

SSS urges members to boost their savings with MySSS Pension Booster

Social Security System (SSS) President and Chief Executive Officer Rolando Ledesma Macasaet called on members to take advantage of the SSS savings program that will allow their invested money to grow and earn a higher return yearly.

In a press briefing, Macasaet said that SSS offers them the MySSS Pension Booster as a program to boost their retirement funds and savings, which can provide a projected annual return rate of 7.2 percent.

Macasaet said that the MySSS Pension Booster is composed of mandatory and voluntary schemes. "Under the mandatory scheme, members contributing above the ceiling of P20,000 to the Regular SSS Program are automatically enrolled in the savings plan."

Meanwhile, Macasaet said that the voluntary scheme is open to all members, especially those who want to invest more in their retirement or savings. SSS also invites those applying for the issuance of a Social Security (SS) number to enroll in the program.

Macasaet explained that they only need P500 to start savings in the voluntary scheme of the MySSS Pension Booster, and they can contribute any amount anytime because there is no limit on the amount they can invest.

"If you want to build your retirement fund while you are young, invest in the MySSS Pension Booster. You have a medium-term financial goal? Why not start saving your money in the MySSS Pension Booster to reach that goal? Our savings program offers so much flexibility than most savings programs," he remarked.

He said that SSS allows partial or full withdraw-

al of their savings in the program wherein they get their total contributions together with the investment earnings.

He added that members are encouraged to retain their money in the program until they retire. "When they get their retirement, total disability or death benefits from the Regular SSS Program, they will also receive their total contributions plus investment earnings from the MySSS Pension Booster tax-free.

Start investing now

Macasaet told maritime professionals, Overseas Filipino Workers (OFWs), self-employed professionals, and corporate executives, to start building their retirement funds as early as today, adding, "Planning and saving for retirement should begin from the first day they start earning money."

"When people are in their 20s, they have their whole life ahead of them. Saving for their retirement becomes their least priority. However, the best time for them to start saving for retirement is today while they are young. When they retire, they will realize the immense value of building a retirement fund early in their lives," Macasaet.

Macasaet explained that one of the benefits of planning their retirement early is they will have sufficient time to grow their retirement fund to a level they want. "When they start young, they save smaller amounts regularly and avoid feeling the pressure of saving larger amounts a shorter period because their retirement is nearing," he said.

He added that another advantage of saving for retirement early is compound interest, as in the case of the MySSS Pension Booster, where members' pooled contributions earn investment income annually.

"The younger they start contributing to the MySSS Pension Booster, the longer they have time to grow their retirement savings. If they start contributing now while they are in their 20s, they will have ample time to build the retirement fund they want rather than start saving when they are already in their 40s," he said.

Macasaet emphasized that they could maximize their earnings from the MySSS Pension Booster if they stay in the program for at least five years or more because the longer they leave their money with SSS, the bigger earnings they will get.

Earlier this week, SSS rebranded its Worker's Investment and Savings Program (WISP) and WISP Plus into the MySSS Pension Booster as SSS repositioned its savings program to cater to corporate managers and executives, doctors, lawyers, OFWs, Filipino expats, seafarers, and young professionals who want to boost their savings or retirement funds.

The MySSS Pension Booster is among the reforms introduced by Republic Act No. 11199 or the Social Security Act of 2018, sponsored by Finance Secretary Ralph G. Recto during his tenure as a senator, who also serves as the Chairperson of the Social Security Commission, the highest governing body of the SSS.

To learn more about the program, please accessed this link bit.ly/FAQPensionBooster to make that move and get that boost.

STRAIGHT NEWS PUBLISHING

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SSS reiterates: 'Social security is a basic humanright'



Engr. Igharas cited the importance of UPLB job orders, contract of service workers and students to be enrolled in SSS ensuring that these individuals receive social security benefits, which can provide financial protection and support in times of need during sickness, maternity, disability, retirement, and death. (AM/PIA 4A)

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Marcos readies relief packages for flood-hit LGUs

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ENCHANTED KINGDOM CELEBRATES ELДАР THE WIZARD'S MAGICAL BIRTHDAY

Eldar the Wizard is the iconic character of Enchanted Kingdom, the first and only world class theme park in the Philippines. He is known to teach children to uphold the EK core values of Love of God, Respect, Integrity, Loyalty, and Innovativeness.

As Eldar's dream is to share joy, love, and magic with everyone, EK brings a month-long celebration in honor of the jolly and wise wizard.

Join Eldar's Birthday Bash

Eldar the Wizard invites you to the most magical birthday celebration, Eldar's Birthday Bash, on July 27 (Saturday), 3PM at the Eldar's Theater! Guests will truly enjoy special access to surprising gifts, tasty treats, enchanting performances, and so much more! Kids and kids at heart get the chance to learn EK's core values through fun and EKciting games and activities.

To make the event more enchanting, Eldar and the rest of his storybook friends will also be there for this FUNtastic celebration.

Slots are limited

23

ELДАР'S BIRTHDAY BASH

July 27, Saturday | 3PM | Eldar's Theatre

Event Pass Rates:

Non - EKMC Members	EKMC Members
PHP 600	PHP 500

*For Regular Day Pass and Express One Day Pass holders

and Event Access Pass of Php600 is available for walk-in guests (Regular Day Pass or EKspress One Day Pass holders) and a special Php500 rate for all EKsperience the Magic Card (EKMC) members.

Enjoy Eldar's Birthday Treat Promo (July 28-August 31, 2024)

Eldar has an EKstra gift for everyone on his birthday!

For only Php1,200, enjoy one (1) Regular Day Pass to EKsperience unlimited rides and attractions, one (1) Eldar's Purple Brew drink, and one (1) Php100 discount voucher for Eldar-branded merchandise when you book via the EK Online Store from July 28 to August 31. Walk-in guests will also get to savor one (1) Eldar's Purple Brew drink!

The Eldar's Birthday Treat Promo is valid for visits from July 28 to August 31.

Experience our award-winning EK merchandise store, Eldar's

Specialty Shoppe

Thinking about where to use your Php100 discount voucher? Check out Eldar's Specialty Shoppe!

Eldar's Specialty Shoppe is EK's flagship retail store featuring the jolly and wizard. Just last year, it won the highly-coveted International Association of Amusement Parks and Attractions (IAAPA) Brass Ring Excellence Award for the Best Retail Visual Merchandise.

There are adorable shirts, playful wizard costumes and hats, handcrafted accessories, Eldar pillows, Eldar keychains, animal plush toys and a variety of memorable items you can take home for guests of all ages.

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

DISTRIBUTION OF EDUCATION ASSISTANCE IN CVSU IMUS CITY

TAPAT SA BAYAN. TAPAT SA USAPAN.

On July 10, 2024, Cavite provincial government held a significant event at the CvSU Imus Campus Gymnasium, as Governor Jonvic C. Remulla led the distribution of educational assistance to 3,093 beneficiaries under the Provincial Scholarship Program. This momentous occasion was attended by key officials, including the campus administrator, Dr. Jenny Beb F. Espineli, Imus City Mayor Alex "AA" L. Advincula, Vice Mayor Homer Saqui-

layan, Imus City Councilors, and Third District Board Member Ony Cantimban.

Governor Remulla delivered an inspirational message that resonated with the students, emphasizing the value of perseverance, hard work, and the transformative power of education. In his speech, he shared personal anecdotes and encouraged students to make the most of the opportunities presented to them. He highlighted the role of ed-

ucation in achieving one's dreams and the collective progress it brings to the community. His message was met with enthusiastic applause and left a lasting impression on all attendees.

Mayor Advincula and Vice Mayor Saquilyan, along with the city councilors, also expressed their support for the scholarship program, acknowledging the collaborative effort between the local government and educational institutions to uplift

CAYETANO: EMERGENCY RESPONSE DEPARTMENT NEEDED AMID GROWING EXTREME WEATHER EVENTS

P5

GATCHALIAN PUSHES FOR DEDICATED EVACUATION CENTERS TO END SCHOOL USE

Cont. on Page 2

Amid the onslaught of typhoon Carina, Senator Win Gatchalian is pressing anew the need to construct dedicated evacuation centers to refrain from using schools as evacuation centers.

The lawmaker pointed out that during calamities, the common practice is to use public schools as evacuation centers, which disrupts learning continuity. Under

DTI: Price freeze in effect in National Capital Region amid state of calamity due to Typhoon Carina

P2

POINT OF VIEW

100 HEALTH AND FITNESS TIPS

1. Eat a healthy breakfast.
Eating breakfast starts your day off on the right foot and gives you fuel for the day that will help you make better food decisions throughout the day.

2. Get moving.
Walk where you can, whenever you can. Walk to a co-worker's desk instead of sending an email. Take a lap around the block. You don't have to take long or intense walks, but try to add a few more steps to your day.

3. Find a workout buddy.
It may not be for everyone, but for a lot of people, having a buddy to meet for workouts helps with accountability and enjoyability. If your friends' workout schedules don't work with yours, check out our small group training and group exercise options.

4. Make it easier to get a full night's sleep.
Blocking out unwanted noise, keeping your room cooler and making sure your bedroom is dark enough are all ways to help perfect your sleeping environment.

5. Play with your pet.
Your furry friend does a great job of reducing stress in your life, and reducing stress in your life makes it easier to keep your fitness goals. Also, putting effort into playtime with your pet may be a great way to get your MEPs for the day!

6. Spend time with positive people.
When getting started with a new habit or lifestyle change, it's important to surround yourself with people who support you and can give you encouragement. Make plans with your support system this week to absorb some positivity.

7. Review your MYZONE app/emails.
Seeing what you have accomplished will keep you motivated, allow you to see your progress and keep you focused on your goals.

8. Make food changes slowly.
Don't try to change everything at once! Instead of making drastic changes all at once, make a few small adjustments every week or month to help you get where you want to be. Try a new food or modify the proportions you eat, and let your body acclimate between changes.

9. Eight (8-ounce) cups of water a day.
The amount of water each person needs can vary, but eight cups a day is a good rule of thumb (possibly more depending on your activity level). With all the MYZONE workouts you'll be completing, be sure to stay hydrated!

10. Start your day off with positive thoughts.
What are you looking forward to? What fun or exciting things may happen today? We're not telling you to forget any negative or worrisome things you are dealing with in your life, just remind yourself of the things that can and do give you a sense of calm or put a smile on your face. For those interested, we also offer meditation classes at the Staenberg Family Complex as part of our group exercise schedule! Join us on Fridays at 7am.

DTI ...

MANILA — On July 24, the Department of Trade and Industry (DTI) announced a price freeze on basic necessities in National Capital Region following the declaration of a state of calamity by the Metro Manila Council (MMC) due to the devastating effects of Typhoon Carina and the southwest monsoon.

"The price freeze, effective immediately, aims to protect consumers from unjust price increases during this time of crisis," said DTI Secretary Fred Pascual.

"We are committed to ensuring that basic goods remain affordable and accessible to all affected residents," he added.

The price freeze will be in effect during the state of calamity. The DTI is closely coordinating with its NCR regional office in NCR to monitor the situation and guarantee the availability of essential goods.

This price control includes essential goods such as rice, corn, bread, fresh vegetables, roots crops, pork, beef, poultry, eggs, milk, coffee, sugar, cooking oil, salt, laundry soap, detergent, firewood, charcoal, candles, and

Marcos...

MANILA – President Ferdinand R. Marcos Jr. on Thursday said he will start working on lumping up relief packages for local government units (LGUs) affected by Super Typhoon Carina and the enhanced southwest monsoon or habagat.

Speaking to reporters after personally inspecting the situation and providing assistance to residents in Valenzuela and Navotas, Marcos said some LGUs have already reached out to the Office of the President for the provision of relief packages.

Marcos said he will be visiting more areas to find out the needs of victims, especially those who suffered severe flooding.

"Now, when I get back to the office, I will be putting together ---now that I know what the situ-

certain medicines classified as essential by the Department of Health.

Secretary Pascual issued a stern warning to businesses that may attempt to exploit the situation:

"We have activated our monitoring teams to strictly enforce the price freeze. Those found violating the law will face severe consequences, including imprisonment and substantial fines. We urge all establishments to comply with the price freeze and prioritize the well-being of our fellow citizens during this difficult time."

"We understand the challenges faced by our kababayans in Metro Manila due to the typhoon. Rest assured that the DTI is working tirelessly to maintain price stability and safeguard the welfare of consumers," Secretary Pascual reassured.

The DTI, in coordination with other relevant government agencies, will closely monitor the prices of these items to ensure compliance.

Consumers are encouraged to report any overpricing or violations to the DTI Consumer Care Hotline at 1-384 or email consumer@dti.gov.ph. (DTI)

FROM PAGE 1

ation is, where the areas are that need the most... we'll be putting together already the relief packages for the LGUs," Marcos told reporters

"Here in NCR (National Capital Region), not only NCR, in Region 3, in Calabarzon, NCR, marami nang tumawag sa akin kaninang umaga pa (A lot of people have been calling me up since the morning). So, we will put that all together so that we can go to DBM (Department of Budget and Management) and tell them to release this already para magamit na ng ating mga (so it can already be used by our) officials," he added.

The DBM earlier said the government still has some PHP11.123 billion in calamity funds for this year. (PNA)

PHILHEALTH: HEALTH FACILITIES APPLY AS ACCREDITED 'KONSULTA' PROVIDERS



MANILA — The Philippine Health Insurance Corporation (PhilHealth) on Thursday urged health facilities to apply as accredited Konsulta Package providers in their areas.

In a radio show over DZBB 594, PhilHealth Corporate Affairs Group acting Vice President Rey Baleña said the national government targets to have over 5,000 Konsulta Package providers in line with its goal to make quality primary healthcare accessible for every Filipino

Currently, the PhilHealth has 2,686 accredited Konsulta Package providers nationwide and their details can be found in the PhilHealth website.

They provide medical consultations and preventive health services. They also help patients get services from other partner health facilities or referrals to appropriate hospitals for disease treatment

"Patuloy po tayo nanawagan sa mga qualified na maging Konsulta Package providers na magpa-accredit na po (We call on qualified Konsulta Package providers to apply for accreditation)," Baleña said.

Rural health units, private clinics, out-

GATCHALIAN ...

Department of Education (DepEd) Order No. 37 s. 2022, the use of schools as evacuation centers shall not exceed 15 days.

Gatchalian is one of the co-authors of the Ligtas Pinoy Centers Act (Senate Bill No. 2451), which seeks to establish evacuation centers in all cities and municipalities nationwide. Under the proposed measure, these evacuation centers shall provide immediate and temporary evacuation for people displaced by human-induced disasters, calamities, or emergencies such as floods, typhoons, earthquakes, fire, and the outbreak of diseases, among others.

"Dahil madalas tayong nakakaranas ng mga kalamidad tulad ng

patient departments, company clinics and school clinics may apply, he added.

"Meron pong mga eskwelahan, kapag may Konsulta Package provider dun, eh di yung mga faculty at mga estudyante na naroon hagip na po nila yun (If there are schools with a Konsulta Package provider, the faculty and students may be included)," he said.

Last week, the PhilHealth Board increased the capitation per patient from PHP550 to PHP1,700 every year.

To avail of the Konsulta Package benefits, members must register to the provider of their choice using their PhilHealth identification number via the member portal.

"Sinabi po sa Universal Health Care Law, tayo po ang kelangan mamili ng Konsulta Package provider or primary care provider, hindi ang PhilHealth ang pipili para sa miyembro (The Universal Health Care Law states that the members should choose their own Konsulta Package provider or primary care provider, PhilHealth will not choose for them)," Baleña said.

He advised members to choose providers that are near to their residences or workplaces. (PNA)

FROM PAGE 1

bagyo at baha, mahal-agang tiyakin natin ang kahandaan ng ating bansang rumesponde, kabilang ang pagbibigay ng pansamantalang tirahan sa mga nasalanta. Bahagi ng pagpapaigting ng ating kakayahang rumesponde sa mga kalamidad ang pagkakaroon ng mga evacuation center, at napapanahon nang simulan natin ang pagpapatayo sa bawat lungsod at munisipalidad," said Gatchalian, Chairperson of the Senate Committee on Basic Education.

Under the Ligtas Pinoy Centers Act, the evacuation centers should withstand super typhoons or wind speeds at least 300 kilometers per hour and seismic activity of at least 8.0 magnitude



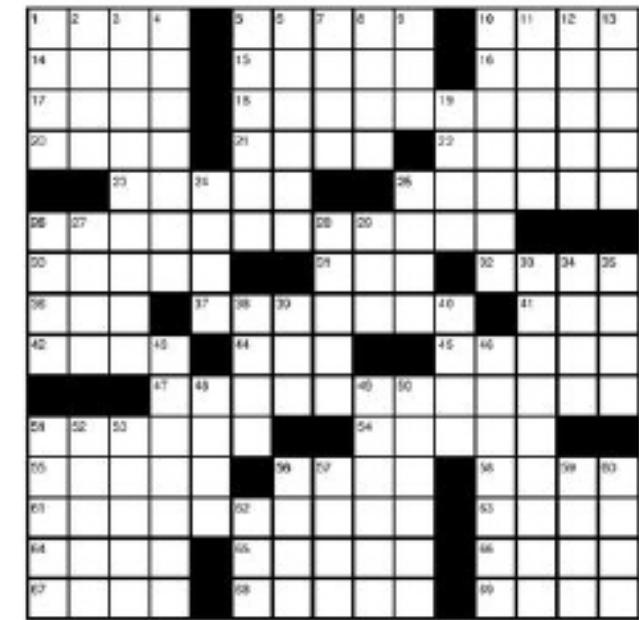
ACROSS

- 1 River hazard
- 5 It aids commerce in Cancun, Kalamazoo, and Calgary
- 10 Left 21 across or 8 down
- 14 He's blue without his red or white
- 15 Offering from Google or Yahoo
- 16 He may be blue because he's in the red
- 17 Golden rule word
- 18 Princess in plum?
- 20 One might at a Vegas hotel
- 21 Certain hand-outs
- 22 Coolpix camera maker
- 23 Fabric for a sundress
- 25 Creatures of clay
- 26 Share the stage with journalist Andrea?
- 30 See eye to eye
- 31 Lord's Prayer start
- 32 Blown away
- 36 Org. that sticks to its guns
- 37 Auto dealer's option, and a hint to this puzzle's theme
- 41 Greeting for Ceasar
- 42 Congers and morays, e.g.
- 44 Keats creation
- 45 Novelist Joyce Carol
- 47 Ceasar's boastful bon mot?
- 51 Like this clue
- 54 Pendragon of legend
- 55 Stock holding
- 56 Word with back or off
- 58 Tach readings
- 61 San Fran sportscaster?
- 63 "Piggies"
- 64 Ceasars challenge
- 65 One with grievances, perhaps
- 66 Classic Lotus model
- 67 Kind of waist
- 68 Strand in Rapunzel's rope
- 69 Oxford fellows

SUDOKU

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

CROSSWORD PUZZLES

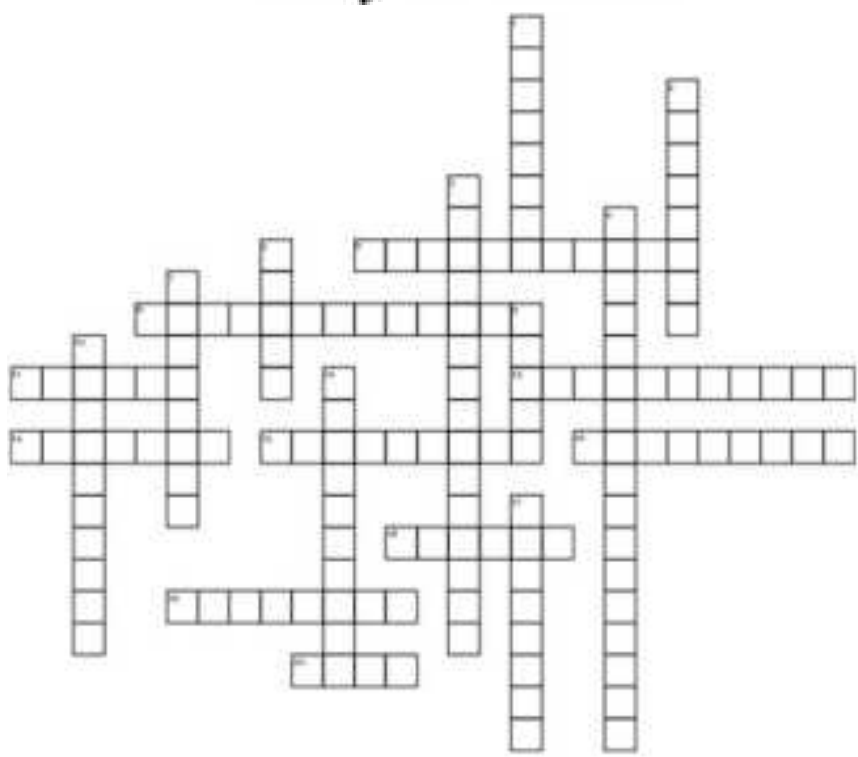


DOWN

- 1 Like one leg of a triathlon
- 2 First of a famous sailing trio
- 3 Like AZT
- 4 "Well said!"
- 5 Himalayan denizen
- 6 Worn magic item
- 7 McDonald's e.g.
- 8 Certain hand-outs
- 9 Tide alternative
- 10 Silverback, e.g.
- 11 No longer napping
- 12 Asp's output
- 13 Moran and Brockovich
- 19 Hydroxyl compound
- 24 "...until _____ a man with no feet."
- 25 "Its Raining Men" singer
- 27 Man-eater of myth
- 28 Many a software engineer
- 29 Blue. red, or white
- 33 Sport with very wet horses?
- 34 What to get after an insult
- 35 He loved Lucy
- 38 Unchangeable storage
- 39 Stir
- 40 A bagel and lox, perhaps
- 43 Buttress
- 46 Kept a bay
- 48 Mouse manipulator
- 49 You'll find many in a pound
- 50 Pronounces
- 51 How good was it?
- 52 Tony-winning Rivera
- 53 Dennis Miller specialty
- 56 Evening on the Champs-Elysees
- 57 Land of the leprechauns

L	B	M	Y	S	T	E	R	I	O	U	S	M
O	E	C	Z	P	G	M	A	G	I	C	A	L
G	A	Y	P	E	R	F	E	C	T	R	S	G
B	S	M	Y	T	H	U	X	J	S	C	P	H
E	T	T	A	L	E	S	Q	S	Q	D	A	U
A	Q	D	A	J	T	U	N	I	C	O	R	N
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L	F	A	I	R	Y	T	L	E	D	D	H	D
MYTH	UNICORN	FAIRY	FANTASY	MAGICAL	PERFECT	LEGENDARY	MYSTICAL	RAINBOW	BEAUTIFUL	WILD	SPARKLE	MYSTERIOUS
BEAST	REAL	TALES										

Disney Movie Titles



Across

6. He has a lucky fin.
8. Wants to be where the people are.
11. Do you wanna build a Snowman.
13. Just a Snap and the Job is a game.
14. Can Fly on a Magic Carpet.
15. Wants to be a Real Boy.

Down

16. Has Poisonous Apples
18. Raised By Aps.
19. Wants to Be one of the Gods
20. Wants to win a Piston Cup.
21. Off to Never land!
22. Infinity and Beyond
23. shared a plate of spaghetti.

4. Falls in Love with a Monster
5. One of China's greatest heroines.
7. hakuna matata
9. Can fly with his ears
10. Native Princess
12. Leaves a Glass Slipper Behind
17. Has Magic Glowing Hair

BLACK HOLES OF RENEWAL

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

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

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

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

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

Soulution of the Day :

Spend some time in the dark today.



CARD MRI Founder and Chairman Emeritus Dr. Jaime Aristotle Alip delivered his congratulatory message for the official launching of CARD MRI's savings product.

CARD MRI Banking Group launched its latest savings product—an exclusive savings account designed for senior citizens. The launching was held at CARD MRI Basement, Paulino Street, San Pablo City, Laguna on March 18, 2024.

CARD MRI Founder and Chairman Emeritus Dr. Jaime Aris-

totle Alip emphasized the importance of seniors to CARD MRI saying, "Many of CARD MRI clients are aged 60 and above, prompting us to consider additional means of securing their financial well-being, which is why we came up with a savings account exclusively for them. Through this initiative, we hope that our elderly cli-

ents continue to feel valued and supported just like how we have always been from the beginning."

How it started During a visit to an Indian bank, Dr. Alip and several members of the management team witnessed the special attention given to senior citizens through exclusive banking products tailored

DENR ACTIVATES MEASURES TO HELP CONTAIN BATAAN OIL SPILL

MANILA — The Department of Environment and Natural Resources (DENR) on Monday said it has activated programs to assist other agencies in containing the oil spill from the sunken M/T Terra Nova off the coast of Limay, Bataan.

In a statement, Environment Secretary Maria Antonio Yulo-Loyzaga said a survey of the site of the sunken vessel has already been completed as weather conditions improved last week.

Yulo-Loyzaga said the DENR, particularly its Environmental Management Bureau (EMB), has implemented necessary measures to determine the extent of the oil spill's effects.

"Ang EMB po ang in charge dito sa water quality at air quality po namin, natin lahat, in terms of interpreting kung ano ba talaga ang nangyayari dito sa water bodies sa near shore at sa onshore po natin at 'yung air quality po kung maayos pa po or may contamination na po because of the evaporation ng langis (The EMB is in charge of testing the

water quality and air quality, in terms of interpreting what really happened at the bodies of water in the near shore and onshore and of course, whether the air quality is safe or there was contamination because of the evaporation of the oil)," she said.

Yulo-Loyzaga said the DENR has also activated "hazardous transport companies" and laboratories, as well as procedures for waste treatment.

"Nandito rin po kami upang mag-support sa pag create ng mga tinatawag nating natural spill booms. So ang mga tumulong po sa atin during Mindoro oil spill ay nandito na po sa Pampanga at ready na po sila mag-train at ang mga makina nila po ay nandito na (We are also here to support the creation of what we call natural spill booms. So those who helped us during the Mindoro oil spill are here in Pampanga and they are ready to train and their machines are also here)," she said.

Yulo-Loyzaga said the agency is also keeping a close watch on

the effects of the disaster on ecosystems.

"Ang mangroves natin, ang areas for fisheries, ang fish ponds, ang mga seafood growing areas na sana po hindi po sila madadamay dito sa oil spill na ito. Kaya po ang isa po sa inatas sa amin ni

President (Ferdinand R. Marcos Jr.) at kay (Secretary of Interior and Local Government) Benhur (Abalos), at kay (Social Welfare) Secretary Rex (Gatchalian), at sa mga governors po, abangan po sana natin na hindi po sana dumating ang langis po onshore or nearshore para po di madadamay ang mga food sources natin at mga sources of livelihood (Our mangroves areas for fisheries, fish ponds and seafood growing areas, we hope these would be spared from his oil spills. One of the President's orders to me, Secretary Abalos and Secretary Gatchalian is to make sure that oil spill does not reach the onshore or nearshore so that our food sources and sources of livelihood will not be affected)," she added.

Yulo-Loyzaga



CARD MRI INTRODUCES SAVINGS PRODUCT FOR SENIOR CITIZENS

to their needs. Inspired by this approach, they decided to create savings products aimed at meeting the basic financial needs of the elderly, allowing them to earn income through savings interest.

Tailored Solutions for our Senior Citizens

CARD Bank, Inc. offers the Magalang Term Deposit; CARD SME Bank provides My Wealth Savings; and CARD MRI Rizal Bank, Inc. offers the Gabay Ipon Term Deposit. Due to its exclusivity for senior citizens, its interest rate is higher compared to the regular time deposit rates of the CARD Banking Group.

The said savings product, requiring a minimum deposit of PHP10,000.00, is open to aged 60 and above.

In addition to term deposits, seniors

have the option to open a regular savings account with My Life Savings at CARD SME Bank for a minimum deposit of PHP200.00, which offers a higher interest rate than iSave.

With a vision to strengthen financial security among older people, this event marks a significant milestone in CARD MRI's commitment to serve diverse financial needs.

The launching was also graced by CARD MRI Managing Director Mr. Aristeo Dequito, CARD Bank President and CEO Ms. Marivic Austria, CARD SME Bank President and CEO Ms. Cynthia Baldeo, CARD RBI President and CEO Ms. Elma Valenzuela, Senior Advisers, CARD MRI key officers, staff, and clients.

During the event, CARD Bank client Leoni-

da Jawili and CARD SME Bank client Luz Lalap expressed gratitude for the new savings product intended for senior citizens like themselves.

"As a senior citizen, this savings product is a great help for individuals like me who rely solely on pensions. It allows me to save money while also earning through its interest rate," Leonida Jawili stated.

Meanwhile, Luz Lalap urges the elderly in her community to explore and learn more about the new savings product introduced by CARD MRI.

As of January 2024, CARD MRI had served 9,257,701 clients nationwide. For more information about CARD MRI, visit their official Facebook page at <https://web.facebook.com/CARDMRIOfficial> or their website at <https://cardm-ri.com>.

EDITORIAL:

Carina's cruelty

Metro Manila and its surrounding provinces awoke Wednesday flustered by scenes of rampaging floodwaters as high as chest-deep in some areas and some roads impassable, with financial markets, schools and offices closed.

The chilling scenario – as signal 2 remained hoisted over the area despite announcements the weather disturbance will be exiting the country's area of responsibility by Thursday – slapped the metropolis, home to 13 million people, as the southwest monsoon continued to bring heavy rains enhanced by Typhoon Carina

Before sunrise Wednesday, the eye of Carina was monitored to be 280 kilometers northeast of Iltabay, Batanes with maximum sustained winds of 155 kilometers per hour near the center with gustiness of 190 kilometers per hour and central pressure of 950 hPa.

Pressure is measured in hectoPascals (hPa), or millibars. Standard pressure at sea level is defined as 1013hPa, but we can see large areas of either high or low pressure. These areas are all relative to each other, so what defines a high will change depending on the area around it.

By noon, the rains were still continuing in some areas of the national capital, and many parts remained under water, stranding cars and morning commuters as Carina battered the metropolis

The Philippine Stock Exchange said there would be no trading in its equity market, while the nation's central bank said currency trading and monetary operations would be closed.

Local government units in the National Capital Region and east of the capital in towns of Rizal announced some of the roads and villages in their respective jurisdictions were not accessible to vehicles due to flood waters that reached from gutter to chest deep levels

The Metropolitan Manila Development Authority also released flood advisories across the NCR due to continuous rains from Tuesday night until early Wednesday morning.

Earlier the state weather bureau PAGASA raised the yellow rainfall warning – residents should be on the alert as flooding may result in flood-prone areas – over Metro Manila and seven other areas: Zambales, bataan, Pamanga, Bulacan, Cavite Batangas and Tarlac

Weather men said the southwest monsoon, enhanced by Typhoon Carina, is bringing the heavy heavy rains, forcing rivers and other waterways in the capital and nearby towns to threaten their banks.

Light to moderate with occasional heavy rains meanwhile are being experienced in Nueva Ecija, Rizal, Quezon and Laguna, with weathermen warning these rains may persist within three hours.

We enjoin residents in the affected areas to be on guard and monitor developments and warnings from the authorities including the National Disaster Risk Reduction and Management Council .

Editorial Office

CAVITE OFFICE : Blk. 5 Lot 69 Barcelona Ph. 2, Buhay Na Tubig, Imus, Cavite
Mobile No. ----- 09556586520 / 09164731260
TIN NO. ----- 237756418-000

Email ad: newsstraight172@gmail.com
soberanmavic@gmail.com

EDITORIAL BOARD

Publisher : Maria Victoria S. Soberano
Editor-In-chief : Dominador "RAEL" Soberano
Marketing Manager : Kristina Marres
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EMBRACING THE POWER OF INCLUSIVE DATE TOWARDS A RESILIENT AND EQUITABLE FUTURE FOR ALL



On July 12, 2024, the Provincial Government of Cavite, through the Office of the Provincial Population Officer (OPPO), celebrated World Population Day in partnership with the Commission on Population and Development (CPD) - CALABARZON. The event, held at the Provincial Capitol in Trece Martires City, focused on the theme "Embracing the power of inclusive data towards a resilient and equitable future for all".

This year's event emphasized how important inclusive data is for supporting sustainable

development, carrying out policies, programs, and ensuring everyone is counted. By promoting accessible data, the event aimed to support resilience and fairness in the community.

Provincial Administrator for Community Affairs, Mr. Alvin S. Mojica welcomed participants and panelists, which included CPD-CALABARZON Regional Director Marilyn F. Ogaya MADem; Ms. Emily R. Quintos of DepED Cavite Province; OPPO Officer-in-Charge Ms. Eloisa L. Comia; and, Ms. Denesse Cajulis, Pro-

vincial Information Officer. RD Ogaya delivered important insights to all participants. Following her presentation, she actively engaged with questions from the audience, providing valuable input for decision-making regarding the future population of Cavite.

The engaging discussion and exchange of ideas provided significant contribution to addressing the population issues in Cavite, giving valuable guidance to all attendees and enriching the event with diverse perspectives and expertise.

The event served as a forum where governments, organizations, and were able to discuss and address challenges related to population growth, health, education, and sustainable development. Additionally, the Office of the Provincial Population Officer extended its sincere gratitude to all esteemed speakers and participants for their invaluable support. Their expertise and active participation have played a vital role in advancing meaningful discussions and shaping strategies for a sustainable future. - Fatima A. Tamio

SERYE NG POTPARA SA MAGPIPINYA ISINAGAWA NG DA-4A SA CAVITE, LAGUNA

Isinagawa ng Department of Agriculture IV-CALABARZON (DA-4A) High Value Crops Development Program ang serye ng Training on Package of Technology (POT) Nutrient and Pest Management on Pineapple noong ika-25 hanggang ika-27 ng Hunyo sa Silang at Magallanes, Cavite; at San Pablo City, Laguna.

Layon ng POT na palakasin ang industriya ng pinya sa mga nabanggit na lalawigan sa pamamagitan ng pagsasanay sa pagkilala at pamamahala sa mga peste at sakit ng pinya gayun din ang tamang pag-aalaga ng lupa at pag-aaplay ng abono sa lupang taniman. Naging tagapagsalita sa naturang



pagsasanay ang mga kawani mula sa Regional Crop Protection Center, Regional Soils Laboratory at Enviro Scope Synergy Incorporated na nagbahagi ng kani-kanilang espesyalisasyon.

Nagpasalamat si G. Mario Estrada, Presidente ng San Pablo Pineapple Growers Association, sa isinagawang pagsasanay. Aniya, malaking tulong ito upang maipabatid sa kanila ang mga makabagong kaalaman at teknolohiya sa pagpipinya.

LOS BAÑOS, Laguna (PIA) – The Social Security System (SSS) holds the simultaneous National Registration Day on July 15, as it aims to reiterate to its members, beneficiaries of SSS members, and non-members that being a member of the State insurance program is beneficial for their future.

During the program held at the University of the Philippines-Los Baños (UPLB), SSS Luzon Operations Group Senior Vice President Atty. Antonio Argabioso urges employees and self-earning individuals not to deprive themselves of their right to access various services and benefits available to them.

"Claim our right. Social security is a basic human right. Let's not neglect our rights. Our motto at SSS is "No One should leave behind". So everyone is included. We will not allow those to be left without social security benefits. This is our right," he said.

Adding to their efforts to make everyone aware of the significance of social security as a fundamental human right, SSS has registered near-

ly 2,000 job order (JO) employees, Contract of Service (COS) workers, as well as some students of UPLB.

Vice President Edwin Igharas of the SSS South Luzon I Division highlighted the importance of government employees becoming members of the SSS as it provides them with access to social security benefits, which can shoulder financial woes in times of need such as sickness, maternity, disability, retirement, and death.

"The number one importance of why we did this is for the JOs to have social security benefits and begin their contribution. Although the others are already aware of being SSS members, they are unable to contribute. One hindrance is because when this is the case, no one supervises their contribution. They pay individually per month, while others can only pay quarterly. Whereas if we have an agreement with officials, they can be the one will pay the contribution for all their employees. Better yet, they are guaranteed to be paid and have SSS," Igharas said.

He added: "We

FROM PAGE 1

DOF and GFIs deploy measures to quickly assist affected Filipinos and rebuild areas ravaged by Typhoon

The Department of Finance (DOF) and the Government Financial Institutions (GFIs) have deployed measures to quickly assist affected Filipinos and rebuild areas that have been damaged by Typhoon Carina.

"I assure the Filipino people that the DOF and the GFIs are one with you. We are doing everything we can to make sure that we have immediate funding, as well as safety measures in place to help everyone recover from this calamity. Together, we will quickly rebuild and regain what we have lost," Finance Secretary Ralph G. Recto said.

The DOF recently announced that it is ready to tap USD 500 million of standby credit line that will allow the government to rapidly deliver critical services like healthcare, food, and shelter to those affected by the typhoon as well as fund post-disaster emergency response, recovery, and reconstruction efforts.

As part of the country's Disaster Risk Finance strategy, the Bureau of the Treasury (BTr) will file a claim under the National Indemnity Insurance Program (NIIP) for the damages sustained by 45 public schools across eight regions worth at

least PHP 308.5 million.

Once a payout is confirmed, the Department of Education (DepEd) will be able to use the funds for the repair and reconstruction of the said schools.

To support taxpayers severely affected by the typhoon, the Bureau of Internal Revenue (BIR) has extended the deadline for value-added tax (VAT) and percentage tax payments as well as submission of other reportorial requirements. Taxpayers in selected Regional District Offices (RDOs) now have until July 31, 2024 to complete these obligations.

Meanwhile, the Bureau of Customs (BOC) is in the process of assessing its inventory of seized goods, food, and agricultural products that are safe for donation to typhoon victims.

In addition, the Social Security System (SSS) and the Government Service Insurance System (GSIS) are extending financial assistance towards typhoon-stricken Filipinos through their calamity and emergency loans.

The SSS is providing calamity loan assistance to its qualified members that have been affected by the typhoon in the National Capital Region (NCR), as well as

other areas that may soon be declared under state of calamity.

SSS members who reside in a declared calamity area can borrow a loan equivalent to their one month salary credit or up to a maximum amount of PHP 20,000.

Members who wish to avail of the assistance can apply online through the SSS website.

Once the loans have been approved, members can expect the loan proceeds to be credited to their registered Unified Multi-Purpose Identification (UMID)-ATM Card or with a Philippine Electronic Fund Transfer System and Operations Network (PESONet) participating bank.

Similarly, the GSIS will begin offering their Emergency Loan (EML) to its members from July 26, 2024 to October 28, 2024 to aid victims of Typhoon Carina.

The GSIS has allocated a total of PHP 18.5 billion, which will benefit around 864,089 members and pensioners in areas under state of calamity.

With a maximum loan amount of PHP 20,000, members can apply online through the GSIS Touch mobile app or through GSIS Wireless Automated Processing System (GWAPS) kiosks.

DepEd: School infra damage at P308-M due to Carina, 'habagat'

MANILA – The Department of Education (DepEd) on Wednesday reported an estimated damage of PHP308.5 million in school infrastructure due to the effects of Super Typhoon Carina and the enhanced southwest monsoon.

According to the DepEd's latest situation report, the amount is equivalent to the funds needed for the reconstruction and rehabilitation of 45 damaged schools.

In particular, infrastructure damage was reported in the Cordillera and Ilocos regions, Cagayan Valley, Central Luzon, Calabarzon (Cavite, Laguna, Batangas, Rizal, and Quezon), Mimaropa, Western Visayas, and Eastern Visayas.

Meanwhile, 21 schools are reportedly being used as evacuation centers in Metro Manila and Calabarzon.

Education Secretary Sonny Angara earlier

assured the proper assessment and deployment of personnel during the massive flooding in Romblon and Mindoro.

Angara expressed similar preparations for the looming La Niña, citing plans to identify vulnerable areas in the country and conduct a study on the construction

of resilient classrooms, alongside the implementation of alternative delivery modes, such as blended learning, modular, and online classes for learners, when needed.

The DepEd is set to launch the start of School Year 2024-2025 on July 29. (PNA)

July 31-Aug. 06, 2024

July 31-Aug. 06, 2024

OPCDO, DOST-CALABARZON SERIES ON ENHANCED FOOD SAFETY AND PRODUCT STANDARDIZATION

The Office of the Provincial Cooperatives Development Officer (OPCDO), in collaboration with the Department of Science and Technology (DOST)-Cavite, successfully concluded their comprehensive Product Development Process (PDP) Training series at the Sangguniang Panlalawigan Session Hall, Legislative Building, Provincial Capitol Grounds. The training series aimed to equip participants with critical knowledge of product standardization, food safety, good manufacturing practices (GMP), and regulatory compliance.

On June 18, the third session of the PDP Training commenced, emphasizing product standardization, food safety, and GMP. The day began with a recap followed by previous sessions, followed by the introduction of Ms. Anna Marie S. Daigan, Senior

Science Research Specialist, as the resource speaker. The morning session delved into the intricacies of product standardization and essential food safety practices. Attendees learned the significance of adhering to GMP to ensure high-quality and safe food production. The afternoon featured an extended lecture and a question-and-answer segment.

The fourth session of the PDP Training shifted focus to compliance with GMP and the registration processes for Food and Drug Administration (FDA) licenses to operate (LTO) and certificates of product registration (CPR) on June 19. The session began with a recap followed by a comprehensive seminar by Ms. Amiel G. Lacdan, Project Technical Assistant I of DOST-CALABARZON. The seminar covered plant layout



compliance with GMP and detailed the documentary requirements and registration process for obtaining FDA LTO and CPR. The interactive afternoon session enabled participants to apply their theoretical knowledge, followed by a question-and-answer segment.

The fifth and final session on July 3 provided one-on-one consultations and further training

on financial literacy and product development services. The day started with an opening program, featuring welcome remarks by Ms. Liza C. Gabatan, Entrepreneurial Division Head of OPCDO, and messages from Mr. Alvin S. Mojica, Department Head of OPCDO, and Ms. Gilda S. De Jesus, Provincial Director of DOST-Cavite.

Participants engaged in personalized

consultations, receiving tailored guidance from consultants. Chinabank Corporation-Dasmariñas conducted a Financial Literacy Presentation, followed by continued consultations in the afternoon. Certificates of appreciation were awarded to consultants, recognizing their valuable contributions. The DOST-Cavite presented their services, offering participants an overview of the support and resources available to

them. The day concluded with the awarding of certificates of completion to participants.

The collaborative efforts in organizing these training sessions emphasized the agency's commitment to enhancing food safety standards, promoting high-quality food production practices, and empowering participants with the necessary tools and knowledge for successful product development and industry compliance. PR

FROM PAGE 1

CAYETANO ...

Senator Alan Peter Cayetano is urging the government to establish an Emergency Response Department (ERD) as a decisive action to bolster the nation's resilience against the growing threat of extreme weather events due to climate change.

The senator's call comes after typhoon Carina brought incessant rains on July 24 that wreaked havoc across Luzon, causing widespread flooding in Metro Manila and nearby provinces.

"We have to seriously address this 'new normal' of extreme weather in the country. Consider 'Carina' which is like a repeat of 'Ondoy' from 15 years ago — the damage wrought has been so severe that the National Capital Region and neighboring provinces have had to declare a state of calamity," Cayetano said on July 25, 2024.

"We have to seriously consider establishing an Emergency Response Department or we'll leave our kababayan defenseless in the face of climate change," he added.

Cayetano also

SENATOR PIA CAYETANO PUSHES FOR LONG-TERM ENERGY SOLUTIONS

The new Energy Committee Chair, Senator Pia Cayetano chaired the hearing

on bills promoting the development of our natural gas industry.

Drawing from her background as former Chair of the Committee on Sustainable Development Goals, Innovation, and Futures Thinking, Senator Cayetano stressed the importance of viewing energy issues through a "futures thinking" lens.

"Energy issues require long-term solutions. We must act today to ensure energy sustainability, self-sufficiency, and reliability for the future," Senator Pia Cayetano stated in her opening remarks.

The hearing focused on natural gas as a transition fuel in the country's move from coal and oil dependence to cleaner renewable energy. Under the National Renewable Energy Program, renewables should comprise 35% of our energy by 2030, and 50% by 2040.

"There really are no shortcuts. There may be band-aid solutions, but there really are no sustainable solutions that can be made overnight. The only things that can possibly be made in the short term are good policies. That is our focus for today and the months to come, and we'll try to review and come up with policies that can help the way for a brighter energy future for our country," Cayetano stated.

She underscored the importance of having policies that support more exploration of natural gas. She added that having one's own supply ensures a country's energy security, one that is less dependent on international factors that affect the prices of energy sources.



In attendance were representatives from the Department of Energy, Energy Regulatory Commission, Philippine National Oil Corporation, Manila Electric Company, Firstgen Corp, Prime Energy, Philippine Independent Power Producers Association, and the Center for Energy, Ecology and Development.

Sensors Alan Cayetano and Win Gatchalian were also present in the said hearing. PR

256 Residente ng Silang, Cavite, Nabiyayaan ng Medical, Burial, at Financial Assistance



Sa patuloy na pagsusumikap sa pagbibigay ng tulong sa mga kadistrto, si Cong. Ro M. Loyola ay naghati ng Medical, Burial, at Financial Assistance sa 256 residente sa Silang, Cavite. Ang pamamahagi ay isinagawa sa pakikipagtulungan ng pamahalaang lokal na pinamumunuan nina Acting Mayor Ted Caranza at Acting Vice Mayor Mat Toledo. Kabilang sa mga benepisyaryo ang 47 magsasaka bilang bahagi ng ating suporta sa sektor ng agrikultura. Bukod dito, nagkalooob din ng mga wheelchairs para sa mga nangangailangan.