

DOST CLABARZON distributes 882 bottles of Carrageenan PGP to Polilio, Quezon’s rice farmers

By Unice Faith Cataquiz



Over thirty (30) rice farmers attended the overview of the Carrageenan Plant Growth Promoter (CPGP) initiated by the Department of Science and Technology (DOST) - CALABARZON, receiving liters of fertilizer allotted for 49 hectares of rice field, Brgy. Tamulaya-Anibong Polilio, Quezon, May 22, 2024.

Carrageenan PGP is a plant food supplement extracted from red seaweeds and degraded through



The overview covered discussions on what carrageenan is, the types of nutrients it has, the components of Carrageenan PGP, its benefits, the research results of the application of Carrageenan PGP, and its science-based application. Mr. Aaron Joniel S. Carandang, PTA IV of DOST CALABARZON and the Project Focal Person, facilitated the training.

Likewise, Ms. Emelita P. Bagsit, DOST IV-A Regional Director, welcomed the participants with

Cayetano, pamumunuan ang Senate committees on trade, higher education

Nahalal nitong cation. Ito ay sa gitna ng pagbabago sa pamumuno ng Senado bago ang sine die adjournment ng ikalawang regular na sesyon, at matapos maitalaga si Senador Francis Escudero bilang bagong Senate President noong Lunes.

Bilang committee chair ng Trade, Commerce, and Entrepreneurship, pangangalagaan ni Cayetano ang mga usapin na may kaugnayan sa pambansa at internasyonal na kalakalan.

cont. page 3



DOST, DAR, DTI boost banana chip production for farmers in Nasugbu, Batangas through process standardization



The Department of Science and Technology (DOST)-Batangas, in partnership with the Department of Agrarian Reform (DAR)-Batangas and the Department of Trade and Industry (DTI)-Batangas, enhanced banana chip production for the Butucan ARBs Association Inc. in Nasugbu, Batangas. This was achieved through a technology-based process standardization training on banana chip processing held at the association's facility in Brgy. Butucan, Nasugbu, Batangas, May 28.

The standardization of the banana chip production process aimed to improve the quality and consistency of the products. The training covered proper handling of raw materials, banana properties, slicing technique, standardized processing methods, packaging, and quality control measures to ensure that the banana chips produced meet market standards. Dr. Joel P. Rivadeneira, University Researcher III of the Institute of Food Science and Technology at the University of the Philippines Los Baños, served as the technical expert during this activity.

By implementing these standardized processes, the Butucan ARBs Association Inc. aims to increase their market competitiveness and expand their distribution channels. With over a year's experience in this business, the association recognizes the importance of continuously improving their production practices to meet the demands of consumers and stay ahead of market competition. To them, this training is an enhancement of their knowledge and skills in banana chip production and has allowed them to adopt more efficient and effective methods in their operations.

Meanwhile, the training also focused on enhancing the association members' knowledge of food safety practices and hygiene standards to ensure the production of safe and high-quality banana chips. Ms. Renalee M. Leyesa, a DOST-CALABARZON Food Safety Team member, provided valuable insights on proper food handling and sanitation procedures to prevent contamination and ensure compliance with food safety standards.

SSS to provide better offsite services in Batangas eco zones, municipal halls



NLEX toll fee hike takes effect June 4

PINAKAUNANG PRESIDENTIAL HELP DESK ON WHEELS SA BANSA, UMARANGKADA SA CAVITE CITY



Umabot 1,000 Caviteño ang tumanggap ng tulong mula sa tanggapan ni Pangulong Bongbong Marcos Jr. sa pag-arangkada ng pinakaunang Presidential Help Desk on Wheels sa lungsod ng Cavite kamakailan. Sa isang social media post, ipinaabot ni Mayor Denver Chua ang kanyang pasasalamat sa Presidential Action Center sa paghahatid ng mga serbisyo ng pamahalaang pambansa sa kanilang lungsod. | via Denver Chua



Marcos calls for sovereign equality of states

PGC continues to serve the people of Tanza



On May 23, 2024, another health outreach program was rendered through the joint efforts of the Office of the Provincial Governor and Office of the Provincial Health Officer in Brgy. Amaya, Tanza, Cavite, catering a total of 368 beneficiaries in medical services and 50 in dental checkups with tooth extraction. Subsequently, free medicines, vitamin supplements and insect repellent lotions were provided to complement the basic medical needs of the people. This initiative of the provincial government continues to connect with the Caviteños, particularly those in the marginalized sector. - Jam Elisse M. Reyes



POINT OF VIEW

MAINTAINING A HEALTHY HEART

The health of your heart, one of the most vital organs in the human body, should be considered a top priority when looking at the full picture of your overall health. Your heart has several major responsibilities your body depends on for all essential functions, including pumping blood and oxygen. Maintaining a healthy heart is key for preventing heart disease, also called cardiovascular disease, which is currently the leading cause of death for men and women in the United States.

Heart disease causes disorders of the heart that affect its ability to function and impairs its internal structures, including blood vessels, arteries and valves. Common heart diseases include high blood pressure, coronary artery disease and arrhythmia, or irregular beating, which can lead to heart attacks, strokes, heart failure or cardiac arrest when not properly managed or treated.

Heart-healthy living means understanding your risks, making healthy choices and taking steps to reduce your chance of developing heart disease. Read on for tips to achieve a heart-healthy lifestyle and improve your overall health and wellbeing in the process.

How to keep your heart healthy

The good news is there are many ways to keep your heart healthy and reduce your risk for developing preventable heart diseases. Here are the top six recommended tips and lifestyle habits to follow for improving and maintaining your heart's health.

1. Exercise regularly

Regular physical activity is essential for having a healthy heart and lowering your risk of heart disease. Aim for at least 30 minutes of moderate exercise, such as brisk walking, five days a week. You can also try incorporating strength training and stretching into your routine for added benefits. If you are not used to an active lifestyle, start slowly and gradually build on your exercise routine over time to reach your desired fitness goals. Even short sessions of physical activity are beneficial for your heart and overall health. Don't forget to have fun and get creative with exercising, for example, invite a friend to go hiking, ride your bike down a peaceful, scenic path to a local park or try gardening in your yard. Making exercise activities enjoyable and unique to your personal interests will help you stay consistent and committed to making physical activity an essential part of your daily routine.

2. Eat a heart-healthy diet

A diet rich in fruits, vegetables, whole grains and lean proteins can help keep your heart healthy. Strive to limit your intake of unhealthy saturated and trans fats, sodium, added sugars and highly processed food. Try incorporating heart-healthy foods into your meals whenever possible, such as salmon, avocados and nuts. Eating a diet high in fiber also improves your health and lowers your chances of developing heart disease risk factors, like obesity, high blood pressure and inflammation. Fiber-rich foods include fruits, vegetables, beans, oats and flaxseed. Check out this article for additional information on eating for heart health. Gunderson registered dieticians and nutrition experts can also provide additional guidance and services to help you establish heart-healthy eating habits.

to be cont. for next issue

NLEX...

MANILA – Motorists traveling to and from the northern part of Luzon would have to pay higher toll fees by next month.

In an advisory on Wednesday, the Toll Regulatory Board (TRB) said it has approved the second tranche of the North Luzon Expressway Corp. (NLEX Corp.) consolidated petitions from 2018 to 2020 for periodic toll adjustments starting June 4.

Under the new toll fee matrix, motorists traveling anywhere within the open system will pay an additional PHP5 for Class 1 vehicles (regular cars and sports utility vehicles), PHP14 for Class 2 vehicles (buses and small trucks), and PHP17 for Class 3 vehicles (big trucks).

The open system is from Balintawak in Caloocan City to Marilao, Bulacan while closed system covers the portion between Bocaue, Bulacan and Sta. Ines, Mabalacat City, Pampanga including Subic-Tipo.

The firm, meanwhile, said those traveling the NLEX end-to-end between Metro Manila and Mabalacat City will pay an additional PHP27 for Class 1, PHP68 for Class 2 and PHP81 for Class 3 vehicles.

In May last year, the first tranche or 50 percent of the approved toll adjustments was implemented as authorized by the TRB.

In a separate statement, the NLEX Corp. said the toll adjustments, which followed strict compliance with regulatory procedures and underwent thorough review, were part of its approved periodic adjustments due in 2019 and 2021.

"The increase was deferred and divided into two tranches to help curb the inflationary strains and ease the impact on the users of the expressway. From 2018

to 2020, the company has embarked on numerous infrastructure and enhancement projects to improve motorists' safety and convenience. Some notable projects completed are the San Fernando NB (northbound) exit expansion, Meycauayan NB and Balintawak SB (southbound) drainage enhancements, San Simon and Sta. Rita Bridge retrofitting, Mindanao signalization, Mapulang Lupa Pedestrian/Tricycle Overpass construction, Toll system and equipment,

roadway lighting and signage upgrade," it said.

Meanwhile, the NLEX Corp.said it has invested in major expansion and enhancement projects that are vital to the country's economic growth and ease the travel of motorists as part of its commitment to support the government's call for the private sector to take part in nation-building.

This year, the company has opened the new F. Raymundo Exit in Meycauayan and widened the Meycauayan north-

bound exit ramp as part of its traffic decongestion program.

The tollway company is also set to complete the Candaba Third Viaduct, which will expand the five-kilometer bridge from existing three lanes without shoulders to three lanes with inner and outer shoulders per direction.

It said this will further ensure the safe transport of people and unhampered delivery of essential goods and services in Metro Manila and Central Luzon. (PNA)



Congratulation Newlywed Mr. Rafael and Mrs. Kristina

Sudoku Puzzles

1	5							
2		7			5			
6		3	2			8		
			8		2		5	
8	2			1			7	9
	7		3		9			
		2			8	7		6
			4			5		2
							4	1

1		3		4	
	6		2		3
	4		3		1
3		2	4	6	
2		1		5	
	5		1		2

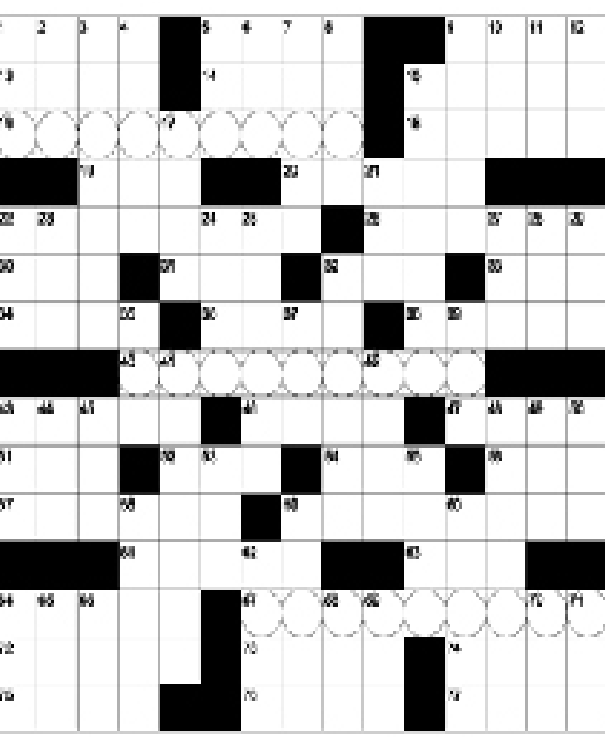
DID YOU KNOW?

Grapefruit, watermelon, berries, celery, greek yogurt, eggs, fish, coffee and oatmeal are all fat-burning foods.

FAT

©DidYouKnow.com

- Across
- "La Vie en Rose" singer Edith Piaf
 - French
 - Work to be done
 - Enfin's emphasis on
 - Indigo plant
 - "Probably the best movie ever made," according to Brad Pitt
 - Message, part 1
 - Online correspondence
 - Common Market; Abbr.
 - "All Hiding ____"
 - "Team on 90% of Lennie's items of clothing"
 - One with shining armor
 - Hardly ordinary
 - "Put ____ Happy Face"
 - " ____ whizz"
 - Comix co-creator Alvy ____
 - Mexican money
 - Prison of ____
 - "Moby's favorite beverage, bar none"
 - Message, part 2
 - Man-made waterway
 - Coup d' ____
 - Eight: Peter
 - Actress Gardner
 - Egypt's east
 - Price add-on
 - ____ and out
 - Leaves alone
 - "U.D.'s wheels"
 - Jug band instrument
 - "I, ____" ("Who's there?" response)
 - Oregon's capital
 - Message, part 3
 - Out of port
 - ____ and now
 - " ____ moony, minny, mo' "
 - Neither fem. nor masc.
 - Part of BTU
 - "Momo" author Michael
- Down
- Nitany Don't ask
 - "Buy, am ____ trouble?"
 - Climb
 - ____-O-Fish (McDonald's sandwich)
 - ____ Maha
 - Sanjo ____ California
 - Tyson units
 - The "E" of B.P.O.E.
 - Mama of "My Cousin Vinny"
 - Here, in June
 - Compete in a slalom
 - Arizona senator Jon
 - "What some people accuse 18-Accuse of having"
 - Empty room sound
 - Eisenhower nickname
 - Nice Kripke sound
 - Stuffs with lemon
 - Fed. power dept.
 - Dog trained to catch vermin
 - Slimy stuff
 - Opposite of wet
 - M.L. groups
 - Italian ice cream
 - One ____ kind
 - Quoted after G
 - Antibovine agcy.
 - "Uncle Pete's former team"
 - ____-Teen (Hussein media agency)
 - Franklin Pliskin
 - ____ Maria
 - ____ King Cole
 - ____ Kane
 - Explosive letters
 - Surfer with clouds
 - Shimmers lopper
 - Cassini 17
 - "What thinks this should be our national sport"
 - Sasha Baron ____ (Doris creator)
 - Lauder of lipstick
 - Home to Honolulu
 - ____ Bernardina
 - Ended a treat
 - Rival of 41-Down; Abbr.
 - "Either he goes ____ or"
 - Needing a towel
 - Finish
 - Reuben bread



7. Tyson units
8. The "E" of B.P.O.E.
9. Mama of "My Cousin Vinny"
10. Here, in June
11. Compete in a slalom
12. Arizona senator Jon
13. "What some people accuse 18-Accuse of having"
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20. Slimy stuff
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27. "Uncle Pete's former team"
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33. Explosive letters
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37. "What thinks this should be our national sport"
38. Sasha Baron ____ (Doris creator)
39. Lauder of lipstick
40. Home to Honolulu
41. ____ Bernardina
42. Ended a treat
43. Rival of 41-Down; Abbr.
44. "Either he goes ____ or"
45. Needing a towel
46. Finish
47. Reuben bread

R

PASSWORDS

PRESCRIPTIONS

Passwords are the words that help you pass through the strange and bad lands of life's experience.

MANY WORDS AND SAYINGS stay with us as we go trough life. I call them "passwords" When I run into difficulties I call words that help me deal with whatever is before me. A whole book may be a password if it teaches me how to handle something the author has already overcome.

Sometimes it is one word that when repeated, like a mantra, sustains me. Or it may be in Internet password that leads me to helpful information. We all need to find the passwords that get us through, just as a passport gets us through customs when entering a different country.

My favorite passwords are love, laughter, faith, prayer, and miracle, I use miracle more than any other because it keeps me open and expecting the positive aspects of life. For me, it's a reminder of what Dr. Carl Simonton said: " In the face of uncertainly there is nothing wrong with hope."

Soulution of the Day :

Pass your words of hope on to others

Month of the Ocean 2024 Coastal Clean-up



In celebration of the Month of the Ocean 2024, a coastal clean-up was organized on May 23, 2024, at Bilaran San Rafael IV, Noveleta, Cavite. The Cavite provincial government, through the initiative of the Office of the Provincial Agriculturist (OPA) and supported by volunteers from municipalities across Cavite, aimed to preserve our coastal areas. The event began with volunteer registration, ensuring each participant received gloves and tools necessary for effective waste collection. To sustain their energy throughout the day, volunteers were also provided with food and drinks.

The opening ceremony was graced by Assistant Provincial Agriculturist, Ms. Ana Pamela Nova, who welcomed and thanked everyone who participated in the event. In addition, Agricultural Technologist, Ms. Ma. Nora Costelo, led the

opening prayer, reminding everyone to take care while participating in the event and acknowledging the presence of each government official and volunteer.

Also present at the event were Hon. Emelito S. Lontoc, Hon. Leah Olidan-Balen, and other government officials from municipalities across Cavite. Their participation highlighted the local government's support for environmental initiatives and encouraged everyone to work together to care for our natural resources.

Ms. Nova expressed gratitude to Governor Jonvic Remulla and OIC-Provincial Agriculturist, Rodel Vincent Bae. She conveyed sincere appreciation on behalf of the Provincial Agriculturists to all participants of the coastal clean-up activity.

She also extended thanks to the municipality of Noveleta for accepting the event. - Fatima A. Tamio



PhilHealth increases coverage for neonatal sepsis, bronchial asthma

MANILA, (PIA) — The Philippine Health Insurance Corporation (PhilHealth) announced Thursday it is implementing another round of enhancements to its benefit packages, significantly increasing coverage for neonatal sepsis and bronchial asthma by more than 100 percent.

Effective May 1, the case rate package for neonatal sepsis has been raised to P25,793 (\$458) from P11,700 (\$208), a 120 percent hike.

The bronchial asthma package rate for acute exacerbation cases was increased by 150 percent to P22,488 (\$399) from P9,000 (\$160).

"The PhilHealth Board has approved the increase in these package rates," said PhilHealth President and CEO Emmanuel R. Ledesma Jr., citing guidelines under PhilHealth Circulars 2024-0008 and 0009.

Patients admitted from May 1 onwards can avail of the new rates at accredited health facilities nationwide.

PhilHealth paid P733.86 million (\$13 million) for over 57,000 neonatal sepsis cases in

2023, with the condition among the leading causes of newborn deaths in the Philippines.

Asthma remains a high-burden ailment, ranking 8th among top medical confinements paid by PhilHealth in 2023 at P717 million (\$12.7 million) for over 90,000 cases.

Ledesma said the increases aim to further improve financial coverage and lower out-of-pocket expenses for patients in line with PhilHealth's thrust of "Expanded and New Benefits for Filipinos."

He urged PhilHealth members to avail of the adjusted rates at Level 1 to 3 accredited public and private hospitals, while lower rates apply for primary care facilities to promote preventive care.

PhilHealth also called on primary care providers to offer its "Konsulta Package" for wider drug access to control asthma and avoid hospitalizations due to exacerbations.

The state insurer continues enhancing benefits to encourage Filipinos to seek timely medical attention, Ledesma added.

June 05-11, 2024

Kauna-unahang organic seed storage facility, itinayo ng DA Calabarzon sa Quezon



Nagtayo ang Department of Agriculture IV-CALABARZON (DA-4A) ng kauna-unahang organic seed storage facility sa rehiyon at opisyal na ipinagkaloob sa Quezon Agricultural Research and Experiment Station (QARES) noong ika-2 ng Mayo.

Sa pamamagitan ng QARES bilang isa sa tanggapan ng ahen-sya, layon nitong magkaroon ng tuloy-tuloy na produksyon ng organikong binhi na siyang ipamimigay sa mga magsasaka sa bawat komunidad sa probinsya. Hakbang din ito upang mapanatili ang preserbasyon ng mga binhi sa nasabing pasilidad.

Ayon kay Organic Agriculture Program (OAP) Focal Person Elizabeth Gregorio, isa ito sa hakbang upang masuportahan ang organic livelihood projects at mas mapalawig ang organikong pagsasaka sa rehiyon.

Sa tulong ng pasilidad na paglalagyan ng mga binhi at magiging modelo ng Kagawaran ay maaari na ring isulong ng OAP ang pagsasagawa ng mga pagsasanay sa pagpapalakas ng organikong pagbibinhi.

Samantala, in-aasahan ang pakikipagtutungan ng Kagawaran sa Bureau of Plant Industry at Institute of Plant Breeding (IPB) ng University of the Philippines Los Baños (UPLB) para sa angkop na sistema ng pamamahala sa mga binhi at pasilidad.

NFA hits 97% of target palay purchase for H1 2024

MANILA – The National Food Authority (NFA) on Friday said it had already reached 97 percent of its target palay procurement for the first half of the year with the new pricing scheme.

This is equivalent to 2.93 million bags of palay, which is close to the NFA's 3.08 million bags target purchase.

"We're now at 97 percent of our buying target for the first half with the whole month of June left. Farmers in several provinces in northern Luzon have yet to complete their harvest and they've appealed to the NFA to continue with our procurement," NFA acting administrator Larry Lacson said in a statement.

Through the higher buying price range, the NFA was able to purchase dry and clean palay for PHP23 to PHP30 per kilogram; and PHP17/kg. to PHP23/kg. for fresh and wet palay.

The NFA also designated a fast lane for farmers selling palay not exceeding 50 bags. Lacson added

Laurel vowed to continue exploring ways to reduce the retail prices of rice for consumers, in line with the food security targets of President Ferdinand R. Marcos Jr. (PNA)

June 05-11, 2024

EDITORIAL: Need for doggedness

PRESIDENT Ferdinand Marcos Jr. said it loud and clear when he unrolled before a global audience of defense stakeholders seven challenges that beclouded the way for what he called a united community of nations.

He identified them and offered "three constants" that should guide nations in preparing for the challenges.

The 66-year-old President said there is a need to begin by rejecting "misguided interpretations that paint our region as a mere theater of geopolitical rivalries."

We endorse the President's thoughts the current juncture does not call for a revision of the regional order but for a reaffirmation of the wisdom of San Francisco in 1945, of Bangkok in 1967, and of Manila in 1982.

His declaration on reaffirming the sovereign equality of all states will have pervasive echoes worldwide.

His words: "Let us return to San Francisco and reaffirm the sovereign equality of all states... Let us also return to Bangkok and support ASEAN's efforts to build a rules-based, people-oriented, and [people-centered] regional community... let us return as well to Manila and reaffirm our common understanding of how international law governs the peaceful settlement of disputes."

"Amidst misleading narratives that seek to discredit international legal procedures, there is a need to reaffirm that those modalities are an expression of good faith."

"They are a service to the progressive development and codification of international law. They are never an unfriendly act."

In that consequential keynote address for the 21st International Institute for Strategic Studies Shangri-La Dialogue in Singapore on Friday, the President displayed 'seven realities' or challenges faced by the Indo-Pacific region which are obscuring the way for a united community of nations.

The first reality – the future of the region – which will be determined by many nations, but each has its own unique aspirations challenged by attempts to undermine our faith in prevailing international norms.

The second reality – the strategic competition between China and the United States – which is permeating the evolving regional landscape; the third is the region looks to ASEAN as the institution that should hold the center amidst these evolving dynamics.

Fourth, the role of bridge-builders has become increasingly important in forging decisive multilateral solutions; the fifth – the global commons – will continue to be crucial to the security of states in the region.

The fifth – access of developing countries to the high seas and outer space, and to the peaceful uses of science and technologies – is crucial to international development.

Climate change, a deadly challenge for the region and the world which requires action, and the development of advanced technologies which is rapidly transforming human life and experience are powerful they have the potential to disrupt our political and social orders.

We endorse the President's guiding monochromes in dealing with the challenges that confront the region: the sovereign equality of states must remain sacrosanct; ASEAN and ASEAN-led processes must remain central; and the rule of law and the integrity of multilateralism must prevail.

Verily, as the President himself underscored, we cannot reverse course and therefore there is a need to "persevere" and "we must push through."



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Cayetano...

Kabilang sa kanyang mga responsibilidad ang pangangasiwa sa pribadong korporasyon, mga Micro, Small, at Medium Enterprises o MSMEs, at regulasyon ng mga gawain ng mga negosyante. Dagdag pa rito, nakatuon si Cayetano sa kontrol ng kalidad at proteksyon ng mga mamimili.

Pamumunuan din ni Cayetano ang Committee on Higher, Technical, and Vocational Education.

Sa komiteng ito, tutugunan niya ang mga isyu na may kaugnayan sa post-secondary at tertiary education, technical education, distance learning, at pagsasanay sa trabaho.

Kabilang sa kanyang tungkulin ang mapanatili na nasa maayos na kapakanan ang mga guro at mag-aaral sa pamamagitan ng pagbibigay ng mga scholarship, grant, at insentibo.

Si Cayetano din ang nagnomina kay Senador Francis Tolentino, ang bagong itinalagang lider ng mayorya, bilang committee chair ng Ethics and Privileges upang masigurado ang matatag na reputasyon ng Senado.

Sa mga pagbabagong ito sa liderato, pangungunahan ni Cayetano ang apat na komite kabilang na ang Committee on Accounts at Committee on Science and Technology.

Dahil sa malawak na karanasan at dedikasyon ni Cayetano, hangarin niyang masolusyonan ang mga isyung may kinalaman sa kalakalan, edukasyon, at gawain ng pamahalaan. PR

SSS to provide better offsite services in Batangas eco zones, municipal halls

LIPA CITY, Batangas - Social Security System (SSS) President and Chief Executive Officer Rolando Ledesma Macasaet said that 67,000 members working in the Lima Industrial Park and Lipa City Hall can now conduct their SSS transactions at their workplace with the help of localized SSS e-centers in their of-

fices.

Macasaet said that SSS signed two separate agreements with Lima Land Inc. and the city government of Lipa for the establishment of e-centers in their offices last May 17 in this city.

"Since full-time work schedules can be demanding for most of our employed members, we will bring e-Centers directly to their workplaces. This will lessen the need for our members to visit our branches during office hours, making it easier for them to access My.SSS accounts during breaks and after work," Macasaet said.

He said that workers can access the SSS e-Centers 24/7 to get their Social Security (SS) numbers online through the SSS website; create a My.SSS account and reset the account password; update contact information, enroll disbursement accounts; generate Payment Reference Number (PRN) for contribution and loan payments; view contribution and loan records; and submit a benefit and loan application via the My.SSS member portal.

"We strongly advise our employed members to check their contributions and loan records regularly to ensure that employers comply with their legal obligations and that their benefit and loan eligibilities will not be compromised," Macasaet added.

Meanwhile, Macasaet sealed partnerships with a state university and other local government units to extend social security protection and services to over 1,000 workers.

He said that job order (JO) and contract of service (COS) workers in Batangas State University – The National Engineering University (BatStateU), City Government of Tanauan, and Municipal Governments of Cuenca and Malvar will be registered as SSS self-employed members under the KaSSSangga Collect Program.

"The SSS is glad to extend our programs

and services to our workers in the academe who share their grit and passion with our young generation, as well as to the city and municipal workers who selflessly provide public service to their fellow Batangueños. Although they cannot enjoy the benefits of a regular government employee, SSS is here to provide their safety nets in their future contingencies," Macasaet said.

He explained that program partners shall deduct the Social Security (SS) and Employees' Compensation (EC) contributions from worker's payroll and remit these to the SSS through a salary deduction scheme.

"Through this program, they will become eligible for sickness, maternity, disability, retirement, death and funeral benefits under the Social Security Program, as well as loan privileges for immediate financial needs," Macasaet said.

TOLENTINO APOLOGIZES OVER ARREST OF MMDA ESCORTS



MANILA – Senator Francis Tolentino on Thursday apologized to the public after two of his escorts from the Metro Manila Development Authority (MMDA) were apprehended Wednesday by members of the Philippine National Police Highway Patrol Group (PNP-HPG) in Parañaque City for unauthorized use of police markings.

"My sincerest apologies to the public who I always strive to serve with integrity and transparency, and those concerned agencies affected," Tolentino said in a statement.

He admitted that the apprehended motorcycles are property of the

Apart from the regular SS benefits, Macasaet added that self-employed members or their dependents can also avail of a compensation package under the Employees' Compensation Program (ECP) in the event of work-related sickness, injury, or death.

Macasaet and other SSS officials also convened with over 300 Overseas Filipino Workers (OFWs), barangay officials, pensioners, and other stakeholders at the Mount Malaratay Golf and Country Club to discuss the value of SSS membership, including the programs and services that SSS offers to its stakeholders.

He added that queries and concerns of participants were addressed during the open forum. "We directed them to our offsite e-Centers and they were assisted by our branch personnel for immediate action," Macasaet concluded.

TOLENTINO APOLOGIZES OVER ARREST OF MMDA ESCORTS

MMDA, but emphasized that his office does not have any control as to what markings they carry.

Tolentino, who is a former MMDA chairperson, said he asked the agency to remove all stickers, whether decorative or even international decals, and ensure compliance with all relevant regulations.

"I reaffirm my unwavering support for law enforcement agencies and pledge to continue working closely with them to uphold the rule of law and ensure the safety and security of all citizens," he said.

The senator urged authorities to further investigate the incident and identify the source of the 'POLICE' and 'Master Rider's Badge' insignias used by the offending MMDA personnel. (PNA)

i am with you always



MANILA – President Ferdinand R. Marcos Jr. on Friday emphasized the need to reaffirm the sovereign equality of all states amid the challenges that blur the way for a united community of nations.

In his historic address for the 21st International Institute for Strategic Studies (IISS) Shangri-La Dialogue in Singapore, Marcos said the principle of sovereign equality that is included in the United Nations (UN) charter is among the constants that should guide nations in preparing for the challenges ahead.

"The sovereign equality of states must remain sacrosanct," Marcos said.

He issued a call to reject unfair narratives to prevent other countries from imposing "hierarchy" on others.

"We must reject unjust narratives that seek to subsume distinct national interests into so-called 'major country' dynamics, which seek to impose hierarchy among nations," Marcos said.

"Those who came before us fought

tirelessly throughout the last century to eliminate the age of spheres of influence and buffer states. We should not allow its ghost to haunt our region once more."

He also called on members of the Indo-Pacific region to unite and make a bold stand against violations of international rules-based orders in the South China Sea (SCS).

The President reminded Indo-Pacific members they are not just "bystanders to unfolding world events."

"We should transcend geopolitics, find common ground, (and) work to strengthen global institutions. This requires active leadership on the part of middle powers, which have the capacity to cross political and ideological lines, forge genuine consensus, and lead credible efforts towards decisive multilateral solutions," he said.

"We need to begin by resoundingly rejecting misguided interpretations that paint our region as a mere theater of geopolitical rivalries. We are not mere bystanders to

unfolding world events. We are the actors that drive those events. We are the main characters in our collective story. We are the owners of the narratives of our regional community."

Marcos said any attempt to deny any country's strategic agencies must be rejected, "especially by force that seek to subordinate our interests to anyone else's."

Aside from sovereign equality, he noted the importance of ASEAN-led processes, as well as the rule of law and integrity of multilateralism as the three guiding constants for the region in the face of "seven realities in the Indo-Pacific."

The first reality, according to him, is that the future of the region will be determined by many nations.

Marcos said each of them has its own unique experiences and aspirations, "yet their respective agencies are being challenged by attempts to undermine our faith in prevailing international norms."

He identified the second reality as the strategic competition between China and the United States that is permeating the evolving regional landscape.

Their rivalry is constraining the strategic choices of regional states, he said, adding that their contest is exacerbating flashpoints and has created new security dilemmas.

Another reality, the President said, is that the region looks to ASEAN as the institution that should hold the center amid these evolving dynamics.

He, however, said challenges threaten the unity and centrality.

Fourth, as geopolitics continue to permeate the global governance architecture, the role of bridge-builders has become increasingly important in forging decisive multilateral solutions, Marcos said

The fifth, he said, is that the global commons would continue to be crucial to the security of all states in the region.

He said the access of developing countries to the high seas and outer space, and to the

peaceful uses of science and technologies, is crucial to international development.

The sixth reality, he said, is that climate change remains a deadly challenge for the region and the world.

It is the first truly global threat, Marcos said.

"For the first time, we face a crisis that affects every single human being on earth and requires action from every single human being as well," he added.

The seventh reality is that the development of advanced technologies is rapidly transforming human life and experience.

"These technologies will solve many of our old problems, but they are so powerful that they also have the potential to disrupt our political and our social orders," Marcos said.

"These seven realities muddle the waters that we have to navigate in our collective journey as a community of nations. We cannot reverse course. We must persevere. We must push through."

He said the current juncture does not call

for a revision of the regional order; instead, it reaffirms the wisdom of San Francisco in 1945, Bangkok in 1967, and Manila in 1982.

"Let us return to San Francisco and reaffirm the sovereign equality of all states... Let us also return to Bangkok and support ASEAN's efforts to build a rules-based, people-oriented, and (people-centered) regional community... Let us return as well to Manila and reaffirm our common understanding of how international law governs the peaceful settlement of disputes," the President said.

"Amidst misleading narratives that seek to discredit international legal procedures, there is a need to reaffirm that those modalities are an expression of good faith. They are a service to the progressive development and codification of international law. They are never an unfriendly act."

Marcos made history as the first Philippine leader to deliver a keynote address before the IISS Shangri-La Dialogue, the leading defense and security conference in the Asia-Pacific region. (PNA)

forum where participants had the opportunity to ask questions and seek clarifications from the speakers. The interactive session allowed for the exchange of ideas and best practices, fostering a collaborative spirit among the child development workers and teachers.

The activity marks a significant step forward in the province's commitment to providing high-quality early childhood education. By equipping educators with the necessary tools and knowledge, the Provincial Government of Cavite ensures that its youngest citizens receive the best possible start in life. – JDP

with national standards and expectations.

In the latter part of the day, Mr. Aries Panganiban, PECCD Focal Person, presented the New Standards and Guidelines, along with the Guidelines on the Registration and Granting of Permit and Recognition to Public and Private Child Development Centers and Learning Centers. His detailed discussion outlined the procedures, requirements, and criteria for registration and recognition, ensuring that all attendees were well-informed and prepared to comply with the new regulations.

The orientation concluded with an open



Orientation on New Assessment Tool for Child Development Centers



Child development workers and teachers from across the province gathered at the Ceremonial Hall of the Provincial Capitol in Trece Martires City for an orientation on the new assessment tool for registration and granting permits to public and private child development centers spearheaded by the Office of

the Provincial Social Welfare Development Officer on May 23-24, 2024.

The two-day event aimed to equip participants with essential knowledge and skills to enhance the quality of early childhood education in the province. The program commenced with a warm welcome and opening remarks, setting the stage for an engaging and infor-

mative session.

Ms. Melody Ronquillo, Regional ACDEV Secretary, kicked off the first day with a comprehensive discussion on the Competency Standards for Child Development Workers and Child Development Teachers. She emphasized the importance of adhering to these standards to ensure the delivery of high-quality ed-

ucation and care for young children.

Following Ms. Ronquillo's session, Ms. Perla Reyes, National CDW President took the floor to delve into Developmentally Appropriate Practice. Her presentation focused on the principles and practices that support the optimal development and learning of young children, stressing the need for educators to be attuned to the developmental stages and individual needs of their students.

The second day of the orientation continued with an insightful session led by Ms. Precyl Ramos, OIC-OPSWDO. She provided an Overview on the National Early Learning Curriculum and the National Early Learning Framework, highlighting the curriculum's goals, structure, and implementation strategies. Her session aimed to align the educators' teaching practices

LIPA CITY, Batangas - Social Security System (SSS) President and Chief Executive Officer Rolando Ledesma Macasaet said that 67,000 members working in the Lima Industrial Park and Lipa City Hall can now conduct their SSS transactions at their workplace with the help of localized SSS e-centers in their offices.

Macasaet said that SSS signed two separate agreements with Lima Land Inc. and the city government of Lipa for the establishment of e-centers in their offices last May 17 in this city.

"Since full-time work schedules can be demanding for most of our employed members, we will bring e-Centers directly to their workplaces. This will lessen the need for our members to visit our branches during office hours, making it easier for them to access My.SSS accounts during breaks and after work," Macasaet said.

He said that workers can access the SSS e-Centers 24/7 to get their Social Security (SS) numbers online through the SSS website; create a My.SSS account and reset the account password; update contact information, enroll disbursement accounts; generate Payment VReference Number (PRN) for contribution and loan payments; view contribution and loan records; and submit a benefit and loan application via the

My.SSS member portal.

"We strongly advise our employed members to check their contributions and loan records regularly to ensure that employers comply with their legal obligations and that their benefit and loan eligibilities will not be compromised," Macasaet added.

Meanwhile, Macasaet sealed partnerships with a state university and other local government units to extend social security protection and services to over 1,000 workers.

He said that job order (JO) and contract of service (COS) workers in Batangas State University – The National Engineering University (BatStateU), City Government of Tanauan, and Municipal Governments of Cuenca and Malvar will be registered as SSS self-employed members under the KaSSSangga Collect Program.

"The SSS is glad to extend our programs and services to our workers in the academe who share their grit and passion with our young generation, as well as to the city and municipal workers who selflessly provide public service to their fellow Batangueños. Although they cannot enjoy the benefits of a regular government employee, SSS is here to provide their safety nets in their future contingencies," Macasaet said.

He explained that

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program partners shall deduct the Social Security (SS) and Employees' Compensation (EC) contributions from worker's payroll and remit these to the SSS through a salary deduction scheme.

"Through this program, they will become eligible for sickness, maternity, disability, retirement, death and funeral benefits under the Social Security Program, as well as loan privileges for immediate financial needs," Macasaet said.

Apart from the regular SS benefits, Macasaet added that self-employed members or their dependents can also avail of a compensation package under the Employees' Compensation Program (ECP) in the event of work-related sickness, injury, or death.

Macasaet and other SSS officials also convened with over 300 Overseas Filipino Workers (OFWs), barangay officials, pensioners, and other stakeholders at the Mount Malarayat Golf and Country Club to discuss the value of SSS membership, including the programs and services that SSS offers to its stakeholders.

He added that queries and concerns of participants were addressed during the open forum. "We directed them to our offsite e-Centers and they were assisted by our branch personnel for immediate action," Macasaet concluded.

Ex-DND chief hints of running for senator in the next elections



CAGAYAN DE ORO CITY – Former Secretary of the Department of National Defense hinted at running for senator in the upcoming elections.

Former DND Secretary Norberto Gonzales said he is offering a

new brand of genuine politics used by many democratic countries of the world.

"I ran for president in the past. But the intention of running is not about winning or losing but of introducing the kind of politics that our nation deserves," he claimed.

Gonzales said that during the presidential debate hosted by SMNI he received 10 million FB likes. "That gives me hope that people are still open for changes," he said.

Gonzales also said that the Filipino people should welcome a brand of politics that is really a key to developments in the country, not a politics that is only enjoyed by the moneyed politicians.

Gonzales lost when he ran for president in the past elections.

"I do not mind winning or losing the elections so long as I introduce the politics that is not all money, money, but genuine politics for all," he concluded.



MANILA – The Government Service Insurance System (GSIS) on Friday launched the GSIS Digital ID, marking a significant step in its journey to digital transformation.

The launch was made simultaneously with the state pension fund's 87th anniversary with the theme, "GSIS @87: Kabalikatan sa Bagong Pilipinas."

GSIS President and General Manag-

er Wick Veloso said the enhancement is "another leap" in the pension fund's efforts to automate processes, streamline services, and improve customer experience for members and pensioners.

"The GSIS continuously strives to stay ahead and make it safer and more convenient for government workers to transact. We are not just launching a digital ID – this signals a new era where our members and pensioners can fully access our services easily through their smartphones," Veloso said.

"The launch of the GSIS Digital ID aligns with the Bagong Pilipinas Strategy of the administration, with the GSIS as a

key partner in implementing robust measures to develop innovative solutions, driving progress and sustainable development for our country."

The GSIS Digital ID is integrated into the GSIS Touch mobile app, allowing registered users to access their digital ID for identity authentication, enhancing efficiency, security, and avoiding fraud.

As of December 2023, 97 percent of GSIS loan transactions were processed electronically, demonstrating the organization's commitment to convenience and accessibility.

In April 2024, GSIS discontinued the production of Unified Multipurpose Identification



Matagumpay na naisagawa ng Department of Health – Center for Health Development (DOH-CHD) Calabarzon ang kauna-unahang Regional Buntis Summit sa Imus, Cavite noong Mayo 24.

Layon ng aktibidad na may temang, "Safe Beginnings" na mapangalagaan ang mga kababaihang buntis at mabigyan sila ng tamang kaalaman na makatatulong sa kanilang ligtas na pagdadalang tao. Sa pamamagitan ng programa ay nagbigay ang DOH Region IV-A ng educational workshop session hinggil sa Prenatal Care, Nutrition, Childbirth, Birth Plan Techniques, Breastfeeding, Laboratory test, Prenatal, Dental check-up at ultrasound. | via Health Education and Promotion Unit - DOH CHD Calabarzon

Toll road services must be improved before any rate hike - Gatchalian



MANILA – Senator Sherwin Gatchalian on Sunday urged the Toll Regulatory Board (TRB) to ensure that operators of the country's major toll roads improve their services before any additional rate hike is approved and implemented.

The TRB has approved the second tranche of toll adjustments for the North Luzon Expressway (NLEX), resulting in higher toll rates for motorists starting June 4.

"I pass through NLEX regularly and I know

the situation firsthand. People usually complain about the faulty cashless reader and horrible traffic, especially during weekends or holiday breaks when there is a surge of motorists traversing the toll road," he said in a news release.

"Operators of these toll roads should first fix their defective cashless system and implement a program that would ease traffic congestion before any rate hike is adopted," he added.

Gatchalian noted that motorists continue to endure vehicular bottlenecks in certain parts of toll roads, particularly in areas approaching toll booths.

He also said the cashless payment system

of major toll roads continues to be erratic, contributing to vehicular build-up in certain areas.

"Any rate adjustment in the country's main toll roads should translate into higher service standards and better experience for motorists," he said.

"Siguraduhin muna ng TRB na maayos ang pagpapalakad ng mga operator sa NLEX at SLEX bago ito magpasya ng dagdag bayad para sa mga dumadaan dito (The TRB will first make sure that the operators at NLEX and South Luzon Expressway are operating properly before it decides on the surcharge for those passing through it)," he added. (PR)