

METRO PACIFIC TOLLWAYS SOUTH & MAYNILAD JOIN HANDS TO PROVIDE RELIEF TO CAVITE FISHERFOLK AFFECTED BY OIL SPILL



(From left) Arlette V. Capistrano, VP for Communication and Stakeholder Management of MPT South; Raul L. Ignacio, President and General Manager, MPT South; (Center) Former Cavite Governor Jonvic Remulla; Ramoncito S. Fernandez, President and CEO, Maynilad; and Marie Antonette De Ocampo, SAVP and Head, Corporate Affairs and Communication, Maynilad.



Sacks of rice donated by MPT South and Maynilad

MPT South Corporation, the concessionaire of Manila-Cavite Expressway (CAVITEX) and Cavi-te-Laguna Expressway (CALAX), in partnership with Maynilad Water Services, Inc., has donated half a million pesos worth of rice to aid the local fisherfolk of Cavite, who have been severely affected by both the recent oil spill and the devastation brought by Typhoon Carina. The relief effort was officially handed over to former Governor Jonvic C. Remulla, benefiting the coastal communities of Cavite City, Bacoor City, and the municipalities of Noveleta, Rosario, Kawit, Tanza, Naic, Maragondon, and Ternate.

The disaster,

triggered by the MT Ter-annova oil spill—which released 1.4 million liters of industrial fuel into the waters—coincided with the wrath of Typhoon Carina, leaving Cavite’s coastal areas devastated. Fisherfolk, whose livelihoods depend on the health of these waters, have been hit hardest, struggling to recover from the compounded crises. “We understand the crucial role fisherfolk play in sustaining both the livelihoods of Caviteños and the province’s food supply, said MPT South President and General Manager, Raul L. Ignacio. “The devastation they face during calamities not only disrupts their way of life but also the larger agri-

cultural ecosystem. Our donation aims to provide immediate relief while igniting hope for recovery in the hearts of these communities.” Joining the initiative was Maynilad President Ramon S. Fernandez, who reinforced the urgency of supporting the affected fisherfolk during this challenging time. MPT South is a subsidiary of Metro Pacific Tollways Corporation (MPTC). Aside from CAVITEX and CALAX, MPTC also holds domestic concession rights for North Luzon Expressway (NLEX), Subic-Clark-Tarlac Expressway (SCTEX), NLEX Connector and Cebu-Cordova Link Expressway (CCLEX). PR



Former Cavite Governor Jonvic Remulla (Center) received the deed of donation from Arlette V. Capistrano, VP for Communication and Stakeholder Management of MPT South (left), and Raul L. Ignacio, President and General Manager, MPT South (right).

CMDI inaugurated another facility in Lubao, Pampanga



The ribbon cutting ceremony led by CARD MRI Founder and Chairman Emeritus Dr. Jaime Aris-totle Alip marks the opening of CMDI Pampanga Facility, a significant milestone in the journey of progress of CMDI and CMPMI.

CARD - MRI Development Institute, Inc. (CMDI), the training institute of CARD MRI, officially opened its facility in Ruthay’s Place Lubao, Pampanga on June 22, 2024.

“The opening of this new facility signifies CMDI’s commitment to extending its training services to more CARD MRI staff, clients, and external stakeholders. We continue to provide exceptional enhancement courses and enterprise development trainings to help develop and improve their current skills and practices,” said CARD MRI Founder and Chairman Emeritus Dr. Jaime Aris-

totle Alip. Dr. Alip emphasized, “We continue to offer opportunities for the community of learners to invest in its future and provide a safe and welcoming environment to hone knowledge and skills. Our goal is to foster growth in our facilities, a conducive place where we can develop future leaders and successful business owners.” Present at the inauguration are CARD MRI Property Management (CMPMI) President Maida Decano, CMDI President Dr. Edzel A. Ramos, with the CARD MRI advisers, key officers and clients. The CMDI Lubao facility is located at Jose Abad Santos Avenue, Lu-

bao, Pampanga. The opening of this CMDI Pampanga facility is an addition to its existing campuses in Bay and San Pablo City in Laguna, Pasay in National Capital Region, Baguio in Ben-quet, Tagum City in Davao del Norte, and Buenavista in Agusan del Norte.

CMDI is dedicated to providing exceptional practitioner-led training and education ser-vices to create competent and dedicated individuals who can empower, and uplift socio-economically challenged families. Since its establishment in 2000, CMDI has been instrumental in producing passionate and skilled men and women who manage and lead various institutions and enterprises.

The opening of their new training facility demonstrates CMDI’s continuous efforts towards providing accessible and quality education, fostering growth in communities across the Philippines. PR

ISSN NO. 3028-1954

STRAIGHT NEWS PUBLISHING

TODAY'S NEWS AND BEYOND

VOL. II • NO. 16 • October 16-22, 2024 • P 10.00

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AGRI PARTY-LIST SEEKS RE-ELECTION, COMMITS CONTINUED SUPPORT FOR AGRI, VULNERABLE SECTORS

DOST CALABARZON's iSTART Project Innovation and Local Economic Growth in Tanay



Cayetano: FIVE hosting brings ‘win-win’ opportunities for the Philippines



DTI-LAGUNA CONDUCTS LIVELIHOOD ORIENTATION SEMINAR



CAVITE IMMUNIZATION SUMMIT



Governor Athena Tolentino sworn in as Cavite Chief Executive





MINDFULNESS EXERCISES & ACTIVITIES FOR ADULTS

Focusing on the single object of the raisin is meant to bring the participant's mind to the present, to what is right in front of them. We may be used to raisins, and not used to tak-ing time to actually notice them.

When you follow these instructions and take notice, it is much easier to focus on what is in front of you. If your mind does wander, that is natural too. Gently guide it back to the exercise.

2. The Body Scan
Another popular exercise for practitioners of mindfulness is called the Body Scan. It re-quires very little in the way of props or tools, and it is also easily accessible for most be-ginners.

• **Step 1:** the Body Scan begins with the participants lying on their backs with their palms facing up and their feet falling slightly apart. This exercise can also be done sitting on a comfortable chair with feet resting on the floor;

• **Step 2:** the facilitator then asks the participants to lie very still for the duration of the exercise, and move with awareness if it becomes necessary to adjust their position;

• **Step 3:** next, the facilitator begins guiding the Body Scan. Participants begin by bringing awareness to the breath, noticing the rhythm, the experience of breathing in and expel-ling out. The facilitator explains that nobody should try to change the way they are breathing but rather just hold gentle awareness on the breath;

• **Step 4:** next, the facilitator guides attention to the body: how it feels, the texture of clothing against the skin, the contours of the surface on which the body is resting, the temperature of the body and the environment;

• **Step 5:** the facilitator guides awareness to the parts of the body that are tingling, sore, or feeling particularly heavy or light, s/he asks the participants to note any areas of their body where they don't feel any sensations at all or are hypersensitive.

A typical Body Scan runs through each part of the body, paying special attention to the way each area feels. The scan usually moves systematically through the body, e.g. starting at the feet and moving upwards as follows:

- Toes of both feet;
- The rest of the feet (top, bottom, ankle);
- Lower legs;
- Knees;
- Thighs;
- Pelvic region (buttocks, tailbone, pelvic bone, genitals);
- Abdomen;
- Chest;
- Lower back;
- Upper back (back ribs & shoulder blades);
- Hands (fingers, palms, backs, wrists);
- Arms (lower, elbows, upper);
- Neck;
- Face and head (jaw, mouth, nose, cheeks, ears, eyes, forehead, scalp, back and top of the head);
- The "blowhole" (Fleming & Kocovski, 2007).

After the Body Scan is complete and the participants feel ready to come back to the room, they can slowly open their eyes and move naturally to a comfortable sitting position.

Now that you have a firmer understanding of the Body Scan, listen to this mindful body scan script.

Continuation next week

BIR...

SAN PABLO CITY, Laguna (PIA) — The Bureau of Internal Revenue (BIR), covering Laguna, Quezon, and Marinduque (LaQueMar), has vowed to intensify its efforts against tax evaders and private firms that violate the national tax code.

During the Philippine Information Agency Calabarzon's Kapihan sa Bagong Pilipinas, BIR Region 9B OIC-Regional Director Atty. Dante E. Tan highlighted the bureau's 'Oplan Kandado' and 'Run After Tax Evaders' programs.

Tan emphasized that through the strengthened 'Oplan Kandado' program, BIR Region 9B has generated ₱113,658,187.35 from the closure of 32 private firms that committed violations against the tax code.

The Oplan Kandado is an enforcement program under which the BIR imposes administrative sanctions such as suspension and temporary business closures for non-compliance with tax requirements.

Tan added that the bureau continues to file charges against tax evaders who have committed tax fraud through the Run After Tax Evaders

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"The Run After Tax Evaders program is a BIR initiative where we file charges against tax evaders. If we find significant tax fraud or large-scale violations, we file a tax case through our legal division," Tan explained.

He also shared that their office has already filed 24 charges against tax evaders found to have breached the national tax code.

Tan said BIR Region 9B continues to conduct regular tax compliance verification drives and tax mapping to monitor the compliance of commercial establishments in the region. Through tax mapping, Tan said BIR examiners visit businesses to verify their adherence to current tax laws.

The BIR director also urged business owners to fulfill their tax obligations and comply with the national tax code to contribute to the country's development.

"I appeal to our beloved citizens, especially our business owners, to pay the correct taxes on time so that we can contribute to the progress of our nation as we move toward a Bagong Pilipinas," Tan stated. (FC, PIA4A)

LCPCNG...

Novleta, Ternate, Rosario, Silang, Amadeo, Kawit, General Mariano Alvarez (GMA), and Naic. The activity aimed to provide technical assistance to Local Councils for the Protection of Children (LCPC) while advocating for children's rights and emphasizing the importance of active council participation.

The advocacy focused on the four essential categories of children's rights: survival, development, protection, and participation. LCPC members were guided through discussions on how to further promote these rights in their local government initiatives. The event also

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AGRI...

"Sa Suporta sa Agrikultura, Panalo ang Masa."

This was stressed by AGRI Party-list as it filed its Certificate of Candidacy (CoC) for reelection with its advocacy on protecting the rights and livelihood of farmers, fisherfolk, and other local food producers and continuing its fight for job security and improved healthcare in the country.

During the last day of filing, the party-list's Secretary General Ernanie Calica lodged its Certificate of Nomination and Acceptance (CONA) for the 2025 Elections.

"Marami na tayong napagtagumpayan sa laban para sa agrikultura pero marami pang hamon ang dapat tugunan. Patuloy nating isusulong ang pangangailangan ng ating mga magsasaka, mang-ingisda, at iba pa nating agricultural workers na silang pinagmumulan ng pagkain sa hapag-kainan ng bawat pamilyang Pilipino," said Cong. Wilbert "Manoy" Lee, AGRI's Representative this 19th Congress who filed his CoC for Senator for the next elections.

AGRI Party-list maintains its commitment to elevate the country's agriculture sector to alleviate high food prices.

"Kapag naprotek-

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tahan natin ang kabuhayan ng ating mga magsasaka, mangingisda at local food producers na itinuturing natin na 'food security soldiers', kapag tiniyak natin ang kanilang kita, ma-e-enggan-yo silang pataasin ang ani, dadami ang supply, at bababa ang presyo sa merkado. Panalo ang sambayanang Pilipino," Lee said.

This 19th Congress, AGRI Party-list principally authored landmark legislations such as Republic Act No. 11953 or the "New Agrarian Emancipation Act", RA 11985 or "Philippine Salt Industry Development Act," and the recently enacted RA 12022 or the "Anti-Agricultural Economic Sabotage Act".

Currently, AGRI is persistently pushing for the passage of "Cheaper Rice Act," "Post-harvest Facilities Act," "Kadiwa Agri-Food Terminal Act" to protect the livelihood of farmers and fisherfolk and provide long-term solutions to rising prices of food.

"Sama-sama nating pagtibayin ang ating mga napagtagumpayan. Ituloy natin ang laban para sa mas maunlad na agrikultura, at para sa patas at mapagmalasakit na lipunan," AGRI stated. PR

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Governor...

In a solemn ceremony attended by family, friends, and fellow public servants, Governor Athena Bryana D. Tolentino officially took her oath as the new Chief Executive of the Province of Cavite on October 8, 2024, at the Hall of Justice in the Legislative Building in Tagaytay City. She was sworn into office by Judge Racquel V. Aspiras-Sanchez, together with Vice Governor Shernan S. Jaro.

Accompanied and supported by Tagaytay City Mayor Abraham Tolentino, Vice Mayor Agnes Tolentino, 8th District representative Aniela Bianca Tolentino, Aizack Brent Tolentino, their families and fellow public ser-

Highlighted the critical role that LCPCs play in ensuring that the needs and voices of children are prioritized in community governance.

Ms. Roxanne Vicedo and Ms. Rey Ann Avilla from the Department of the Interior and Local Government (DILG) Cavite, along with Ms. Jessie Rose Cruto from the Office of Provincial Social Welfare and Development Office (OPSWDO), served as resource persons for the activity. Their expertise gave participants invaluable insights into strengthening their councils and fostering collaboration within their local communities.

Profriends Partners With University Of St. La Salle In Iloilo

Property Company of Friends, Inc. (Profriends), the property and township development subsidiary of Maplec-rest Group Inc. (MGI), and University of St. La Salle (USLS) recently signed the Memorandum of Agreement and Deeds of Donation for its partnership in the province of Iloilo. This partnership is a commitment to the shared mission of transforming lives with MGI's mission to uplift the life of the common man and the Lasallian mission of teaching minds, touching hearts and transforming lives.

Profriends started its communities in Iloilo in 2007 with Parc Regency Residences and Monticello Villas, both located in Pavia. Since then, families

in the said communities grew and the increase in population contributed to the growth of the town. Pavia has become viable to further development and progress with various locators entering to cater to the growing needs of the increasing population in the area.

The partnership paved way for University of St. La Salle to establish its 2nd school in Region 6, since its foundation in Bacolod city in 1952. A central feature of the Profriends mixed-used development in Pavia, it is poised for stronger academe-industry linkages

L-R (top) Renz Anthony Cañete, Richard Tay, Tiffany Khia, Gerome Choa
L-R (seated) Erlaster Sotto, Jocelyn Guzman, Guillermo Choa, Br. Joaquin Severino Martinez FSC, Minnie Chua



SSS sets record high 2.4M new members in H1 2024

Social Security System (SSS) President and Chief Executive Officer Rolando Ledesma Macasaet today said that SSS is on track for a record-setting year in terms of registering new members after it hit 2.4 million new registrants in July 2024.

In a press briefing, Macasaet reported that the number of new SSS members from January to July 2024 surged by 165 percent to 2.4 million from 923,000 new members recorded in the same period last year.

Macasaet said that in previous years, SSS usually averaged around one million new members annually. But for this year, he challenged SSS officials and employees to target two million new SSS registrants for 2024.

"SSS took the challenge and even went the extra mile. In the first six months, we hit our year's target of two million new members, a positive result of our massive membership and coverage drives throughout the country," Macasaet said.

Macasaet underscored that this milestone

reflects SSS' commitment to expand its membership and reach all working Filipinos.

"The implications of this record membership are profound because it means more Filipinos will have access to a comprehensive set of social security benefits from SSS. The social security protection offered by SSS can help safeguard the financial well-being of Filipino families, particularly during times of uncertainty," Macasaet added.

SSS Executive Vice President for Branch Operations Sector Voltaire P. Agas reported that the highest number of new members came from prior registrants, totaling 1.2 million. Prior registrants are individuals who already have SS numbers but have not yet been reported as covered employees or self-employed members.

"We observed a significant increase in new self-employed members, which surged by 273 per-cent—from 112,000 in 2023 to 419,000 in 2024. Additionally, the number of new OFW members more than doubled, rising to 10,300 in 2024 from just

over 5,000 last year," Agas explained.

Data showed that Luzon recorded the highest number of new members, with more than 882,000. The National Capital Region (NCR) came in second with over 693,000 new enrollees. Mindanao and Visayas followed with 436,000 and 417,000, respectively. Meanwhile, over 10,000 new members came from international operations.

Nationwide Registration Day enrollees reached 26K

Agas said one of SSS' initiatives to expand membership is the Nationwide Registration Day on July 15.

"In a single day, SSS successfully registered more than 26,000 new members in the SSS e-services booth set up in the activity centers of partner malls and establishments.

Agas explained that during the activity, SSS urged all working Filipinos to become SSS members so they could access social security benefits in times of need.

Aside from new registrants, Agas said the SSS e-services booth

served 54,000 members in their SSS transactions, such as creating their My.SSS account, resetting their My.SSS login credentials, updating member records, disbursement account enrolment, generating Payment Reference Number (PRN), and filing their salary and benefit claims applications.

Road to 5M new members by year-end

Macasaet expressed optimism that SSS could reach four to five million new members by the end of 2024, adding, "SSS will sustain this growth trajectory in the coming months as we aim for a historic peak in new member registrations."

"Halfway through the year, we already hit our year's target. But SSS won't stop there. We re-main steadfast in our mission to further broaden our membership base and cover all Filipinos in the workforce," Macasaet said.

Macasaet concluded that SSS will explore innovative strategies to promote social security awareness and instill among fellow Filipinos the value of acquiring SSS membership. PR

DOST...

TANAY, RIZAL (September 12, 2024) — The Department of Science and Technology (DOST) team was composed of Ms. Niña Sherylle S. Giron, Supervising Science Research Specialist (SRS) of DOST Provincial Science and Technology Office (PSTO) Rizal, Ms. Jennefer Jeazon Medina, SRS II of PSTO Rizal, Mr. Raphael San Antonio, SRS I of PSTO Rizal, and Mr. Patrick Isaiah Abarra, iSTART Project Focal and Project Technical Assistant of DOST-CALABARZON. DOST-CALABARZON presented the iSTART Project to Hon. Rafael A. Tanjuatco, Municipal Mayor of the Local Government Unit (LGU) Tanay along with the representatives from various departments (including the Admin, Agri, Budget, Human Resources, Legal, MDRR-MO, MENRO, MPDO, Planning, and Secretary) of LGU Tanay. The meeting took place at the 3rd floor, Municipal Hall, Brgy. Plaza Aldea, Tanay, Rizal.

DOST CALABARZON launched the "Innovation, Science, and Technology for Accelerating Regional Technology-Based Development" (iSTART) project, a groundbreaking initiative designed to integrate science, technology, and innovation (STI) into local development plans. By aligning STI with the Comprehensive Development Plan (CDP) and Comprehensive Land Use Plan (CLUP), iSTART aims to fortify Tanay's development efforts by identifying key gaps and incorporating relevant technological solutions.

Mr. Abarra pro-

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vided an in-depth overview of the iSTART project, highlighting its background, pilot sites, and technical aspects. He explained how iSTART seamlessly integrates with CDP/CLUP through a well-defined operational framework and the DOST's Implementation Model of SSCP. Mr. Abarra also shared valuable insights from the Regional Stakeholder Analysis, where various agencies presented their STI plans, programs, and activities. Finally, he outlined the next steps for LGU Tanay should they choose to participate in the iSTART Project, emphasizing that DOST will cover the workshop series, including the resource speaker(s), while the LGU will be responsible for providing the venue and meals. And to maximize the meeting, Mr. Abarra also played an AVP on DOST-CALABARZON's Infosystems (including DARIUS, TRACE, HRMIS, QMIS, PIMS).

Mayor Tanjuatco expressed keen interest in conducting the iSTART workshops and requested a copy of the Memorandum of Agreement for review by their Secretary and Planning Officers. Ms. Giron informed the LGU that DOST-CALABARZON and DOST PSTO Rizal would await further instructions from their respective Office Heads before proceeding with the next project implementation activities. Finally, the DOST team concluded the iSTART presentation meeting with a group photo alongside the LGU Tanay team. PR



PhilHealth, UNICEF launch benefit package to address severe malnutrition in children



MANILA – The Philippine Health Insurance Corporation (PhilHealth), with support from the United Nations Children’s Fund or UNICEF, has launched the first-ever Severe Acute Malnutrition Outpatient Therapeutic Care Benefit Package in the Philippines and globally.

This groundbreaking initiative puts lifesaving treatment within reach of the country’s most vulnerable children. For the first time, the country’s national health insurance system includes comprehensive support for children suffering from severe wasting and other life-threatening forms of acute malnutrition.

The SAM benefit package offers medical support to help children 0-60 months recover from severe malnutrition.

Severe acute malnutrition (SAM) is one of the most critical global health concerns affecting 14.3 million children worldwide, yet only a small percentage receive the necessary treatment. In the Philippines, where one in three children faces the triple burden of malnutrition—undernutrition (stunting and wasting), micronutrient deficiencies, and overnutrition (overweight and obesity)—nearly 600,000 children suffer from wasting. In regions like Bangsamoro Autonomous Region in Muslim Mindanao, the wasting rate reaches 10 percent, double the national average.

SAM is the most dangerous form of under-

nutrition and can leave children extremely thin, weak, and unable to fight off infections. Without early identification and immediate intervention, SAM can quickly lead to death, or even if the child survives, it can lead to stunting later on. Children with SAM have very low weight-for-height, a very low mid-upper arm circumference, or suffer from nutritional oedema. Families and caregivers whose children have SAM should visit their local health centers to access this free benefit package.

The SAM benefit package is available in health centers and primary care facilities across the country to ensure that lifesaving treatment and care reach those in most need.

What the benefit package means for children and families

Through the benefit package, families with children suffering from SAM will receive treatment services worth ₱7,500 for children 0-6 months old and ₱17,000 for children 6-60 months old. This financial support helps relieve families from the burden of added treatment costs.

The treatment package provides medical care and ready-to-use therapeutic foods, which help restore weight and treat the underlying infections affecting children with severe acute malnutrition. Families are also supported with ongoing counseling from health professionals, who guide them in proper infant and young child feeding and hygiene

practices to prevent the reoccurrence of malnutrition. Regular follow-ups through home visits help

monitor each child’s progress, especially those who are not responding well to treatment or struggling to thrive. Moreover, referrals to inpatient care are available for children with medical complications and requiring more specialized care.

“These packages are PhilHealth’s support to the government’s effort to fight malnutrition in the country. With these, we may help reduce the developmental and medical impacts of malnutrition to the children and their families that will lead to a healthier Philippines,” said PhilHealth President and CEO Emmanuel R. Ledes-

ma Jr. Working together for every child

PhilHealth and UNICEF encourage health providers and parents to take full advantage of this package. As the first line of defense in the fight against child malnutrition, primary care health workers have the power to save lives by ensuring that children in their care are identified early and receive the appropriate treatment they need for SAM.

“Every child, whoever they are and wherever they live, has the right to a healthy start in life, and no family should be held back by

financial barriers when it comes to life saving treatment to overcome malnutrition,” said Oyunsalkhan Dendevnorov, UNICEF Representative to the Philippines. “Through a national health insurance, we can make sure every child is identified early and has free access to the care they need. We are giving them a real chance at a healthy and productive future.”

For more information, visit this page or view resources on managing severe malnutrition. Families may also contact their local health center or call PhilHealth’s hotline at (02) 8662-2588.



Ayala Corporation signs \$200 million credit facility with Metrobank



L-R: Marilen Trinidad, FVP - Head of Large Corporates Division 2 of Metrobank Mayet Caparas, EVP - Head of Institutional Banking Sector of Metrobank. Ayala Corporation Chief Finance Officer Albert de Larrazabal and Ayala Corporation

Treasurer Estelito Biacora. Ayala Corporation (Ayala) has secured a senior long-term loan facility amounting to \$200 million from Metropolitan Bank & Trust Co. (Metrobank), marking another milestone in a relationship that has spanned more than three decades.

The loan facility supports Ayala’s strategic financing initiatives for its ongoing commitments and investments in emerging portfolios, namely, technology and payments, health, logistics and mobility.

The deal was signed on September 16,

growth aspirations of building businesses that transform industries, challenge the status quo, and bring innovations that contribute to the Philippines’ social and economic development goals, all while being a standard bearer for good corporate governance,” said Metrobank

CAVITE...

anne Michelle Gonzales. Their attendance signified strong support for health initiatives in their respective municipalities.

The summit concluded with closing remarks from Dr. Nelson C.

Soriano, Provincial Health Officer I, who expressed gratitude to all participants and reiterated the importance of sustained collaboration in achieving immunization goals for a healthier Cavite. – OPIO

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EDITORIAL: Modernization of PH military

How serious is the Philippine government in modernizing its military?

Very much so, it would appear, amid rising tension between the Philippines and China in the West Philippine Sea.

As a matter of fact, the government recently organized an exhibition where global defense contractors—a total of 291 firms—put their advanced military technology and weapons systems on display. This is part of the Philippine effort to proceed with a multi-billion-dollar program to modernize our military.

That the Philippines is an emerging market for the defense industry is clear. The International Development and Security Cooperation think-tank believes so: “Our strategic issues with China have caught the attention of defense firms, and the exhibit demonstrates support from like-minded nations, many of whom are our partners and allies.”

The government has allocated \$35 billion, spread over the next decade, as it faces increased aggressive actions by Beijing on sea and air over contested areas in the vital sealane.

Buying advanced military hardware and technology will complement the Marcos administration’s stepped-up security partnerships with other friendly countries, such as Japan and Australia, to boost the country’s capability to defend its territorial and maritime claims in the South China Sea.

We have the 1951 Mutual Defense Treaty with the United States where we vowed to come to each other’s defense in case of an armed attack by a third country. While the US government has time and again said that its commitment to help defend

the Philippines is “ironclad,” we must also build up a credible deterrence posture on our own.

The goal of military modernization is to develop a credible defense posture at this time. We need to acquire advanced assets such as fighter jets, submarines and missile systems to protect our territorial integrity.

While long-standing military ties ensure the United States is a key supplier, the Philippines has broadened defense procurement to nations such as India, Israel, Poland, South Korea, and Turkey. The recent exhibition featured new companies, with other participating nations, including Britain, France and Japan.

A significant development along this line is that in 2022, the Philippines purchased a \$375-million BrahMos anti-ship missile system, and the firm is now offering a ship-mounted version.

State-run Israel Aerospace Industries (IAI), which had earlier supplied advanced surveillance capabilities, including electro-optic systems, is also ready to provide reconnaissance aircraft and coastal radar equipment.

The Philippines is also evaluating offers for 40 multirole fighter aircraft. Sweden’s Saab, which builds Gripen jets, is widely considered a contender. The company has vowed to deliver effective and cost-efficient air power to the Philippines.

Modernizing our forces will take time due to the resources needed. But we must explore all possibilities and engage with reliable defense enterprises and select the best systems for our specific needs.

Cayetano...

Senator Alan Peter Cayetano on Saturday pointed out that sports have the power to transform a nation not only by fostering unity among supporters but also by driving growth in tourism.

“Hindi natin

dapat bale-walain na ang sports, lalo na kapag hosting, nakakapag-unite sa atin. We need events like this because win-win [situation] ito,” Cayetano, who serves as chair of the Local Organizing Committee (LOC), said in a media in-

terview during the Drawing of Lots (DOL) for the FIVB Volleyball Men’s World Championship Philippines 2025, which the country will single-host next year.

“Ang daling sabihin na hu’wag gawin ito,” but sports is something that we can really use for transformation,” he added.

The senator, who is also the Chairman Emeritus of the Philippine National Volleyball Federation (PNVF), stressed the unifying power of sports events like the FIVB, especially as volleyball continues to grow in popularity in the country.

“Volleyball is a community, it’s growing, and it’s a good seed. We honor God because there are communities that support all of these competitions all around the world, and support not only the athletes but the people behind the athletes,” he said.

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He also highlighted the advantages of hosting international events, particularly the upcoming volleyball championship, which presents significant opportunities for the Philippines.

“We’re hoping that this will give so much opportunities for the country because there are eight hundred million fans worldwide and ilang percent diyan ang mahilig manood ng live. So even sa tourism, kahit saan mo tingnan, ay win-win [situation tayo],” he said.

As the country officially kicked off the countdown to the event, Cayetano urged international fans to visit the Philippines and expressed his gratitude for their support of the sport.

“On behalf of the Filipinos, you’re welcome to the Philippines, and thank you very much,” he said. PR



PAGONG KUNG UMUSAD

Ang sistemang nabubulok ay tambak ng lumang makinarya, kaya’t kahit ang sistematikong hakbang ay sadyang napabagal. Kahit gaano kahirap ang buhay, nagagawang malagpasan ito, ngunit mas pinapahirap pa ng ating sariling sistema. Hindi natin maitatangi na ang proseso sa Pilipinas ay napakatagal kumpara sa ibang bansa. Halimbawa, sa kalusugan, kapag tayo’y nagpa-check-up, sa susunod na linggo pa makukuha ang resulta, na nagiging sanhi ng labis na pag-aalala sa mga pasyente.

Kaya’t hindi nakapagtataka na kahit ang ating kababayan na si Willie Ong, isang beteranong doktor, ay mas piniling magtungo sa ibang bansa upang magpagamot. Hindi lamang ang sistema sa kalusugan ang sadyang mabagal sa bansa; matagal ding umusad ang hustisya. Katulad ng patong-patong na mga alegasyon na umiikot kay Apollo Quiboloy, na may-ari ng SMNI, na ngayon lamang naisa-publiko matapos ang ilang taon. Ganun din ang kaso ng isang batang aktor na matapos samantalahan ng dalawang kontratista ng sikat na istasyon ng telebisyon. Ilang buwan na ang lumipas, ngunit ito ay patuloy pa ring hindi nabibigyan ng hustisya.

Katulad ng ating National ID na sobrang tagal, hindi malaman kung kailan dadating. Ang lahat ng ito ay nagiging sanhi ng labis na frustrasyon sa mga mamamayan at nagdudulot ng pagdududa sa kakayahan ng ating mga institusyon na tugunan ang mga pangangailangan ng bayan.

GSIS allots P158 M in emergency loan for 4 calamity-hit areas

In Media Center, Press Releases- Tags calamity, emergency loan, enteng

The Government Service Insurance System (GSIS) is allotting nearly P158 million in emergency loan for its 5,777 active members and pensioners residing or working in four calamity-hit areas.

In Mindanao, the towns of Pikit and Kabacan in Cotabato were hit by Typhoons Butchoy and Carina while Kabasalan, Zamboanga Sibugay was flooded due to heavy rainfall.

Famy, Laguna was declared in a state of calamity after being struck by Severe Tropical Storm Enteng. Members and pensioners with existing emergency loan balances may borrow

To be eligible for the loan, old-age

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EDITORIAL BOARD
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ADVERTISING RATES
COMMERCIAL ----- P200/col.cm
LEGAL/NOTICES ----- P160/col.cm
Font Size:
Heading : 10
Body Text : 8
Space : Single space

Published Weekly by: STRAIGHT NEWS PUBLISHING





Naganap ang lagdaan ng Memorandum ng Kasunduan ang Komisyon sa Wikang Filipino (KWF) at Cebu Normal University (CNU) sa Bulwagang Romualdez, Gusalang Watson, Komisyon sa Wikang Filipino para sa layunin ng pagtatatag ng Sentro ng Pagsasalina sa CNU. Mula sa kaliwa, Dr. Carmelita C. Abdurahman (KWF) Dr. Arthur P. Casanova (Tagapangulo, KWF) Dr. Daniel A. Ariaso Sr. (Pangulo, Cebu Normal University) Dr. Lita A. Bacalla (Direktor, Sentro ng Wika at Kultura/Sentro ng Pagsasalina sa CNU).

Food Lane Accreditation, isinusulong ng DA-4A para sa mga biyahero ng rehiyon



Isang makabuluhanang talakayan ang naganap sa pagitan ng mga bagong aplikanteng biyahero ng mga produktong pang-agrikultura at pangisdaan, at mga katuwang na ahensya ng Food Lane Project (FLP) sa isinagawang oryentasyon na pinangunahan ng Department of Agriculture IV-CALABARZON (DA-4A) Agribusiness and Marketing Assistance Division (AMAD) noong ika-11 ng Setyembre sa Argosino Hall, Lipa Agricultural Research and Experiment Station, Batangas.

Ayon kay AMAD OIC-Chief G. Justine Vivas, ang akreditasyon ay nagpapahintulot sa kagawaran at mga katuwang na ahensya na mas epektibong matugunan ang pangangailangan ng mga biyahero ng CALABARZON, na may layuning masiguro ang ligtas na suplay ng produktong agrikultura at pangisdaan sa ilalim ng FLP.

Ang pagtitipon ay nagbigay-daang upang mapalawig ang kaalaman ng mga dumalo hinggil sa mga alituntunin at proseso ng Food Lane Accreditation at batas-trapiko at kanilang mga karapatan sa buong bansa.

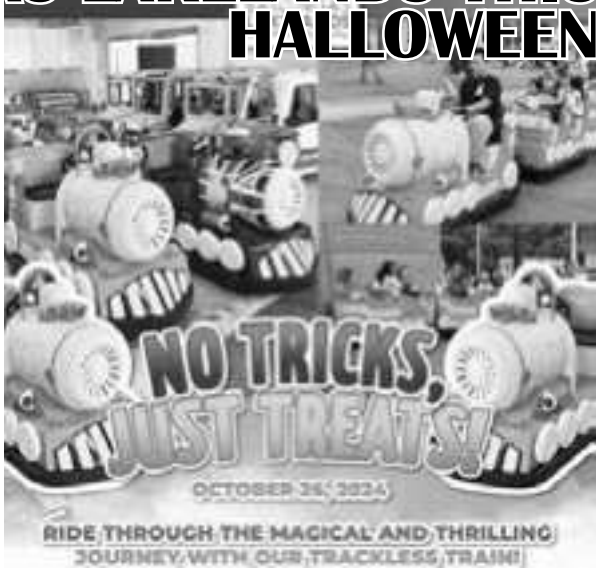
Nagsilbing tulay ng komunikasyon sina Metro Manila Development Authority Chief Inspectorate G. Miguel Panal; Department of Interior and Local Government Local Government Operations Officer III G. Matthew Galasinao, at Philippine



Everyone is all in for treats this Halloween at the country's premier active-lifestyle park for outdoor adventure, sports, and entertainment activities, Batangas Lakelands.

This October 26, 2024, outdoor seek-

NO TRICKS, JUST TREATS AT BATANGAS LAKE LANDS THIS HALLOWEEN



ers can wiggle to thrilling activities such as foam party, vin-tage car ride, magical movie marathon, and enjoy the trackless train. Be captivated by the performances of fire dancers and live band for only P599.00.

The Halloween spirit at Batangas Lakelands is matched with t-shirt and goodie bags all for FREE!

Maximize the time with your family and friends by indulging in a relaxing staycation

October 16-22, 2024

at Holiday Inn and Suites Batangas Limapark.

Make your reservation NOW! Call our Landline: (02) 7623-9465 or Mobile: 0917 852 7735 / 0917 869 1619 or send us an email at tours@lake-lands.com.ph.

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Moreover, Mr. Christopher V. Bayle, Nurse V of DOH-CHD IV-A, discussed the Status and Involvement of the National Immunization Program under the Seal of Good Local Governance (SGLG), emphasizing the role of governance in sustaining immunization efforts.

An important segment of the summit included plenary discussions on key topics such as governance and leadership, improving service delivery and reaching immunization targets, and the use of data for effective decision-making.

Likewise, local government units (LGUs) of the City of Carmona, Tagaytay City, Mendez, and General Mariano Alvarez (GMA) shared their best practices in implementing successful immunization programs.

Among the local chief executives present were Mayor Dahlia Loyola of the City of Carmona, Mayor Lamberto Bambao of Ternate, Mayor Maricel Torres of GMA, Mayor Jasmin Maligaya-Bautista of Magallanes, and Rosario Vice Mayor Jo-

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Strengthened coconut industry eyed as over 700 farmers graduate from ATI CALABARZON's School-on-the-Air program



SAN PABLO CITY, Laguna – After the 10-week airing of lecture discussions, 729 coconut farmers across the region graduated from the “School-on-the-Air (SOA) on Good Agricultural Practices (GAP) for Coconut” of the Department of Agriculture - Agricultural Training Institute (DA-ATI) CALABARZON.

On Friday, October 4, graduating coconut farmers from 11 participating local government units (LGUs), guests, and key officials from partner agencies convened at San Pablo Multipurpose and Convention Center to celebrate the crucial role of coconut in providing lucrative ventures and improving rural lives.

Dubbed as “Masaganang Cocobuhayan: Radyo Eskwela sa Pagniniyugan,” the program aims to train participants on effective and efficient coconut farming strategies and ultimately strengthen the coconut industry in CALABARZON by highlighting its potential as a sustainable livelihood and innovative enterprise for farmers.

“Marami po kami natutunan mula Episode 1 hanggang Episode 20. Talaga pong punong-puno ng karunungan ang aming kaisipan at talaga pong ito’y aming pagyayamanin at amin

pong iba-bahagi pa sa aming mga kasamahan. Ang hiling ko lang po marami pa po tayong maturuan ng tamang pagtanim, lalo na po ang mga kabataan na susunod sa amin,” said in his impression by Mr. Carlito Enriquez Jr., a graduate from Agoncillo, Batangas.

Meanwhile, Mr. Francisco Rubio, a successful entrepreneur from Quezon and the founder of Green Life Coco-nut Products Philippines Inc. (GreenLife), served as the keynote speaker—inspiring fellow coconut farmers and farming enthusiasts to continue innovating coconut production and succeed in this venture.

Mr. Bibiano Con-cibido, Jr. (PCA IV-A Regional Manager III), Engr. Remelyn Recoter (ATI Director IV), Sen. Cynthia Villar (Chairperson of the Senate Committee on Agriculture and Food), and Dr. Rolando Maningas (ATI CALABARZON Center Director) also delivered a message of support for the completers.

The SOA program aired 20 episodes from June 19 - August 23, 2024, on partner radio stations 106.3 Radyo Natin Laguna, 92.7 Spirit FM Infanta, 102.5 Radyo Natin BonPen, and via YouTube channel and Facebook page of DA-ATI CALA-

BARZON. This was participated by 11 local government units across the region, namely Magallanes, Cavite; Agoncillo, Batangas; Tanay, Rizal; Luisiana, Magdale-

DTI-LAGUNA...

Calamba City, Laguna — The Calamba Manpower Development Center, in cooperation with the Department of Trade and Industry - Laguna Provincial Office, Department of Labor and Employment, and Cooperatives and Livelihood Development Office of the City Government of Calamba, conducted a seminar last September 16, 2024, which was attended by 238 participants composed of trainees and graduates from courses in Bread and Pastry Production Food and Beverage Services, Culinary Arts, Dressmaking, Welding, and RAC Servicing.

The seminar titled “Livelihood Orientation Program” aimed to equip participants with essential skills and knowledge.

The program was hosted by Ms. Joanna Marie M. Malihan. The first topic is on Business Ideas, which was discussed by Mr. Rafael Yuan P. Gatdula, Negosyo Center Business Counselor of Pagsanjan. He discussed how one's passion can be turned into an income-generating business and also provided various examples on which businesses the participants can engaged to. Following this, Mr. Syruz

na, and San Pablo City in Laguna; and Atimonan, Mulanay, Padre Burgos, Gen, Nakar, and Real in Quezon. Topics covered include Site Selection and Management, Field Layout and Planting, Planting and Replanting of Damaged Palms, Farm Maintenance, Farm Diversification, and Harvesting and Postharvest Handling, based on the Philippine National Standard (PNS) Code of GAP for coconut.

The 20 episodes were delivered by radio teachers from a pool of coconut specialists and subject matter specialists

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from various attached agencies and bureaus under DA, particularly the Philippine Coconut Authority (PCA) IV-A. In the course of the program, ATI CALABARZON administered various quizzes and tests to assess participants' knowledge and understanding. Still under the Coconut Farmers and Industry Development Plan (CFIDP) and in collaboration with the PCA IV-A, this is the second time the ATI CALABARZON implemented the SOA program dedicated to the coconut industry after its pilot implementation last year.

PR

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ated the relevant and actionable information provided. The enthusiasm for the session was evident, with many participants expressing a strong interest in future business engagement. They specifically requested speakers for the remaining quarters of the year, highlighting the growing need for comprehensive business education and support from DTI-Laguna. This enthusiastic response has paved way to a sign of a continued commitment to professional development and underscores the valuable role of DTI-Laguna's initiatives in fostering business growth and success (SAReyes, DTI-Laguna).

GSIS...

and disability pensioners must have a net monthly pension of at least 25% after deducting the loan amortization.

The application deadline in the Mindanao areas is on 15 October 2024, while in Famy, Laguna, on 15 December 2024.

Eligible members may apply online for the loan through the GSIS Touch mobile app.

For more in-

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formation about the emergency loan and application procedures, members are encouraged to visit the GSIS website at www.gsis.gov.ph, follow the GSIS Facebook page (@gsis.ph), email gsiscare@gsis.gov.ph, or call the GSIS Contact Center at 8847 4747 (Metro Manila) or 1-800-8-847-4747 (Globe and TM subscribers) or 1-800-10-847-4747 (Smart, Sun, and TNT subscribers). PR