessed all 142 local government units in the Calabarzon region through the following indicators categorized under the four categories of children's rights: survival, development, protection and participation, and governance.

In a message of support, Agoncillo, Batangas Mayor Cinderella Valenton Reyes said local government units must protect the rights of children and not make compromises on cases of child abuse.

"The law dictates that we cannot make compromises in cases of child abuse. We, as elected officials, have to take a stand. We cannot make compromises on



13 Filipinos secure Olympic berths

MANILA – Thirteen Filipinos have secured berths at the Paris Olympics while more are hoping to qualify for Team Philippines, which is celebrating its 100th year participation in the Games.

The Philippine Olympic Committee (POC) has formalized negotiations with a month-long training camp in a world-class facility at Les Arenes de Metz in France ahead of the July 26 to Aug. 11 Paris Olympics.

"We have, as of now, qualified 13 athletes for Paris," said POC president Abraham "Bambol" Tolentino during the first POC Journey to Olympic briefing at the Milky Way Restaurant in Makati City

cases like these," Reyes said.

The local chief executive believes that local leaders have a moral obligation to be an instrument for the welfare and development of children.

"We are all tasked by our Lord and the law to be vigilant and protect our youth. When the time comes, it is very difficult for a victim to find their voice and ultimately speak out against the abuse inflicted upon them," Reyes added.

Agoncillo is one of the 11 cities and municipalities in Batangas Province that received the 2022 SC-FLG. They are joined by 13 LGUs in Laguna, 10 in Rizal Province, and 15 in Quezon Province.

for effective child welfare,



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Sterckx] ranks No. 7 in Rosegie's class, but she

EDITORIAL: Davao's renewed war on drugs

The ball is now on China's turf.

It is true, as somebody said many decades ago, that history repeats itself, the first time as tragedy, the second as farce.

We're seeing a repeat of Oplan Tokhang the Rodrigo Duterte administration implemented with bloody results from 2016 until the end of its term in mid-2022.

The violent crackdown on suspected drug traffickers and users led to an officially acknowledged death toll by the Philippine National Police of more than 6,000, but human rights groups claim the actual figure could well be between 20,000 and 30,000.

Last month, Davao City Mayor Sebastian Duterte, son of the former president, issued a stern warning against those using illegal drugs in the city during the turnover ceremony of the new Davao City police chief: "Kung hindi kayo aalis, kung hindi kayo titigil, papatayin ko kayo." (If you will not leave, if you will not stop, I will kill you.)

That was the same warning issued by the elder Duterte when he took office in 2016, and repeated many times during his term.

Recall that as Davao City mayor, he organized the so-called Davao Death Squad that targeted drug traffickers and other criminals for many years.

Now, he faces before the International Criminal Court a charge of crimes against humanity precisely for ordering the killing of thousands of alleged drug suspects.

Barely a week after Mayor Duterte declared his own war on drugs, seven drug personalities, two of them high-value targets at city level, have been killed in police operations.

The recent deaths are on top of 15 drug-related killings that have taken place since January, based on the monitoring group Dahas Project of the University of the Philippines' Third World Studies Center.

As of March 26, Davao City is a "top hotspot" for drug-related killings, according to Dahas.

Seven cops have since been relieved from their positions in connection with the city's war on drugs. The PNP Internal Affairs Service has also started its investigation into the killings.

According to the Davao Region police office, the seven policemen have been disarmed and would be subjected to paraffin testing, adding that they must also explain why it was necessary for them to use their guns in neutralizing the drug suspects.

The Commission on Human Rights is on the right track in denouncing the Davao City killings and in issuing an order to its regional office in Davao to conduct a thorough probe of the alleged extrajudicial killings.

According to the agency, the killings constitute grave violations of human rights: "Using extrajudicial means undermines the rule of law and destroys faith in legal systems, ultimately hindering genuine efforts to address the root causes of drug-related problems in the country."

We agree completely, and urge the Davao City government and its police force to review operational procedures to uphold due process and the rule of law in its drive to rid the city of the drug menace.

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PBBM...

President Ferdinand R. Marcos, Jr. said that cooperation of local government units is the most important facet in addressing the perennial traffic jams in the National Capital Region (NCR).

He made the statement on Wednesday during the "Bagong Pilipinas Town Hall Meeting on Traffic Concerns" in San Juan City.

The town hall meeting was held to bring together various stakeholders and discuss situations, challenges, and recommendations for the improvement of the traffic situation in Metro Manila.

"The local governments are the most important, I have to say," PBBM said.

Marcos added the national government can plan everything it wants but it would be for naught without the full support of LGUs.

"We need to have the cooperation of the local governments to understand what the problems are in your place, what the possible solutions are, and how we bring it all together into one complete system which we can monitor and regulate."

He emphasized that prioritizing the traffic problem is important as it affects people's quality of life and the country's economic growth and balanced development.

Interior and Local Government Secretary Benhur Abalos expressed the same sentiment as the President, saying that LGUs and barangays play a big part in DILG's efforts to ease traffic.

"Isa sa mga solusyon na pinaigting natin ay ang tinatawag nating road-clearing operations sa lahat ng mga pampublikong kalsada, eskinita at lansangan. Napakalaking papel po ng ating mga barangay dito, ng ating LGUs," Abalos said.

This, as he commended Barangay Holy Spirit's road-clearing efforts with 92 roads cleared and thousands of illegal structures dismantled.

The initiative led to the creation of an alternative route for motorists passing by Common-

MMC...

wealth area.

Abalos also urged other local government officials to adopt solutions to address traffic problems in their respective localities.

"Sa pangunguna ng ating mahal na Pangulong Marcos, patuloy po sana ang pakikiisa ng lahat ng mga kasamahang lokal na opisyal," he said.

"Sa ating mga mayors at barangay captains, kausapin natin ang mga residente. Bumabatayo. Ipaunawa natin na ang bawat mithiin at inisyatibo na ating gagawin at ng ating Pangulo ay upang magkaroon tayo ng mas ligtas na mga lansangan," he added.

According to the Metro Manila Development Authority (MMDA), traffic volume in Metro Manila increased by 17.68% from 2019 to 2023, due to an increase in the volume of vehicles, accidents and drivers' undisciplined behavior.

It also named current road configurations and conditions, and policies and penalty system as among the reasons for traffic jams.

The town hall meeting was attended by the Secretaries of the Department of Transportation, Department of Public Works and Highways, and National Economic and Development Authority.

Also with them were MMDA Chairman Don Artes, NCR mayors, DILG officials, and other stakeholders. DILG.GOV

13 Filipinos...

co (skateboarding), Patrick Co (BMX cycling), Shagne Yaoyao (MTB cycling), Emma Malabuyo (gymnastics), Bianca Pagdanganan (golf) and Carlo Paalam (boxing), Criz Laurente (boxing), Hergie Bacayadan (boxing) and Rogan Ladon (boxing).

Tolentino also announced Signal as the official sponsor of the Les Arenas Metz training camp, Peak as the official apparel for the camp and pre-Olympic preparations, with Smart and Standard Insurance as major backers.

MMC...

MANILA – The Metro Manila Council is set to release a resolution regulating the use of electric motor vehicles, especially along major thoroughfares.

Metropolitan Manila Development Authority Director Victor Nuñez of the Traffic Enforcement Group said Friday that the resolution, up for discussion and approval next week, would include fines and penalties imposed on e-motor vehicle users.

Nuñez said the resolution would reconcile the policies of local government units (LGUs) on e-trikes with those of the national government.

"Nag-TWG [Technical Working Group] meeting kami last week at halos lahat in unison gusto magkaroon ng tamang regulasyon dito, kasama ang DOTR [Department of Transportation], LTO [Land Transportation Office], LTRFB [Land Transportation Franchising and Regulatory Board]," he said in a Bagong Pilipinas briefing aired over People's Television.

Nuñez said there is an existing LTO circular in 2021 outlining the guidelines on the regulation of e-bikes but without corresponding penalties for violations.

"Nakalagay lang kung saan pwede dumaan pero sa hindi pwede dumaan, kapag dumaan sila wala naman concrete penalty na nakalagay (Only the roads they are allowed to pass are included but it does not indicate penalties or fines). 'Yun po ang problema kasi (There goes the problem). There's no

FROM PAGE 6

He said the Les Arenes de Metz training camp is the first in POC history. "This is the first time that our Olympians are immersing themselves in the host city of the Olympics for a month."

National sports associations whose athletes are still qualifying for Paris were also present at the briefing.

Tolentino was also joined in the briefing by Cavite Governor Jonvic Remulla, who will serve as Team Philippines chef de mission, and POC secretary-general Atty. Wharton Chan. (PNA)

definitive fine for them," he said.

"But now with the recent initiatives magkakaroon po ng fines and penalties at mas na-enhance namin 'yung regulation pertaining to e-trikes, kuliglig and tricycles kasi 'di lang po e-trikes nakikita natin sa national roads, pati mga tricycles din (We will include the fines and penalties as we enhance the regulation pertaining to e-trikes and even tricycles)," he said.

Several Metro Manila LGUs have existing ordinances on the regulation of e-trikes even before the pandemic, Nuñez said.

"Kinonsider namin ang mga provisions nila dito. Meron kasing LGUs na wala pa at ngayon pa lang gagawa after mailabas ang Metro Manila Council resolution. They will base their ordinances on that (We took into consideration their provisions on this. There are LGUs that have no [resolution] on this yet and said they would pattern theirs after the Metro Manila Council resolution has been released)," Nuñez said.

Several social media posts have raised concerns over the proliferation of e-bikes, with some seen driving along national highways without protective gears.

Such vehicles, including tricycles, are not allowed to ply major roads and national highways as they pose hazard to other motorists.

"Di naman natin ito dini-discriminate (We do not discriminate them). We just need to regulate it to promote road safety. Delikado ang mga ganitong uri ng sasakayan na makikita sa (These kinds of vehicles are dangerous when on) national roads and major thoroughfares," he said. "Next week hopefully the proposal of MMDA to the Metro Manila Council regulating with penalty and fines sa e-trikes, tricycles and kuliglig na magbayahe sa national road ay ma-approve na (We hope for the approval of the proposal next week)."

Earlier, LTO chief Vigor Mendoza II said the registration of e-bikes and requiring driver's license are among the possible requirements being looked into. (PNA)

MANILA — Department of National Defense (DND) Secretary Gilberto Teodoro Jr. said the successful multilateral maritime cooperative activity (MMCA) of naval forces of the Philippines, United States, Japan and Australia is part of Manila's ongoing defensive posture shift to protect its territories, particularly its exclusive economic zone (EEZ).

"The Philippines is changing its defense paradigms, strengthening its own capabilities, and leveraging alliances with allies and like-minded nations," Teodoro said in a statement issued Monday night.

The DND chief said this would enable the Philippines to both secure its territory and its rights under international law and become an effective partner of other countries in "ensuring freedom of navigation, overflight, and security in international waters."

Teodoro was referring to the "Comprehensive Archipelagic Defense Concept" (CADC), aimed at developing the country's capability to protect its entire territory to ensure that the next generation of Filipinos would be able to enjoy its natural resources.

"The Philippines is committed to preserv-

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AFF...

MANILA — The military and the police assured their full loyalty to the Constitution and the chain of command, shrugging off calls for them to withdraw their support for President Ferdinand R. Marcos Jr.

In a statement Monday, Armed Forces of the Philippines (AFP) spokesperson Col. Francis Margareth Padilla said Filipino soldiers, pilots, and marines are dedicated to their mandate of safeguarding the sovereignty and territorial integrity of the Philippines, regardless of "any political affiliations or individuals in authority."

"Our duty is to protect the Filipino people and uphold the rule of law, ensuring that peace and development will prevail throughout the nation. We will continue to fulfill these responsibilities with integrity, impartiality, and utmost dedication," the AFP spokesperson said.

On Sunday night, Davao Del Norte Rep. Pantaleon Alvarez urged the AFP to withdraw its support from Marcos, claiming that such an act would allow the country to attain peace and stability. The lawmaker made this call after noting the rising tensions between the Philippines and China over the West Philippine Sea.

Meanwhile, the Philippine National Police (PNP) said while it respects the freedom of expression, it does not want

to be caught in the middle of these political statements.

In an interview with reporters, PNP spokesperson Col. Jean Fajardo said they remain loyal to the Constitution and would stick to their mandate of maintaining peace and order.

"Let us spare young uniformed personnel sa mga ganitong mga usaping political (Let us spare our uniformed personnel from these political matters)," she added.

Fajardo, meanwhile, said their legal officers were looking into whether the lawmaker's remarks could be considered seditious.

"We will see, we will monitor kung ano ang magiging sitwasyon in terms of peace and security pero sana nga ay meron naman tayong duly constituted authorities at respetuhin yung mga elected officials at so far wala naman basehan sa ngayon para mag-alis or magwithdraw tayo ng supporta sa duly constituted authorities at yan naman sana ay igalang ng lahat (what would be the situation in terms of peace and security because we have our duly constituted authorities. We respect our elected officials and so far, there is no basis for us to remove or withdraw support for duly constituted authorities. We hope everyone would respect that)," she added. (with Lloyd Calivan/PNA)

The CSC's latest Inventory of Government Human Resources showed that the National Capital Region has the largest number of government workers in the country, with 440,009 (22.30 percent) of career and non-career personnel.

"The prevailing traffic conditions in the metro not only hinder their mobility but also impact their productivity, particularly for those who commute daily," he said. "By adopting the FWA, we can enhance their efficiency and safeguard their health, safety and welfare."

He reminded government agencies and LGUs that their chosen FWAs must be implemented "without compromising the continuous delivery of public service, especially for offices with frontline services."

"We are open to recommendations from government agencies and other stakeholders as we craft people-centric solutions, especially those that will address transport problems, but what remains paramount is ensuring uninterrupted

- including a redefined Philippine National Police Highway Patrol Group. He added it is important to clarify and identify the coverage of national highways and what regulations are strictly applicable thereat.

Ignorance of national traffic laws and regulations have caused so many deaths and miserable traffic conditions on our roads, many of which are preventable.

Modified...

MANILA — The modified work schedule from 7 a.m. to 4 p.m. for officials and employees in local government units (LGUs) is consistent with the Policy on Flexible Work Arrangements (FWAs) issued by the Civil Service Commission (CSC) for agencies and government workers nationwide.

CSC Chairperson Karlo Nograles said in a statement Saturday that the resolution of the Metro Manila Development Authority (MMDA) and Metro Manila Council (MMC) to adopt the flexible schedule for LGUs is a temporary solution to traffic congestion.

"The CSC's policy on FWA has influenced at least 499 agencies to adopt internal guidelines by end of December 2023, but we need more agencies to follow suit, especially in Metro Manila," Nograles said. "This new development from the MMDA, with the support of the MMC and local officials, is crucial in improving the welfare of civil servants in LGUs, especially those who do not own cars and commute to work every day."

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delivery of services to the citizenry," Nograles said.

The CSC adopted Memorandum Circular No. 6, s. 2022, or the Policies on FWAs in the Government on June 2, 2022 to institutionalize "relevant work arrangements and practices" brought about by the changing needs and conditions of the workforce.

Under the circular, government agencies have the option to implement any of the FWAs to facilitate support mechanisms for government officials and employees: flexiplace, work shifting, compressed workweek and skeleton workforce.

Flexiplace is an output-oriented work arrangement that allows government officials or employees to work at a location outside their office for a temporary period, subject to approval from the head of the office/agency.

This arrangement includes working from home, satellite offices, or other predetermined fixed locations.

Work shifting, on the other hand, is a work arrangement for offices or agencies mandated by law to operate continuously for 24 hours every day, or those required to adhere to workplace health and safety protocols.

Agencies may establish flexible working hours for its officials and employees from 7 a.m. to 7 p.m. daily while ensuring compliance with the mandatory 40-hour workweek.

The compressed workweek condenses the standard 40-hour workweek spread across five days into four days or fewer, depending on feasibility for government officials or employees.

Skeleton workforce pertains to a work setup where a minimal number of officials or employees are required to report to office and provide service during periods when full staffing is not feasible.

In addition, Atty. Normina Datadacula, the Manager of Islamic Banking Supervisory Group of BSP said, "Today's event truly marks another milestone in the country's commitment to developing the Islamic finance ecosystem. Since the enactment of the Islamic

April 17-23, 2024

CARD Bank Inaugurates Islamic Bank in Cotabato City

In a groundbreaking move, CARD Bank, Inc. a microfinance-oriented rural bank under CARD Mutually Reinforcing Institutions (CARD MRI), opened the Philippine's first licensed Islamic bank in Cotabato City on January 22, 2024. This event is an important milestone in providing inclusive financial services to the local Muslim community.

As of September 23, 2023, data from the Bangko Sentral ng Pilipinas (BSP) reveals that a significant section of unbanked communities comes from Mindanao, particularly the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM). The establishment of this Islamic branch aims to serve the unbanked and underbanked population to strengthen the economy of the Muslim-dominated region while providing ethical Shariah-compliant financial services.

Key officers from the Bangko Sentral ng Pilipinas, BARMM Government, Bangsamoro Board of Investments (BBOI), and local government officials, who attended the grand opening, expressed their full support for CARD Bank's commitment to diversify its services and meet the financial needs of the entire community.

According to Mohamad Omar Pasigan, Chairman of the Bangsamoro Board of Investment, "This day marks a significant milestone in the banking sector across the Philippines. BARMM takes pride in the opening of the first-ever Islamic Bank in the country. After extensive deliberations and numerous series of meetings, we have turned this vision into reality. I hope this is just the beginning, and we will continue to expand to other Islamic cities."

In addition, Atty. Normina Datadacula, the Manager of Islamic Banking Supervisory Group of BSP said, "Today's event truly marks another milestone in the country's commitment to developing the Islamic finance ecosystem. Since the enactment of the Islamic

Banking Law, the BSP has laid down the regulatory reforms to promote the growth of Islamic Banking in the Philippines, and CARD Bank has responded to the demands of times. As you begin your Islamic banking journey, rest assured that the BSP will be your steadfast partner, continuously issuing and enabling regulation to expand Islamic banking and finance in the country. May this opening ceremony be an impetus of more great things to come."

Islamic banking and finance are inclusive, offering much-needed financial products and services to help Muslim communities start and expand their enterprises and livelihoods. This move by CARD Bank is anticipated to inspire other financial institutions to explore providing diverse financial options to Muslim communities.

Islamic Banking for Financial Inclusion

The new Islamic branch of CARD Bank is located in Sinsuat Avenue, Rosary Heights Vi9600, Cotabato City. The bank's design is culturally sensitive, with an Islamic prayer room that clients may conveniently use for contemplation and worship. It is also equipped with the latest technologies to provide an efficient banking experience. Clients can expect digital banking services, including the mobile banking application konek2CARD, which enables them to manage accounts and conduct transactions easily using their Android mobile phones.

Community Impact and Economic Growth

More than 1,000 clients from CARD, Inc. (A Microfinance NGO)'s Paglambo Project, a Shariah-inspired microfinancing program, are transitioning to the CARD Bank Islamic Branch's banking products and services.

The opening of this Islamic Branch is expected to stimulate the local economy. As explained by CARD MRI Managing Director Mr. Aristeo A. Dequito, "By providing financial services tailored to the needs of the Muslim community, we aim to contribute to the overall development of Cotabato City and the Bangsamoro region."

The community has warmly accepted

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PHL's First Licensed



CARD MRI officers, staff, and clients with BARMM community leaders gather for the inauguration of CARD Bank, the first licensed Islamic Bank in the country on January 22, 2024, in Cotabato City. Pictured here are (from left to right in front) the Ministry of Trade, Investment, and Tourism Deputy Minister and Bangsamoro Economic Zone Authority OIC Deputy Executive Director Atty. Sukarno A. Abas; BBOI Chairperson Mohamad Omar Pasigan; BARMM Senior Minister Abunawas L. Maslamama; and Islamic Banking Supervisory Group of BSP Manager Atty. Normina Datadacula. It was also joined by (from right to left at the back) BBOI Board Governor Datu Habib S. Ambolodto and CARD MRI Founder and Chairperson Dr. Jaime Aristotle B. Alip.

the new Islamic branch of CARD Bank in their area. Parida Blah, a CARD client for 11 years, remarked: "We express our gratitude to Allah for providing us with the wonderful opportunity to have CARD Bank in Cotabato City. We take great pride in the fact that we now have this institution. At present, we are confident that the funds being utilized are halal. I am proud to be associated with CARD, as it has enabled me to build my own house and start my own sewing business."

Looking Ahead

The opening of CARD Bank's first Islamic Branch extends equal opportunities for all to improve their lives through much-needed financial services.

According to CARD MRI Founder and Chair Emeritus and CARD Bank Chairperson Dr. Jaime Aristotle B. Alip, "The opening of this Islamic Branch reflects the commitment of the entire organization to promoting financial inclusion, strengthening MSMEs, and ultimately ending poverty in the country."

CARD Bank's first Islamic branch marks a significant step towards promoting financial inclusion and cultural sensitivity in the banking sector. The bank looks forward to

serving more Muslim communities and contributing to the region's economic upliftment. "This opening is just the beginning. We will continue to expand to reach more Muslim communities in the country, ensuring that everyone has access to equal opportunities for progress," said Dr. Alip.

Aside from the Islamic Branch, CARD Bank is also expected to open Branch-lite Units (BLUs) following Islamic principles to provide banking services to the neighboring towns of Cotabato City. About CARD Bank

CARD Bank is the largest microfinance-oriented rural bank in the country, serving over 4 million individuals nationwide. Last year, it

MEMORANDUM...

kapulisan, upang mapigilan ang nakaka-alarang pagdami nito.

Dumalo kasama ng Alkalde sina Atty. Irineo Anarna-Municipal Legal Consultant, Ms. Cherry Cuevas Municipal Planning Development Coordinator. Nandoon din sina Aksyon Kolorum Movement Founder- Mr. Rem Ramirez at Aksyon Kolorum Movement President- Mr. Juleos Baila. Kasama rin sa mga ito ang distinguished panel-

opened its 100th historic branch in Manila.

It provides a wide range of banking products and services to empower microentrepreneurs in the country. In addition to financial services, CARD Bank also provides community development services such as health, livelihood, education, and scholarship programs.

CARD Bank's commitment to providing diverse and inclusive financial services reaffirms its position as a leader in the microfinance industry, dedicated to making a positive impact on the lives of Filipino communities.

To learn more about CARD Bank, visit its Facebook page, @CARD-BankOfficial. PR

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ist mula sa Department of Human Settlements and Urban Development (DHSUD) at DHSUD - 4A, PNP & SILANG LGU, Philippine Real Estate Service Practitioners Inc (PHIL-RES), Philippine Association of Real Estate Boards Inc. (PAREB), Real Estate Brokers Association of the Philippines (REBAP), National Real Estate Association (NREA) at Philippine Federation of Real Estate Service Professionals Inc (PFRESPI).