Westwind at Lancaster New City Unveils Entry Statement

After its successful launch, Westwind at Lancaster New City unveils its entry statement to further define and mark the 13-hectare mixed-use vertical development that is rising inside the vibrant Lancaster township, Westwind was conceptualized to redefine condo living by promoting relaxation, wellness, and connectedness in a sustainable Profriends community President Kathleen Choa, in her statement, during Westwind's launch said: "Westwind is our first jump into vertical development optimize the land and

value that we have created inside Lancaster New City." Harping on the budget-friendly offering of the in Cavite, to allow us to project, she adds, "At the that will be built in clusters

same time, we stay true in



Profriends is one of the fastest growing property developers in the Philippines, having built and delivered over 64,000 houses to Filipino families since 1999. For more than two decades in property development, Profriends has evolved to be a values-driven community builder that continues to transform the lives of Filipino families. Its strong presence in Cavite and Iloilo is manifested through its projects, Lancaster New City and Parc Regency Residences, respectively.

providing value for money for our home buyers." Westwind will

feature 4-storey buildings around common outdoor lifestyle spaces. This is to allow families to connect with friends and neighbors within walkable distance.

The condo village is located inside Profriends' flagship project, Lancaster New City, which makes it accessible via various road networks like the Centennial Road from CavitEx, Advincula Avenue, Daang Hari Link, Bucandala-Alapan Road, SLEX. NAIAX, PITX, and. soon, CALAX. It is also minutes away from the different existing and upcoming developments in the vicinity of Lancaster, offering more opportunities to live out the learn, work, play, and pray lifestyle that Profriends envisioned for the families it serves.

Proffends Lauded As One of Top Real Property Taxpayers

remarkable progress is

evident in the numerous

infrastructure, commer-

cial, and socio-civic devel-

opments, providing more

opportunities for its con-

City Government of Imus'

event, Profriends was also

given the same recogni-

In Cavite, the





Property Company of Friends, Inc. (Profriends) was recently honored as the top 4 taxpaver in both Imus City, Cavite and in the province of Iloilo. With its thrust of transforming lives through the communities it creates. Profriends is proud that its presence is able to help families in and around its

tion. In his remark, Imus Mayor Alex Advincula Headed by the recounted the city's ac-Provincial Treasurer's Ofcomplishments that were made possible by the fice of the Iloilo Provincial Government, the recogsupport given by various nition acknowledged the institutions who diligently contribution of the model give their obligations to taxpavers to the provthe city by paying taxes. ince's economic progress. "Sa ibinayad ninyong bu-"Good governance is not wis, nakapagtayo po tayo ngayon ng tatlong malalaking eskwelahan. Gumaince of Iloilo. It is not an objective of the Provincial wa tavo ng modern com-Capitol It is a standard mand center sa lungsod So we make sure we do ng Imus. Merong tatlong daang camerang nakanot waste even a centavo of your tax money," says latag dito sa ating lunsod. Naglalagay po tayo ng Provincial Administrator Dr. Raul Banias in his mga streetlight sa gayun welcome remarks. Iloilo's ay maging maaliwalas at

ligtas and ating mga kababayan sa pag-uwi at pagbalik nila sa kanilang mga trabaho. Ilan pa lang po yan sa mga proyektong napuntahan ng inyong mga buwis na ibinavad sa ating lungsod," says Mayor Advincula

Profriends was commended together with the top 20 business and top 20 real property tax payers as part of the celebration of the 12th Citihood Anniversary of Imus. In this event, the city government acknowledged the invaluable contributions of various institutions and business establishments to the city's continued progress and devel-

Profriends is expected to add value to more areas as it expands its footprint in Cavite and lloilo with special focus on providing for the holistic needs of the families it serves



CARD MBA CEO Jocelyn Dequito, CARD MBA President Reazhyle Francisco, and Board of Trustee members Deneglen Peñaflorida and Virginia Garcia (from left to right) take the lead in the successful ribbon-cutting ceremony for the newly opened Provincial Office.

The CARD Mutual Benefit Association, Inc. (CARD MBA), the insurance arm of CARD Mutually Reinforcing Institutions (CARD MRI), inaugurated its 93rd Provincial Office (PO) in Lucban, Quezon on May 6, 2024.

Established in 1999, CARD MBA is dedicated to providing benefits to its members in times of uncertainty, including death, through various microinsurance products nancial products tailored cated at A. Bonifacio St.,

tailored to offer protection and support.

"Our continued expansion in different regions in the country underscores our dedication most vulnerable segments to our services particularly during challenging times." said CARD MBA CEO Jocelyn Dequito.

sized that these achievements reflect not only the success of CARD MBA but nized by CARD MRI, such also the broader success as the Kaunlaran Caraof CARD MRI in line with its mission to provide support to communities and spread positive impact.

CARD MBA offers a wide range of fi- opened Quezon 5 PO, lo-

to the needs of its members, including Basic Life Insurance. Retirement Fund, Loan Redemption Fund Plus, Golden Life Insurance, Family Security to serving our members Plan, Acci Plan, and Rein need. We ensure the mitter Protek Plan, each with varying payment opin our society have access tions and maximum benefits, helping families to be financially prepared in times of uncertainty.

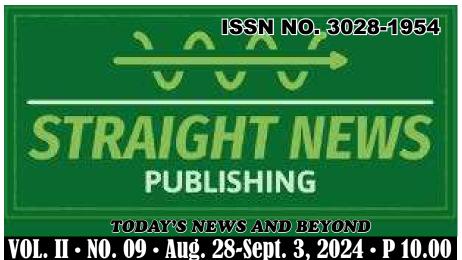
> addition Dequito empha- CARD MBA actively engages in community development initiatives orgavan, facilitating events like mass weddings and the CARD MRI Disaster Relief Assistance Program.

> > The newly

Corner J. Rizal Avenue, Barangay Poblacion 2. Lucban, Quezon will serve a total of 73,569 members from CARD, Inc. (A Microfinance NGO) and CARD Bank, Inc.

This inauguration emphasizes CARD MBA's steadfast commitment to broadening its outreach and ensuring financial security for Filipinos nationwide. This expansion enhances access to vital insurance services and strengthens the organization's ability to promote resilience and prosperity within communities across

To learn more about CARD MBA, please visit https://cardmba.com/



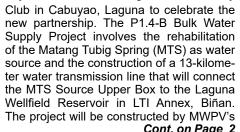
Laguna - Nagkaroon ng blessing at ribbon cutting para sa pormal na pagbubukas sa publiko ng bagong Barangay Hall ng Barangay Maslun, Liliw, Laguna, noong, ika -16 ng Agosto, 2024. Pinangunahan ni Laguna 3rd District Representative Loreto "Amben" Amante, Mayor Ildefonso Monleon, Sangguniang Barangay sa pamumuno mas patuloy na gumanda sasakupan nito

DTI Rizal, DOST-PSTO Rizal run another session of Technology

Water Philippine Ventures and statemating for 25 year

Manila Water Non-East Zone operating subsidiary Manila Water Philippine Ventures (MWPV) and Canlubang Sugar Estate (CSE) recently embarked on a 25-year partnership for a bulk water supply project which aims to improve water access in more towns in Laguna.

A groundbreaking event was recently held in the Canlubang Golf and Country



SENATOR BONG GO NAG ALAY NG TULONG SA CAVITE CITY



Binisita personal at kinamusta naghandog ng tulong si MR. MALASAKIT Senator Kuya Bong Go sa mga nasunugan mula sa iba't ibang barangay sa Cavite Cont. on Page 2 City, Cavite kamakailan. Napuno ng mga taong nag-

ni Brgy. Captain Hedeliza Monfero at ng Sangguniang Kabataan ang isinagawang inagurasyon na dinaluhan din ng mga kawani ng munispyo at mga mamamayan ng naturang barangay. Ang bagong gu-

MASLUN, PINASINAYAAN

sali ay naging posible dahil sa inisyatibo ni Congressman Amben Amante at sa tulong na rin ni House speaker Martin Romualdez. Hinikayat ng kogresista na alagaan at mahalin ang bagong gusali dahil isa sa mga kagustuhan niya ay mapasaya at ang serbisyo ng Barangay Maslun sa mga na-

Lubos na pinasalamatan ng Punong Barangay Hedeliza Monfero kasama ang Maslun Barangay Council ang dedikasyon at suporta na ipinapakita ng kogresista upang patuloy na makatulong sa pag unlad ng baran-

BAGONG-BARANGAY-HALL NG BARANGAY

Nakasama rin sa programa si Vice Mayor Eric Sulibit, ilang konsehal ng bayan ng Liliw, mga kapitan ng ibang barangay, at ang 3rd District DPWH Engineer Napoleon Abril. (Shekinah

mamahal at nag aabang sa senador ang Montano Hall at umabot sa 746 na residente ang nabigyan ng snacks, water container, vitamins, masks, shirt, packs, at bola ng basketball at volleyball ni Senator Bong Go, katuwang ang Malasakit Team. May mga ilan ding nabigyan ng mga bisekleta, sapatos, relo at cellphone. Katuwang din na Tumulong ang national government NATIONAL HOUSING AUTHORITY na mabigyan ang mga kwalipikadong benepis-Cont. on Page 2

15. Don't smoke or use drugs, and only drink in moderation

Smoking, harmful use of drugs, and alcohol abuse can all seriously negatively affect your health.

If you do any of these actions, consider cutting back or quitting to help reduce your risk for chronic diseases. (54aTrusted Source, 54bTrusted Source)

There are resources available online and likely in your local community, as well — to help with this. Talk with your doctor to learn more. about accessing resources.

16. Use extra virgin olive oil

Extra virgin olive oil is one of the healthiest vegetable oils vou can use. It's loaded with heart-healthy monounsaturated fats and powerful antioxidants that have anti-inflammatory properties (55Trusted Source, 56Trusted Source).

Extra virgin olive oil may benefit heart health, as people who consume it have a lower risk for dying from heart attacks and strokes according to some evidence (57Trusted Source).

17. Minimize your sugar intake

Added sugar is extremely prevalent in modern food and drinks. A high intake is linked to obesity, type 2 diabetes, and heart disease (1Trusted Source. 2Trusted Source, 58Trusted Source)

The Dietary Guidelines for Americans recommend keeping added sugar intake below 10% of your daily calorie intake, while the World Health Organization recommends slashing added sugars to 5% or less of your daily calories for optimal health (59Trusted Source, 60Trusted Source).

18. Limit refined carbs

Not all carbs are created equal

Refined carbs have been highly processed to remove their fiber. They're relatively low in nutrients and may harm your health when eaten in excess. Most ultra-processed foods are made from refined carbs, like processed corn, white flour, and added sugars.

Studies show that a diet high in refined carbs may be linked to overeating, weight gain, and chronic diseases like type 2 diabetes and heart disease (61Trusted Source, 62Trusted Source, 63Trusted Source, 64Trusted Source).

19. Lift weights

Strength and resistance training are some of the best forms of exercises you can do to strengthen your muscles and improve your body

It may also lead to important improvements in metabolic health, including improved insulin sensitivity — meaning your blood sugar levels are easier to manage — and increases in your metabolic rate, or how many calories you burn at rest (65Trusted Source, 66Trusted Source).

If you do not have weights, you can use your own bodyweight or resistance bands to create resistance and get a comparable workout with many of the same benefits.

The Physical Activity Guidelines for Americans recommends resistance training twice per week (67Trusted Source).

••••••••••••••••••••••••••••••••

continue for the next issue (next week)

Cong "Manoy" T. Lee urged the Department of Agriculture (DA) to set up more checkpoints not only along roads but also in seaports to curb the spread of African Swine Fever (ASF) in the country.

STRAIGHT NEWS

"Napaka-crucial ng mahigpit na pagbabantay para hindi na kumalat ang ASF na dahilan ng sobrang pagkalugi ng ating mga magbababoy. Milyon-milyon po ang nalulugi sa ating mga hog raisers, paano naman and mga pamilya nila na dito lang inaasa and pantustos sa pagkain at iba pang pangangailangan?" Lee, who recently attended as guest speaker at the Agarwood Orientation Seminar in Maasin, Leyte, asked.

"Kava dapat dagdagan pa ng DA ang checkpoints nila para rito. lalo na may mga ulat na kumakalat na ang mga baboy palabas sa mga lugar na may ASF patungo sa ibang parte ng Luzon,"

Wilbert DA's Bureau of Animal

Industry (BAI) seized two trucks in Quezon City carrving infected hogs reportedly from Quezon province The trucks were on their way to Pangasinan province. Lee said the DA

should partner up with Philippine National Police Highway Patrol Group (PNP-HPG) as well as the Philippine Ports Authority (PPA) to augment BAI manning checkpoints, aside from tapping personnel of the Metropolitan Manila Development Authority (MMDA). "While we laud

the BAI for proactively looking into tapping MMDA and local traffic enforcers to man checkpoints in Metro Manila, all hands must be on deck to genuinely curb ASF. We have force multipliers available from the PNP, HPG and from PPA that could be deployed should the BAI nagkaroon na ng kaso

ed Environmental Science

and Head of the Water

Resources Management

Office Carlos Primo Da-

vid expressed DENR's

commitment to identifying

resources and assets to

nartners for project devel-

opment. He is optimistic

ventures with the Manila

government officials and

Present

stakeholders.

solon from Bicol said.

..... Aug. 28-Sept. 3, 2024

rently six meat inspection checkpoints across the National Capital Region (NCR) to ensure that the pigs being delivered to slaughterhouses and in markets are ASF-free.

"Ayaw natin na maging epidemya itong ASF lalo pa't wala pang sanat na bakuna sa bansa laban dito. Hindi pwedeng malamya sa pagpuksa ng ASF. Dapat doble-kayod and gobverno dito at tapatan ng agrisibong aksyon at mabilis na solusyon and pagpigil sa pagkalat ng sakit," Lee stressed.

The Bicolano lawmaker also urged the government into preparing to declare a state of national calamity should ASF spread beyond what could be controlled by the ASF vaccines, which have been earlier procured.

"2019 pa lang, decide to set up more ng ASF sa bansa. Hucheckpoints along major wag tayong magloko-

Previously, the highways and ports," the han dito. Paulit-ulit na ito There are cur-

kaya walang excuse na di magkaroon ng komprehensibong plano para mapigilan ang pagkalat ng sakit, matulungan ang mga apektadong hog raisers, masigurong hindi magkukulang ang supply at protektahan ang mga consumers sa posiblena pagtaas ng presvo ng karne ng baboy," he said.

Earlier, Lee filed House Resolution No. 1956 to investigate the escalating impact of ASF while calling relevant government agencies to provide assistance to hog raisers and prevent possible hike in pork prices.

"Filipinos deserve better so we should demand better protocols to protect the livelihood of local food producers and welfare of our consumers. Tulong-tulong po tayo: Tiyak na kabuhayan at dagdag na kita, gawin na natin. Murang pagkain, gawin na natin!" he stated.

From Page 1

Manila Water... construction arm. Manila Manila Water group and their expertise, and in part-

Water Infratech Solutions, and will be managed and operated by its operating unit. Estate Water. The MWPV-CSE

Bulk Water Supply Project aims to secure a more sustainable surface water supply compared to the typical groundwater sources. Over the next 25 vears. Estate Water will supply 17 million liters of potable water from MTS daily to Laguna Water, MWPV's concessionaire in the province of Laguna.

"We are committed to delivering this crucial project with unwavering integrity, efficiency, and a steadfast focus on enhancing the quality of life of customers within our Laguna Water concession area " assured Manila Water Chief Operating Officer for Non-East Zone and Manila Water Philippine Ventures President Melvin

CSE, MWPV and the Pro-John Tan "The importance vincial Government of of water cannot be over-Laguna. Representing Laestimated as an essential guna Governor Ramil Herand finite resource for the nandez were Laguna Propeople and nation, and this must be protected and be made sustainable. And this is our responsibility. With the partnership of the

more than just a groundbreaking initiative; it is nership also with the coma beacon of hope and a munity, the government, testament to what we can and the Yulo family, we achieve with a shared vistrive to bring this project sion. Rest assured that to fruition." shares Jose the province of Laguna is Ramon Yulo, CSE Presialways supportive of Manila Water Group's proj-Meanwhile. ects that will uplift the lives guest of honor DENR Unof the people in Laguna," dersecretary for Integratsays Atty. Rebanal.

In his message Manila Water President and CEO Jocot De Dios Edjun Mariposque

assured that Laguna Water is doing its best to replicate Manila Water's best practices in the East Zone and offer the same quality of service to Laguna's customers

"We will make this work. We always thrive to ensure water reliability to areas we serve within and outside Metro Manila," De Dios added.

BONG GO...

From Page 1

utilize and finding viable varvo ng housing assistance para unti-unti nilang mapaayos ang kanilang about gaining more project nasunilog na mga tahanan na mtatatagpuan sa Water Group, underlining Tabing Dagat na gawa the strong support from sa mga light materials. Taus Pusong ding nagpasalamat and Senador at the event were other kina Mayor Denver Reyes members and teams from Chua. Vice Mayor Raleigh Grepo Rusit, sa mga councilors, at barangay captains na sumama sa CVLPC)

okasyon dahil biniqyan siva ng mga ito ng pagkakataon na makatulong sa mga kababayan nating hopeless, helpless, at walang malalapitan kundi ang gobyernong nagmamalasakit. Dagdag din and presensva at kilig and hatid sa nasabing pagtitipon ang kaibigang aktor ni SBG na si #MrlPEktibo Philip Salvador (WFB-STER ACE PAGINAG -



Aug. 28-Sept. 3, 2024

MPT South conducts Photowalk tour showeasing Laguna Heritage



MPT South Photowalk 1: MPT South together with invited photo enthusiasts, media partners, representatives from Department of Interior and Local Government - Laguna (DILG Laguna), Laguna Tourism Culture Arts and Trade Office (LTCATO), Biñan City Culture, History, Arts, and Tourism Office (BCHATO), Sta. Rosa Tourism Office (SRTO).

Metro ic Tollways South (MPT national hero, Dr. Jose South), in collaboration with the Department of the moment, learning the Interior and Local Gov- footprints of Dr. Rizal's ernment - Laguna (DILG Laguna), Laguna Tourism Culture Arts and Trade Office (LTCATO), Biñan City Culture, History, Arts, and the city of Sta. Rosa, the Tourism Office (BCHATO), and Sta. Rosa Tourism Office (SRTO) successfully culminated its first Bivaheng South's "Discover Walk Tour" in Biñan and Santa Rosa.

'Biyaheng South' invited photo enthusiasts and selected media partners to take part in the Photo Walk Tour. It started in Biñan, with a quick tour of the Cavite-Laguna Expressway (CA-LAX) from Mamplasan to Silang-Aguinaldo exit to highlight its features as a green expressway which makes the segment self-sustaining. Afterward, participants, media partners, and colleagues from different government agencies enjoyed a heartwarming breakfast and the hidden gems, Kamp Lilim, iust a few kilometers away from CALAX. Shortly, they headed to Biñan Esplanade, the coastal area of tecture and breathtaking scenery of Laguna Lake, the country's largest freshwater basin.

Heading to the city's población, they got

Pacif- the mother of the country's Rizal. They also seized maternal and paternal lincity center As they head to

participants were also

pleased with the homey Filipino food served for lunch at 'PansEAT.' one of Sta. Rosa's oldest restau-Laguna: A Heritage Photo rant. After the luncheon, they were briefed by the local tourism officers with the amazing historical evidence found in the city's museum, and city's century-old church, the Sta-Rosa de Lima Parish Church, which was built in 1792: the impressive Spanish and American ancestral houses along Zavalla Street adds to the historical significance of the city; and the infamous landmark and identity of Sta. Rosa, the Sta. Rosa Arch.

Participants captured different heritage sites and historical landmarks in the middle cozy vibe of one of Biñan's of the bustling metropolis of Biñan and Sta. Rosa; enjoyed the local delicacies such as Puto Biñan and fried okov, or shrimp fritters; and got to learn Biñan, where they got the its historical significance chance to see the Hispan- which displays the tapic-inspired coastal archi- estry of culture, arts, and heritage it embodies. The photo en-

thusiasts who took part in the event shared their most exquisite captures of the day during their phothe chance to explore and to walk of the two cities capture one of Biñan's which was judged by MPT historical landmarks, the South and other partners Alberto Mansion, Teodora in government. After their Alonzo's ancestral abode, careful deliberation, the



eage sketched around the MPT South Photowalk_2: Winning photo of Sarah Lou Bernardino in Biñan City.

judges concluded that the to foster awareness in the winning photograph was preservation of our cultur-Biñan and Sta. Rosa.

photo walk tour signifies

from participant Sarah Lou al heritage and appreci-Berdinardino, who gar- ate the significance of the nered the highest score past in today's everyday for her photos captured in endeavor," said Arlette V. Capistrano, Vice Presi-"The heritage dent for Communication and Stakeholder Manage-MPT South's dedication ment of MPT South, "MPT ways,

MPT South Photowalk_3: Winning photo of Sarah Lou Bernardino in Sta. Rosa City. South will continue to be **About**

······· VOL. II • NO. 09

an avenue in conserving

is MPT South's award-win-

ning tourism advocacy

presence on TikTok, Face-

book, and Instagram. It is

rich cultural heritage, di-

verse tourist destinations.

and unique local experi-

ences in Region IV-A and

NCR, specifically areas

reached by its express-

About Biyaheng

Biyaheng South

added Capistrano.

South

MPT South is a our historical significance and encouraging people to take part in this cause,"

South

subsidiary of Metro Pacific Tollways Corporation (MPTC), the toll road development arm of Metro Pacific Investments Corporation (MPIC). It is the biggest toll road builder and operator in the counprogram with a strong try. Aside from the CAVI-TEX and CALAX. MPTC's domestic portfolio includes dedicated to promoting the the concessions for the North Luzon Expressway (NLFX) the NLFX Connector Road, the Subic-Clark-Tarlac Expressway (SCTFX), and the Cebu-Cordova Link Expressway (CCLEX) in Cebu.

As early as 8AM, nagtungo tayo sa Brgy. Punta para ihatid ang kanilang bagong Ambulance Mobile Patrol at 500k financial grant. Isang hakbang ito sa pagpapatibay ng kaligtasan at serbisyong pangkalusugan sa kanilang barangay. Syempre, binalita na rin natin sa kanila ang magandang balita: aprubado na ang konstruksyon ng kanilang bagong Barangay Hall na nagkakahalaga ng 10 million pesos para sa Phase





1. Isa na namang patuna na sa Ramdam na Reporma, tuloy-tuloy ang progreso at pagbabago para sa ating mga barangay. (Nelson Dimapilis/COG)

FOR WITH ALL THINGS POSSIBLE

Manila, Philippines: The is at any given moment. By mance and efficiency. "Incourier and logistics in- entering a tracking numdustry has always been ber on the LBC website fast-growing and constant- or mobile app, customers ly evolving, but never more vears. The rise of e-commerce in the country drove its current location and incredible demand for courier and logistics services. The focus on last-mile delivery became a bigger priority, the integration of advanced technologies transformed operations, and the shift toward digital platforms to improve processes and enhance efficiency became essential.

Driven by a focus on innovation and commitment to always deliver the best service for Filipinos around the world, LBC is showing little signs of

Empowering Online Retailers

With the rise of ecommerce, LBC has seamlessly integrated logistics solutions tailored for online platforms. Rec- the status of their packagognizing the needs of online retailers, LBC offers buyers and sellers a variety of e-commerce payment solutions, providing the flexibility to suit your needs. We've streamlined our merchant payment processing and services to be as easy and convenient as possible, so you can focus on what truly matters growing your business.

They recently in-

troduced LBC's COD ser- make informed decisions vice to protect business from bogus buyers. This method adds a laver of security for sellers, ensuring that transactions are completed successfully before the package changes hands. LBC has also introduced Cash on Pick Up (COP) to make transactions more secure for buvers and sellers by allowing payment when the package is picked up from any of our LBC branches. And small to medium-sized businesses (SMBs) and enterprise companies can use any LBC's branches as collecting stations for client payments, which helps simplify the payment process and makes it eas- ports reliable import and ier for businesses to manage their transactions.

Real-Time **Tracking System**

LBC's advanced tracking system offers cus- lored to address unique tomers the ability to see business demands, en-

can access detailed information about the status of their shipment, including estimated delivery time. This system reduces uncertainty and improves the overall customer experience by keeping clients informed throughout the delivery process.

Embracing Digital Transformations LBC has em-

braced digital platforms to streamline its operations and improve customer service. The LBC Express mobile app allows customers to book deliveries, track shipments, and access customer support from their smartphones. Additionally, the app provides users with real-time notifications about their shipments, ensuring they are always up-to-date on

The integration of digital solutions extends to LBC's backend operations as well. The company has implemented enterprise resource planning (ERP) systems to manage its loaistics network efficiently. These systems provide real-time data on inventory levels, shipment statuses, and operational performance, enabling LBC to and respond quickly to any issues that arise.

Customized Solutions to Fit Precise **Business Needs** LBC continuous-

innovates to provide customized logistics solutions that meet precise stakeholders business needs, ensurefficient warehouscross-border shiping, ping, NVOCC services, and cross-docking. Their warehousing facilities cater to businesses of all sizes, while cross-border shipping leverages a fleet of land, sea, and air vessels for secure and timely deliveries. LBC's robust logistics network supexport services, and their cross-docking services minimize inventory costs. Additionally, specialized logistics solutions are tai-

novation and commitment to do better for Filipinos is at the heart of everything we do at LBC. We're constantly evolving our services, adopting new technologies, and we continue to make sure that our customers receive the best and most efficient service possible. Our goal is to stay ahead in the industry, offering solutions that not only meet but exceed expectations. But at the end of the day, we will always continue to do more to support the growing needs of our clients and the communities we serve," ends Enrique V. Rev. Jr., CFO of LBC Express, Inc.

DOST-Quezon attended the 2024 National Disaster Resilience Month (NDRM) Celebration organized by PGU-Quezon and the QPDRRMO held at the Quezon Convention Center, Lucena City, July

Quezon PDRRM Council, for Hazard and Environ- CALABARZON region!

Ms. Maria Esperanza E. Jawili. Provincial Science & Technology Director of DOST-Quezon. showed her commitment to advocating a resilient province

In Quezon Prov-As member of the ince, DOST has Center in Quezon Province and

by participating in the said

2024 National Disaster

Resilience Month (NDRM)" officially kicks off, DOST-Quezon participates DOST-Quezon participates

> mental Resource Mapping (CHERM), which provides free mapping services; and DRRM projects such as Fiberglass Rescue Boats, Tsunami Early Warning Systems (TEWS), Automatic Rain Gauges (ARG), and Local Government Unit Information Dissemination Systems (LGUIDS).

Follow Quezon and DOST CAL-ABARZON for more science and technology news

Cavite honors stakeholders and top cities and municipalities in polio immunization drive

Provincia Government of Cavite through the Office of the Provincial Health Officer held a recognition ceremony on August 20, 2024, at the Bayleaf Hotel in General Trias. Cavite. to honor the outstanding cities and municipalities in the recent Bivalent Oral Polio Vaccine Catch-up and Supplemental Immunization Activity. The event highlighted the collective efforts of various local government units and national agencies in the fight During the event,

several awards were presented to acknowledge the dedication and excellence of the participating municipalities, cities, and

Engagement Champion Award was presented to municipalities that demonstrated exceptional community engagement and outreach efforts during the immunization drive. Awardees were cities of Tagaytay, Trece Martires. Gen. Trias. Imus. Carmona and Dasmariñas and municipalities of Silang, Kawit, Amadeo, Alfonso, Naic. Mendez, Magallanes and

Recognition in Reporting was awarded to cities of Trece Martires, Tagaytay and



Good .lah Award was given to recognize the municipalities and cities with high immunization coverage rates. Awardees were cities of Cavite. Imus and Bacoor. and municipalities of Noveleta, Kawit, Amadeo, Rosario, General Emilio Aguinaldo, Ternate, Alfonso, Magallanes, Indang and

Tanza Excellent Jab Award was given to areas that exceeded their immunization targets. Recipients were cities of Gen. Trias, Dasmariñas, Trece

don, Gen. Mariano Alvarez, Naic and Silang Green Banner

Award was presented to Dasmariñas City Health Office1.2 & 4. Imus City Health Office 1 & 2, Carmona City Health Office. Gen. Trias City Health Office, Trece Martires City Health Office and Tagaytay City Health Office for achieving at least 75% coverage in their immunization activity.

Game er Award was given to cities of Bacoor and Dasmariñas, and municipalities of Silang. Tanza and Naic for having the most number of children vaccinated during the oral polio vaccination drive.

Most Innovative Award was awarded to Martires, Carmona and the Municipality of Gen. Tagaytay, and municipali- Mariano Alvarez for their ties of Mendez, Maragon- creativity and innovation in

implementing the immunization campaign

these, plaques of appreciation were given to various national agencies and stakeholders for their invaluable support and collaboration in ensuring the success of the polio immunization efforts.

The ceremony

underscored the importance of collaboration between local government units, national agencies, and community stakethe health and well-being of Caviteños, starting with immunizing children against vaccine-preventable diseases. The Provincial Government of Cavite remains committed to continuing these efforts and maintaining high standards in public health iniAug. 28-Sept. 3, 2024

EDITORYAL:

The vice presidency after two

IS IT a clear case of political harassment, as Vice President Sara Duterte claims it is?

Or is it simply because, as part of the Duterte political dynasty that has monopolized political power in Davao for decades, she believes she is inherently entitled to a huge security detail second only to the Presidential

In other words, she believes she's not just a VIP or Very Important Person, but the next in line to the Chief Executive and Commander-in-Chief no less who deserves to be assigned a security detail numbering more than 400 or a battalion of policemen and soldiers armed to the teeth who will protect her from any harm.

After her election as Vice President, Duterte was appointed as Education Secretary rather than as Defense Secretary she had earlier said she wanted.

She headed the Department of Education or DepEd despite her utter lack of experience in the field of education

And in her two-vear stint in DepEd, did we hear her expound on her philosophy of education or the key reforms she wanted to implement to improve our basic ed-

We ask now: Did she leave the DepEd a better and more capable institution seriously implementing basic education that encourages respect for human rights, inculcates patriotism and nationalism, strengthens critical and creative thinking develops moral character and personal discipline as the fundamental law mandates the DepEd to

Now that she is out of DepEd, Sara Duterte has all the time in the world to basically twiddle her thumbs and do nothing but wait to take over the presidency as the 1987 Constitution provides that the Vice President assumes the highest elective position in case of death, permanent disability, removal from office or resignation of the President.

Can the incumbent Vice President be relied upon to serve the public interest and welfare at all times good and bad?

cided to leave for a vacation abroad with her family while the country was being battered by a strong typhoon that spawned deep floods in many places and forced to flee their homes for safer ground.

Earlier, Duterte reaped public scorn for demanding confidential and intelligence funds for the DepEd, an agency without any mandate to undertake programs properly belonging to the police and the military.

No wonder therefore that the Vice-President's approval rating based on the latest surveys indicate a steep drop from 91 percent in 2022 to below 50 percent at What's alarming and divisive is that the Vice

President has declared open war and intensified tirades against the Marcos Jr. administration in what appears to be an effort to recover lost political ground and prettify her image with an eye toward a presidential bid in 2028.

But are Filipinos willing to reinstate a member of the Duterte dynasty in the Philippine presidency after her lackluster performance at DepEd and the bloody war on drugs of her father Rodrigo Duterte as Chief Executive from 2016 to 2022 that the International Criminal Court believes now merits prosecution for crimes against humani-

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STRAIGHT NEWS

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DTI...

In line with the celebration of National Nutrition Month and National MSMF Development Week, DTI Rizal, in collaboration with DOST-PSTO Rizal through Negosyo Center Binangonan, conducted the third Technology on Thursday, July 18, 2024, webinar. This inclusive event focusing on Basic Food Safety and Hygiene, welcomed almost 60 participants, including entrepreneurs and employees from food manufacturing businesses nationwide, DTI Rizal business counselors, and DOST-PSTO Rizal staff.

Ms. Sharon Dioco. Chief of the Business Development Division at DTI Rizal welcomed everyone and commended MSMEs for their contributions as the nation celebrates MSME Week. She underscored the importance of government programs and collaborations in supporting MSMEs and DOST-PSTO Rizal. Ms. then highlighted the webinar as a crucial tool for enhancing productivity and efficiency in businesses and creating a food safety culture among employees

Mr. Trinidad Sager, Science Research Specialist II of DOST-PS-TO Rizal, also delivered a message, acknowledging the presence of the guests and participants

From Page 1

Mr. R-jay Saland Ms. Duane abao Mariel Javier, both from the Food Safety Team of DOST-PSTO Rizal. served as speakers of the webinar. They discussed topics such as food safety awareness, types of contaminants and hazards. potential illnesses, and practical measures for ensuring food safety. These measures encompassed equipment and facility cleaning, proper food handling procedures, time and temperature controls, personal hygiene practices. food labeling, and sanitization protocols.

Afterward. participants engaged actively in the open forum, raising queries related to food preservation, storage, and testing, which the speakers addressed comprehensively the assistance of Ms. Una Grace Dollete, food safety team member of Dollete shared knowledge on food technology sectors like DOST-STDI and

Finally, DTI Rizal expressed gratitude to the participants for their active participation and to DOST-PSTO Rizal for their ongoing partnership and support of MSMEs in enhancing business operation and production. PR

GOD'S LOVE

Matagumpay na isinagawa ang Sangguniang Kabataan Youth Leadership Summit 2024 na may temang "United for Progress: Leadership in the Face of Challenges" noong ika-15 hanggang ika-16 ng Agosto 2024 sa Cotte De Azur Resort, Brgy. Abiawin, Infanta,

Quezon Pinangunahan ng Local Government Unit ng Gen. Nakar. Quezon sa ilalim ng pangangasiwa ng Municipal Social Welfare Development Office (MSWDO), ang makabuluhang summit na ito na naglalayong paglinang ng mga kabataang may takot sa Divos, mataas na moralidad, at disiplina mga kabataang handang tumulong sa pag-unlad ng kanilang komunidad at protektado laban sa mga ilegal na organisasyon na naglalayong sirain ang

Sa tulong at pakikipagtulungan ng 1st Infantry Battalion ng Philippine Army sa pamumuno ni LTC NOEL B WAM-IL INF (GSC) PA. naging matagumpay and summit Ang Executive Assistant na si Mr. Glen Jared Ruzol av naging kinatawan ni Hon, Fliseo R. Ruzol sa kaganapang ito.

Binigyang-diin ni LTC WAMIL ang kahalagahan ng pakikilahok ng kabataan sa mga aktibi dad ng kanilang komunidad upang maiwasan ang impluwensya ng mga teroristana arupo. Biniavang-diin din niya na ang kabataan ang pag-asa ng bayan at ang tamang gabay at edukasyon ang magiging sandigan no kanilang magandang kinabukasan, Nelson Dimapi lis/DPAO)





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It's finally here again! Aquaflask's Sakura collection has bloomed again, with more choices! Introducing their Sakura collection, now available in three bottle designs: Regular, Slate & Trek for hydration options! Sizes vary by bottle model. Not only that, it also comes in three colors: Pink, Blue, and Navy blue to complement your aesthetic! Admire its pinkish petals as you hydrate in your favorite design and color! Get yours NOW at AguaFlask SM Center Imus, SM City Molino, and SM City Bacoor! Available in stores and online!!



Fries, fries! Get twice the fries and double the fun when you spend snack time at here at Tokyo Tokyo, SM City Molino! Buy 1 Get 1 promo is valif from 2PM to 5PM only from August 20 until September 30, 2024.



KAI 1-FLEUR DE LIS! France's national flower, the fleur-de-lis, is the subject matter for one of the most valued paintings in the world—Irises by one of the greatest artists. Vincent Van Gogh, This colorway is inspired by it. The [KAI 1 FLEUR DE LIS] sports the brilliant blue-purple of the flower with sunshine orange and grass-green accents to accentuate the design's primary color—just as Van Gogh did in his painting. Visit Anta Basketball at the 3nd Level of SM City Bacoor to get this new kicks fit for your sports activities.

Celebrate Your Everyday Heroes: ACE National Heroes Day Sale — Unbeatable Deals at ACE Hardware Rosario



Honor the heroes in your life with the ACE National Heroes Day Sale from August 23-26! Enjoy great discounts on all your home needs at ACE Hardware Ro-

Sinanay ng Department of Agriculture IV-CALABARZOŇ (DA-4A) Farm and Fisheries Clustering and Consolida-

neurial mind-setting simula noong ika-22 hanggang ika-23 ng Hulyo sa Los Baños, Laguna.

Ito ay tion (F2C2) Program ang ihanda ang mga cluster 21 cluster ng mga mag- sa pagkakaroon ng bisyon nayan sa mga kustomer, sasaka ukol sa entrepre- sa pagnenegosyo sa tu- at paggagawa ng busi-

mga ideya sa negosyo na eral Manager Joel Atennakasentro sa kanilang dido mula sa isa sa mga pag-unlad. modelong cluster sa reĥi-Binuo ang aktibiyon, and Llano Farmers dad ng 44 na mga kalahok Multi-Purpose Cooperana representante no dalawang cluster mula sa High Value Crops Development Program, tatlo mula sa

katangian ng pagiging

negosyante at pagbuo ng

Ayon kay Manager Atendido, sa pamamagitan ng F2C2 ay naabot Livestock Program, pito ng kanilang cluster ang iba mula sa Corn Program, at pang naghahayupan kung saan sila ay natulungan sivam mula sa Rice Prona lumago ang negosyo. Kava naman pinayuhan nalakay ay ang pagpadin niya ang mga kalahok palisensya ng negosyo, na ipagpatuloy ang pagangkop na pakikipag-ugdalo sa mga pagsasanay para makinig at matuto.

bigay inspirasyon din sa

isang pananalita si Gen-

Get Ready to Smile: Flying at SM City Dasmariñas— First in Cavite!





We are thrilled to announce the grand opening of Flying Tiger Copenhagen at SM City Dasmariñas! Discover a world of fun and functional products perfect for your home, school, and more. From quirky kitchen gadgets to stylish stationery, every item is thoughtfully designed to bring a smile to your face. Join us and explore a delightful selection of unique and affordable finds that are as useful as they are cute!

DA-4A F2C2, sinanay ang 21 cluster ng mga magsasaka



The Department of Science and Technology (DOST)-CALABAR-ZON, through its Gender and Development (GAD) Unit, has taken a step forward in promoting gender equality and employee its Gender and Develop- marks a major upgrade ment (GAD) Multi-Purpose from the previous GAD Help Desk on August 14, corner setup, transitioning 2024, at the DOST-CALA- to a dedicated multipur-

in Los Baños, Laguna. The GAD Multi-Purpose Help Desk is designed to address various needs of the department's employees, by consolidating several crucial functions under one roof.

BARZON Regional Office pose space.

this new facility coincides with the anniversary of the Republic Act 9710 also known as the Magna Carta of Women, and National Breastfeeding Awareness Month. This alignment serves as a testament to DOST-CALABARZON's planning. commitment to mainstreaming GAD.

#OwbosY4U Executive Vice-Chairperson. The launch of The multipurpose space houses four key GAD Help Desk: Offers advice and interventions on gentance for GAD policies and

"Having a GAD tion (CODI) Mini-Confer- lize it, the establishment of help desk in our office only ence Room: Provides a the facility will not achieve

ditionally, guests can enjoy a park-exclusive Merienda Pairing, which features a selection of the cafe's As an opening baked goods paired with (8 AM to 10 PM).

September 16, 2024, Ad-

····· VOL. II • NO. 09**5**

private space for deliberations and investigations on sensitive matters.

Lactation Room: Complies with RA 10028 (Expanded Breastfeeding Promotion Act of

 Kumustahan positive intervention to Lounge: Fosters open dialogue between employees and HR personnel.

This initiative enhances the department's gender-related services and promotes a healthier workplace environment. The facility aims to strengthen collaboration on GAD efforts and provide a safe and inclusive space for employees to address various concerns.

The GAD Unit is der-related issues and encouraging all staff memprovides technical assis- bers to actively utilize the new facility. "We request the active participation of Committee on our staff to use the facility Decorum and Investiga- because if we do not uti-

Ristian Aldrin C. Calderon. DOST-CALABARZON GAD focal person, added. "And with the Kumustahan Lounge, it's now more inclusive and open for al staff members."

As govern ment agencies continue to adapt to the evolving needs of their employees, DOST-CALABARZON's GAD Multi-Purpose Help Desk stands as a significant advancement in gender mainstreaming efforts. It demonstrates how thoughtful space allocation can address multiple needs while promoting important social initiatives.

The launch of this facility represents DOST-CALABARZON's ongoing efforts to create a more inclusive and supportive work environment. other government agen-

Aug. 28-Sept. 3, 2024

Enchanted Kingdom and Cafe Mary Grace launch a magical partnership in bringing the Goodness of Home



Enchanted Kingdom, the world-class theme

the Philippines, partners with Filipino brand Cafe Mary Grace periences to all during the EK Portico, City of Santa

Located beside the park's entrance, the EK Portico is part of the theme park's 28th-anniversary promise of an enhanced retail and dining

park is closed.

Cafe Mary Grace to bring more magical ex- has become a well-loved bakeshop and cafe in the latters' soft opening at the country. More than its signature homemade baked goods and homegrown dishes, it also offers the goodness and warmth of home in each of its physical branches for families and customers to enjoy.

shows the commitment

of our top management.

since this helpdesk will

serve as the frontline or

the starting contact point

collaborate, and create an

open dialogue for discus-

sion, advice, and provide

address gender-related is-

sues and concerns," said

Ms. Lvn A. Fernandez, As-

sistant Regional Director

for Finance and Adminis-

Committee

trative Services and GAD

for a safe space to relax

treat, Mary Grace Cafe is late or coffee (americano introducing the Welcome or latte) for a special price Home Treat, offering This Merienda Pairing is guests a complimentary available from August 16 glass of Sangria for every purchase of any All-day to September 16, 2024. For August, Marv breakfast or any Flavorful Pasta from August 16 to

Grace Cafe at Enchanted Kingdom will be open every Monday to Tuesday (11 AM - 8 PM) Wednesday to Thursday (10 AM - 8

DOST-CALABARZON launches comprehensive GAD Multi-Purpose Help Desk



welfare with the launch of