

Biyaheng South Experiential Tour 2024: Discovering the History and Culture of Cavite

Metro Pacific Tollways South (MPT South), in partnership with the Department of Tourism (DOT) Region IV-A (CALABARZON) and Provincial Government of Cavite, held a successful Bi-yaheng South Experiential Tour 2024.

This year's Experiential Tour was proudly co-presented by Taal Vista Hotel and DongFeng Motors PH, with generous sponsorship from World Balance, Sky Ranch Philippines, and Suteki Japanese Restaurant.

Our Ka-biyaheros—comprising a diverse group of influencers and media partners—went on exciting adventure to explore and experience the



Day 1: Exploring the Rich History of Silang ang Tagaytay



hidden treasures of South Luzon.

The tour started with a visit to the MPT South Hub, the sustainable headquarter of CAVITEX and CALAX that is awarded Leadership in Energy and Environmental Design (LEED) Gold Certification. As part of its green initiatives, its architecture features a solar panel field that contributes to 97% of the hub's energy requirement, a biophilic design that integrates natural elements, and charging station for electric vehicles.

The day continued with a cultural immersion at Shambala Silang, where the main attraction is their Tawid Gallery, where guests got to see the indigenous arts and crafts of the region, offering them a glimpse into their rich heritage.

This was followed by a hearty lunch at Siglo

Moderno Filipino, known for its modern takes on traditional Filipino dishes. They served the guests a meal they called "Lakbay Lokal Platter"; this special meal contains different local dishes with a twist from the provinces of Cavite: Laing

Dinamita, Sisiglaw Salad, Himagsikan wings (a local version of Buffalo wings), and more.

In the afternoon, guests were treated with the scenic beauty of Tagaytay with a stay at the iconic Taal Vista Hotel. More than just

offering a luxurious retreat, the hotel enriched their experience with a captivating history walk tour, shedding light on the rich heritage of Tagaytay, the Taal Volcano, and the storied legacy of



Day 2: Delving Deep into the Culture of Maragondon



porary Japanese cuisine, adding a vibrant contrast to the day's Filipino-themed meals.

The adventure continued the second day where they took the influencers to the charming town of Maragondon, Cavite, starting with a peaceful lunch at the "Alegria del Rio" Maragondon Balsa River Cruise.

After, they went on visited one of the famous tourist spots around the city, the Bonifacio Trial House, where national hero Andres Bonifacio stood trial, giving them a deeper understanding of the area's role in Philippine history.

To further enrich their experience, the participants joined a hands-on session at the Likhang Maragondon Bamboo Weaving Workshop, where they learned weaving techniques from local artisans using bamboo as a material. Every one of the guests got to create their own placemats out of bamboo.

Weaving is part of Maragondon's history and culture. As part of the community's way of preserving this tradition, this workshop serves as a bridge between generations, ensuring that the rich heritage of Maragondon's indigenous weaving techniques is passed down to younger artisans.

The day concluded with snacks at Lolo Claro's Restaurant, providing a perfect relaxing ending to the two-day adventure.

Why We Do This Biyaheng South Experiential Tour holds great significance in showcasing the vibrant culture, history, and hidden gems of South Luzon. However, we are not only promoting the scenic spots of South Luzon but also supporting the local economies of the provinces.

"This initiative is a testament of economic innovation and sustainable tourism development, enhancing tourism through accessibility and convenience for travelers. The goal is to create an environment where convenience complements the beauty and uniqueness of the destination, resulting in enjoyable, memorable and convenient experiences for all." Department of Tourism Region IV-A Director, Ms. Marites Castro said.

"In honor of National Tourism Month, the Biyaheng South Experiential Tour shows our dedication to drive tourism and economic growth in the South. We are grateful for the continued support of Department of Tourism (DOT) and Cavite Tourism; their partnership and shared vision have been instrumental in making this program a success. Together, let's look forward to fostering sustainable tourism, contributing to the livelihood of local communities, and showcasing the treasures that lie just beyond our toll roads," stated Arlette Capistrano, MPT South's Vice President for Communication and Stakeholder Management.

Biyaheng South is MPT South's tourism advocacy program that has made a significant impact by promoting its toll road networks, particularly CAVITEX, its C5 Link segment, and CALAX, as gateways to the tourist destinations of Southern Luzon. The program demonstrates how infrastructure not only can improve connectivity but also can serve as a catalyst for regional economic growth through tourism promotion.

MPT South is a subsidiary of Metro Pacific Tollways Corporation (MPTC), the infrastructure arm of Metro Pacific Investments Corporation (MPIC). Aside from the CALAX and CAVITEX networks of toll roads, MPTC's domestic portfolio includes concessions for the North Luzon Expressway (NLEX), the NLEX Connector Road, the Subic-Clark-Tarlac Expressway (SCTEX), and the Cebu-Cordova Link Expressway (CCLEX) in Cebu.

For inquiries about this press release please email us at: corp-comm@mptsouth.com



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Presidential Assistance for Tanza fisher folks and their families



In a bid to preserve the environment and promote cleanliness, Cavite Governor Jonvic Remulla spearheaded the Kalinga sa Kalikasan program in Barangay Talipusngo, Maragondon on September 20, 2024. The initiative drew thousands of volunteers from across the town, who enthusiastically participated in a large-scale clean-up drive to conserve the local environment and enhance the beauty of their community.

The event was graced by key officials of Maragondon whose presence uplifted the spirit of the volunteers. Governor Remulla actively engaged with the people, highlighting the significance of collective action in protecting nature.

The Kalinga sa Kalikasan program underscores Cavite's commitment to environmental conservation and community participation. The volunteers' dedication serves as an inspiring example of how communities can work together to foster a cleaner and greener future. - A. Sarte

Gatchalian urges DepEd: Make learning recovery programs cohesive

CLOSING CEREMONY OF GABAY KABUHAAN LIVELIHOOD PROGRAM OF CDO ODYSSEY FOUNDATION INC. IN PARTNERSHIP WITH DOST-BATANGAS AND LGU-BALETE

Marking another significant milestone is the closing ceremony of the Gabay Kabuhayan Livelihood Program, a collaborative effort between CDO Odyssey Foundation Inc., DOST-Batangas, and the Local Government Unit of Balete, Batangas, through the Municipal Social Welfare and Development Office, held at the Municipal Covered Court of Balete, Batangas, on July 19, 2024.

The program has positively impacted the lives of 10 marginalized street food vendors and their families by providing them with individual food cart livelihood assistance and seminars on Basic Food Hygiene (BFH) and



Food Safety Hazards (FSH). Testimonials from the beneficiaries highlight how the program not only equipped them with essential livelihood skills but also fostered a sense of empowerment and financial independence.

In recognition of the outstanding achievements of beneficiaries, top sellers were rewarded with incentives such as packages of CDO products, which they could sell from their food carts.

Present during the ceremony were Ms. Ella J. Vergara, Associate Program Manager of Odyssey Foundation, Inc.; Ms. Bernadeth Matalog, Program Officer of Odyssey Foundation, Inc.; Mr. Mhark Ellgine A. Li-bao, Supervising Science Research Specialist of DOST-Batangas; Mr. John Maico M. Hernandez, Senior Science Research Specialist of DOST-Batangas; Mr. Edmark Solomon, Secretary to the Mayor of LGU-Balete; and Ms. Gina Japone, Secretary to the Vice Mayor of LGU-Balete.

Byaheng Cavite Familiarization Tour: Exploring Arts, Leisure, and Heritage of the province



The Office of the Provincial Tourism Officer facilitated a two-day Byaheng Cavite Familiarization Tour participated by content creators and travel agencies in the province who embarked on an exciting and unforgettable road trip to explore the gems and treasures of the province, on September 12 and 13, 2024.

The first day

commenced with a warm welcome from Ms. Elinia Imelda Rozelle Sangalang, Cavite Provincial Tourism Officer, at the Provincial Capitol Grounds in

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PMA invites young individuals to take entrance examination



THE MENTAL HEALTH BENEFITS OF DIGITAL DETOX: RE-CLAIMING YOUR TIME

4. Fostering Real-Life Connections

While digital platforms offer convenience and connectivity, they often lack the depth of face-to-face interactions. Spending excessive time on screens can sometimes lead to feelings of isolation and a diminished sense of connection with others.

A digital detox encourages you to engage more meaningfully with people in your immediate environment. Whether it's having a heart-to-heart conversation with a friend or participating in a community event, real-life interactions can strengthen relationships and provide a deeper sense of belonging. The quality of your connections can greatly impact your mental health and overall happiness.

5. Enhancing Self-Awareness and Mindfulness

In a world dominated by digital distractions, finding moments of stillness and self-reflection can be challenging. A digital detox provides an opportunity to slow down and tune into your inner thoughts and feelings. By disconnecting from the external noise, you create space for self-awareness and mindfulness.

Engaging in activities like journaling, meditation, or simply enjoying nature can help you reconnect with yourself and gain valuable insights into your mental and emotional state. This enhanced self-awareness can lead to a greater understanding of your needs and priorities, ultimately contributing to improved mental health.

Practical Tips for a Successful Digital Detox:

- **Set Clear Goals:** Define what you want to achieve with your digital detox — whether it's reducing screen time, improving sleep, or enhancing real-life interactions.
- **Create Boundaries:** Designate specific times or zones in your day where digital devices are off-limits. For example, establish a tech-free zone in your bedroom.
- **Engage in Offline Activities:** Find enjoyable activities that don't involve screens, such as reading, cooking, exercising, or spending time with loved ones.
- **Communicate Your Intentions:** Let friends, family, and colleagues know about your digital detox plans, so they understand your availability and support your efforts.
- **Reflect and Adjust:** Regularly assess the impact of your digital detox and make adjustments as needed. Flexibility and self-compassion are key.

Conclusion:

A digital detox offers a refreshing break from the constant demands of technology, providing numerous mental health benefits. By reducing stress, enhancing focus, improving sleep, fostering real-life connections, and promoting self-awareness, you can reclaim your time and well-being. As we navigate an increasingly digital world, taking time to unplug and reconnect with ourselves and others can be a powerful step towards a healthier, more balanced life. So, why not give it a try? Your mind — and your life — might just thank you for it.

Byaheng...

Trece Martires City. Then, the tour headed to its first destination, the Geronimo Berenguer De Los Reyes (GBR) Museum in the City of General Trias where collections of various aviation models and historical illustrations are stored. A breakfast feast was served for the wanderers to have a taste of the city's cuisine.

Paraiso de June Quixote in the Municipality of Maragondon was the next drop, where participants tried the Skywalk Hanging Bridge that connects the Maragondon and Naic, and where tourists could see the statue of Lolong down the river trail. They also got to join a raft trip cruising along Maragondon River, through Alegria del Rio Balsa Cruises, with a splendid lunch that complimented the view of nature and a serenade to complete the enjoyable voyage. Last leg in the municipality was the first-hand experience on traditional weaving of Maragondon artisans and their Habing Maragondon crafts and goods.

The tour wouldn't be complete without a visit to the most iconic historical place in the province — Museo ni Emilio Aguinaldo, the shrine that preserves the legacy of the first Philippine Republic President and the country's independence. The first day concluded with a visit to the elegance of Brittany Hotel Villar City, in the City of Bacoor.

As the Byaheros continued their tour the following day, they assembled at MPT South Hub in the City of Imus, then headed to DEAFinitely Happy Store and Recircular de Carmona — shops

operated by persons with disabilities that feature recycled products in the City of Carmona. These ventures were established to give stable income to the PWDs and their families.

Afterward, they travelled to Amadeo, making a stop at Artisano Coffee Farm, witnessing the bean-to-cup process, while enjoying a sip of the farm's freshly brewed coffee, a definite perk for the coffee lovers. Another destination in town was visited — the Alitaptap Artists Community, a village of artists from various genre, where participants were given an opportunity to immerse themselves and explore the deep meaning of every stroke and work. They also took part in a Sabayang Pahid that allowed them to showcase their creative and artistic sides. On top of that, the Byaheros and the Cavite Tourism office, with Ms. Sangalang, enjoyed a hearty meal in a boodle fight.

A hotel tour was also conducted at Taal Vista Hotel and Hotel Casiana in Tagaytay City. Subsequently, the group was welcomed to SVD Farm, touring them around their garden of fresh fruits and vegetables for the table dining which the participants got to enjoy afterwards, with other signature dishes.

As the Byaheng Cavite Familiarization Tour came to an end, the Byaheros made a stop at One Town, One Product Philippines (OTOP.Ph) Hub at D' Banquet Bakeshop and Restaurant, which sells various goods and products, for pasalubong shopping. - J. Reyes



Punto de Vista KUNG HINDI LUBOG SA UTANG, LUBOG NAMAN SA BAH

Sa Patuloy na pagbuhos ng ulan dala ng mga bagyong habagat, ay sya naman sanhi ng malaliman pagbaha, kailan ba tayo matuto sa ganitong sistema?

Kilala ang bansa na laging lubog sa baha tuwing may malakas na bagyo, bagamat madaming sektor sa Pilipinas na laging binabaha at mabilis bahain.

Matagal ng isyu sa Pilipinas ang pagbaha dahil marami na rin dumaan mga malalakas na bagyo at naapektuhan dahil sa matinding sanhi nito. Samakatuwid, maraming beses ng nalubog ang bansa at hindi na ito bago.

Kada taon na nating kinakaharap ang matinding buhos ng ulan at malakas na hangin dala ng mga matinding bagyo tulad ng bagyong Ondoy, Yolanda, Ulysses, at Odette.

Ngayong taon, patuloy tayong nakakaranas ng pagbaha katulad na lamang ng ating maranasa ang bagsik ng Bagyong Carina na nagdulot ng matinding pagbaha sa iba't ibang bahagi ng Pilipinas.

Munit bakit ba tayo laging binabaha?

Hindi man natin aminin, muni't may ginagampanan din tayong parte sa patuloy na paglubog ng pilipinas. Katulad ng pagbabago ng lupang sakahan sa urbanisadong lugar, pagkalbo ng ating mga kagubatan, pagkawala ng lupa dahil sa pagmimina, maling pamamahala ng sistema laban sa baha, at hindi tamang pagtatapon ng basura.

Kung nais natin bigyang pansin ang kalusugan ng ating kalikasan, mahalaga na tayo'y kumilos at pangalagaan ang ating kapaligiran, upang tayo'y protektahan tulad na lamang ng pagprotekta ng Sierra Madre sa ating kapwa.

KEVIN GOROSPE

Presidential...

Cavite provincial government continued the distribution of financial aid from the Presidential Assistance to Fisherfolk and Families program, to the locals affected by the Bataan Oil Spill in the municipality of Tanza, on September 18, 2024.

Governor Jonvic Remulla led the distribution, assuring the fisherfolk that there were no broken promises as they would be able to receive the promised financial assistance amounting to Php. 6,500.00 each.

Likewise, Vice Governor Athena Bryana Tolentino, and 7th District Representative Diego Crispin Remulla, conveyed their empathy to

the affected and emphasized that the provincial government of Cavite will always be ready to serve the Caviteños in whatever circumstances.

The outreach program highlights the dedication and commitment of President Ferdinand R. Marcos, Jr. and Governor Remulla in ensuring the necessary support for the affected fisherfolk and families, leading to their fast recovery.

Vice Mayor SM Matro, and other Sangguniang Bayan members of Tanza expressed their utmost gratitude and appreciation for the assistance extended to their constituents during the program. - J. Reyes

CARD MBA Rejoins World's 500 Largest Mutual and Cooperative Insurers

For two consecutive years, CARD Mutual Benefit Association (CARD MBA), Inc. has earned a spot among the world's 500 largest mutual and cooperative insurers, as recognized by the International Cooperative and Mutual Insurance Federation's (ICMIF) Global 500 report. This ranking is determined based on premium income using the 2022 year-end data.

CARD MBA Chief Executive Officer Jocelyn A. Dequito shared that this achievement underscores the Association's efforts to provide insurance to Filipino families, particularly those in vulnerable segments of society. "Our mission is to offer a safety net and additional protection to ensure they can look forward to a secured future," Dequito stated.

As of April 2024, CARD MBA serves more than 7 million clients and extends insurance coverage to over 24 million individuals nationwide. Microinsurance products are crucial in helping the marginalized become resilient in times of uncertainty.

The Association's position improved to 478th, marking a seven-spot rise from the previous 2021 Global 500 Report by ICMIF. In 2022, CARD MBA reported a premium income of USD 105,907. Notably, only two insurance companies from the Philippines were included in this list.

"This recognition is an honor for CARD MBA. We are committed to enhancing our services to better support the low-income sector, ensuring they have protection against unforeseen events," Dequito added.

She also mentioned that the Association will continue to continue its other community development services, including disaster relief assistance, mass weddings, scholarship programs, and working with other organized groups to provide microinsurance protection to their members.

The 2022 Global 500 list of the world's largest mutual and cooperative insurers comprises 83% (225) companies from America and (190) from Europe, 65 companies from Asia and Oceania, and 20 organizations from emerging markets in Latin America (13) and Africa (7).

The International Cooperative and Mutual Insurance Federation is the only international association dedicated to strengthening cooperative and mutual insurance by supporting its organizational capabilities.

Meanwhile, CARD MBA is a microinsurance Mutual Benefit Association in the Philippines that is 100% owned and managed by its members. PR

Cebu Pacific Conferred Golden Arrow Award for Good Corporate Governance



Gokongwei Group executives receive Golden Arrow awards for corporate governance on behalf of their companies during the ICG event.

Cebu Pacific (PSE: CEB), the Philippines' leading carrier, has been honored anew for its corporate governance leadership, receiving Three Golden Arrows from the Institute of Corporate Directors (ICD).

This marks the third time CEB has been recognized along among top publicly listed Philippine companies for exemplary compliance with government regulations.

The prestigious Golden Arrow award is based on the ASEAN Corporate Governance Score-

card (ACGS) and the Corporate Governance Scorecard (CGS), which assess companies across key governance pillars including board responsibility, transparency, and shareholder protection.

"We are deeply honored by this recognition," said Atty. Anne Romadine Tieng, CEB General Counsel. "For millions of Filipinos who trust us with their travel, this award reflects our commitment to not only offering accessible and affordable flights, but also maintaining the highest standards of cor-

porate integrity and transparency."

CEB's achievement of Three Golden Arrows is a notable upgrade from last year's Two Golden Arrows. According to the ICD, the airline performed exceptionally well compared to other transport sector organizations across several key governance areas, such as shareholder rights protection, stakeholder engagement, transparency, board responsibilities, and adherence to governance standards.

As CEB contin-



P10-M halaga ng interbensyon, ipinamahagi ng DA-4A sa Bagong Pilipinas Serbisyo Fair sa Batangas



ginanap na ceremonial distribution ng BPSF. Nagkaroon din ng KADIWA ng Pangulo kung saan ilan sa mga Farmers Cooperatives and Associations sa rehiyon ay direktang nakapagbenta sa mga mamimili sa komunidad ng mga produkto sa mas murang

halaga. Upang ipakila ang mga programa at serbisyo ng Kagawaran, ipinamahagi ang mga basahin tungkol sa pagtatanim, paghahayupan, at mga programa ng ahensya para sa magsasaka at mga interesado sa sektor ng

halaga.

Upang ipakila ang mga programa at serbisyo ng Kagawaran, ipinamahagi ang mga basahin tungkol sa pagtatanim, paghahayupan, at mga programa ng ahensya para sa magsasaka at mga interesado sa sektor ng

agrikultura.

Ikinatuwa ni Daisy Pasahol, isang residente mula sa Brgy. Bugtong, ang natanggap na punla ng calamansi lalo pa at kinahiligang niya na rin magtanim dahil sa impluwensya ng mga magulang na magsasaka.



Cebu Pacific, represented by General Counsel Atty. Anne Romadine Tieng, receives Three Golden Arrows award at the ICG ceremony.





The celebration continues from SM City Molino to SM City Bacoor! Join the grand celebration of Donald Duck's 90th birthday this weekend at SM City Bacoor's Event Center. Fans of all ages are invited to commemorate



Hurry and add up these items on your Disney collectibles. Grab these merch at the Event Center of SM City Bacoor after you snap your IG photo with Donuld Duck.

HANS T. SY RECEIVES PHILIPPINE RETAILERS ASSOCIATION (PRA) OUTSTANDING FILIPINO RETAILERS PRESIDENT AWARD



(L-R): PRA Director and Director of SM Retail Jorge T. Mendiola, PRA Vice President and President and COO of Golden, ABC, Inc. (The Penshoppe Group) Alice T. Liu, SM Prime Holdings Chairman of the Executive Committee Hans T. Sy, PRA President and Chairman of Quorum International, Inc. (Toby's Sports) Roberto S. Claudio, and PRA Director and President of Sports-house Int'l. Leisure, Inc. and proponent of PRA OFR President's Award Mars C. Chua.



the beloved Disney character by taking snaps at this giant photo spot until September 22 only. Don't miss out on Donald Duck and other collectibles, perfect for adding to your Disney collection. Bring your family and friends to share in the joy and celebrate this milestone in style! See you at SM City Bacoor this weekend!

Chinabank wins top governance award a third time



From left: ICD Chairman Pedro Maniego Jr., Philippine Stock Exchange Chief Operating Officer Roel Refran, Chinabank Chief Finance Officer Patrick Cheng and Independent Director Genaro Lapez, Securities and Exchange Commission Chairman & Chief Operating Officer Emilio Aquino, and ICD Vice Chairperson Ida Ceni-za-Tiongson and Treasurer Ma. Victoria Espano.

Chinabank continues to be among the best-governed publicly listed companies in the Philippines, winning for the third year in a row the highest recognition for governance excellence, the Five-Golden Arrow Award of the Institute of Corporate Directors (ICD).

Only five companies received ICD's plum award this year, of which four are members of the SM Group: Chinabank, BDO, SM Investments, and SM Prime Holdings. Chinabank is the only bank to win Five Golden Arrows a third time, a testament to its unwavering commitment to upholding the highest governance standards, according to Chief Finance Officer Patrick Cheng. "We are very proud of the progress we have made, but CBC remains focused on continuously raising the bar, staying ahead of emerging

trends, and adapting to the evolving regulatory landscape," he said. At the Golden Arrow Recognition on September 19, 2024 at the Manila Marriott Hotel, ICD awarded 111 out of 276 publicly listed companies and 25 out of 115 insurance companies in the country based on the results of the 2023 ASEAN Corporate Governance Scorecard (ACGS) and the Corporate Governance Scorecard, respectively. Companies that scored a minimum of 80 points received a One-Golden Arrow award. The Five-Golden Arrow awardees achieved a score of 120 to 130 points.

ICD is the domestic rating board of the ACGS which aims to ensure that the corporate governance climate in the ASEAN region remains competitive and conducive to business growth. Developed by the

ASEAN Capital Markets Forum (ACMF) and the Asian Development Bank, the ACGS evaluates a company's adherence to key corporate governance principles: ensuring the rights

DTI-Laguna...

According to the DTI Department Administrative Order No. 2, Series of 1993, which implements RA 7394, sales promotion is defined as a strategy "to increase the sales, patronage, and/or goodwill of a product." Such promotions typically involve consumer participation and offer "promises of gain" (e.g., prizes) as incentives for purchasing a product or service.

Furthermore, RA 7394 mandates that establishments planning to conduct sales promotion activ-



One sip of this Cafe Dalgona from Cafe Janggeum can immediately transport you to the streets of Seoul!

South Luzon is a treasure trove of mouthwatering dishes, irresistible desserts, and unique delicacies. Keep savoring the flavors of the Philippines—and beyond—with this guide to the best dining spots at SM Supermalls in South Luzon.

South Luzon is a treasure trove of mouthwatering dishes, irresistible desserts, and unique delicacies. Embark on a culinary adventure and discover a world of flavors, from authentic Korean treats to hearty Filipino staples. Keep savoring the flavors of the Philippines—and beyond—with this guide to the best dining spots at SM Supermalls in South Luzon.

South Luzon: A Flavorful Adventure Awaits
If you're heading on a road trip to South Luzon, make sure to fuel up with a caffeine fix from Cafe Janggeum at SM City Tanza. This place is known for their authentic Korean desserts and also good coffee. Whether it's an americano or a dalgona latte, their quality drinks will keep you energized for the scenic drive. They also have bunggeopang—that fish-shaped pastry filled with red bean, chocolate, to custard that we always see in K-Dramas.



Fresh seafood and flavors of Southeast Asia converge right here at Crustasia.

For a full meal, Crustasia Asian Seafood Market is a must-try. They serve the freshest seafood, prepared in delicious ways with recipes from Thailand, Malaysia, Indonesia, and Singapore. It's a true Southeast Asian feast that will satisfy any seafood lover—and will definitely power you up for the trip ahead.



Juddies' bulalo is definitely pure comfort in a bowl. (Image sourced from Juddies Bulalohan on Facebook)

The Food Trip Continues at SM Supermalls in South Luzon

Cruising through Batangas? Don't miss the chance to devour some local legends! Head to Juddies Bulalohan at SM City Sto. Tomas for some of the richest, most flavorful bulalo broth you'll ever slurp. The tender, juicy beef is a perfect match, and trust us, one cup of rice won't even cut it. Get ready for a broth-soaked, meaty fiesta!



This Spicy Winter Halo-Halo from Ben's is surely gonna make you feel hot and cold at the same time.

(Image sourced from Ben's Halo-Halo Ice Cream on Facebook)

When you're in Sta. Rosa, Laguna, swing by SM City Sta. Rosa for a refreshing treat at Ben's Halo-Halo. Their best-seller is the classic Original Halo-Halo, loaded with bananas, macapuno, white beans, ube, leche flan, and langka.



Paper Moon's signature mille crepe is best paired with a hot cup of coffee. (Images sourced from Paper Moon on FB)

Another must-try dessert in SM City Sta. Rosa is Paper Moon, a Tokyo-born dessert house famous for its signature Mille Crepe. This delicate treat features layer upon layer of handmade crepes filled with light pastry cream and topped with a caramelized crust. One bite will have you over the moon, living up to its claim as the home of the world's best Mille Crepe!



Creamy and spicy is what the Bicol region is known for—and 1st Colonial takes it up a notch with their Pinangat and Sili Ice Cream. (Images sourced from 1st Colonial on Facebook)

And if you're craving something creamy and spicy, Bicol's Pinangat is a must-try—a flavorful mix of shrimp and pork wrapped in taro leaves, simmered in coconut milk with a chili kick. For an authentic taste, head to 1st Colonial available in SM City Naga, where their perfectly balanced Pinangat is a rice magnet. Don't forget to try their famous Sili Ice Cream with spice levels ranging from mild to adventurous!



Grab all flavors of J Emmanuel's pili nuts because they are super worth it!

When in Naga, you cannot leave without trying the famous pili nuts! J. Emmanuel Pastries is THE house of Pili and certainly a place you should visit when in the area. Stock up on their must-try pili tarts, hopia de pili, and a variety of flavored pili nuts—roasted, garlic, honey, barbecue, Himalayan salt, chili, and sea salt. It's a delicious souvenir you'll want to take home!

Join us for the ultimate culinary adventure at the SM Supermalls Foodie Festival! Discover a world of flavors, from street food to gourmet. Don't miss out on this limited-time event. Mark your calendars now and get ready to tantalize your taste buds!

Don't miss out on the hottest new food spots at SM Supermalls! Follow us on Facebook, TikTok, Instagram, and X for the latest updates and mouthwatering pics. Want to know the latest entry guidelines and mall hours? Check them out here. Get ready to tantalize your taste buds! #FoodieFestivalAtSM #SMSupermalls

DTI-Laguna Monitors Firms to Safeguard Consumers from Fraudulent Sales Promo Practices



VICTORIA, LAGUNA – The Department of Trade and Industry - Laguna Provincial Office (DTI-Laguna), through its Consumer Protection Division, conducted supervision and oversight of seven (7) sales promotion activities from August 1 to 17, 2024. These activities included competitions, contests, raffle draws, and sales promotions featuring price reductions and free giveaways. The monitored events took place in major

trading centers within Laguna, specifically Biñan, Santa Rosa, Calamba, and Santa Cruz. This monitoring effort aligns with the Department's commitment in safeguarding consumers against misleading advertisements and fraudulent sales practices, in accordance with the Republic Act No. 7394 (RA 7394), otherwise known as the Consumer Act of the Philippines.

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