

CALAX kinilala sa mga programa sa turismo at Kalikasan sa South Luzon



Ang Cavite-La guna Expressway (CA-LAX), isang concession toll road na pinamama-halaan ng Metro Pacific Tollways South, ay tumanggap ng dalawang prestihiyosong parangal kamakailan—ang Cavite Tourism Excellence Award mula sa Pamahalaang Panlalawigan ng Cavite at ang Green Award mula sa Pamahalaang Lungsod ng Sta. Rosa—bilang pagkilala sa mahalagang kontribusyon ng CALAX sa sektor ng turismo at pangangalaga sa kalikasan sa Timog Luzon.

Ang Cavite Tourism Excellence Award ay iginagawad bilang pagkilala sa mga organ-

partner na tourist spots at establisimento habang naglalakbay sa Cavite. Ang tagumpay ng proyektong ito ay tumutulong sa paglago ng ekonomiya ng rehiyon, at nagpapalakas sa mga natatagong yaman at pamanang kultural ng lalawigan.

Bukod dito, pinarangalan din ang CALAX bilang Sustainable Development Partner sa Green Awards ng Pamahalaang Lungsod ng Sta. Rosa, kung saan kinikilala ang mga organisasyon at indibidwal na may makabuluhang ambag sa pangangalaga ng kalikasan. Ang dedikasyon ng CALAX sa kalikasan ay makikita mismo sa kanilang expressway, na kilala bilang isang "green expressway" dahil sa paggamit ng renewable energy at disenyo na isinama sa kalikasan. Ito ay patunay ng kanilang pagsusumikap na bawasan ang carbon footprint habang pinapaganda ang karanasan sa pagmamaneho ng mga motorista. Ang award na ito ay kinikilala rin ang aktibong partisipasyon ng CALAX sa mga proyektong pangkalikasan tulad ng Linis Barangay campaign, mga aktibidad ng pagtatanim ng puno, at pakikilahok sa taunang International Coastal Clean-up.

“It is an honor to be recognized for our contributions to both tourism and environmental sustainability in South Luzon. We recognize that our responsibility extends beyond mobility—it’s about creating a gateway to new opportunities and a better future for the communities we serve ani ni Arlette V. Capistrano, Vice President for Communication and Stakeholder Management ng MPT South.

Ang mga parangal na ito ay nagpapatibay sa dedikasyon ng CALAX sa pagsusulong ng sustainability at pagsuporta sa turismo para sa pag-unlad ng rehiyon. Pinatutunayan nito ang kanilang layunin na bumuo ng isang mas sustainable at konektadong hinaharap para sa Timog Luzon.

About CALAX:

Ang CALAX ay isa sa mga concession toll road ng Metro Pacific Tollways Corporation (MPTC). Bukod dito, kabilang rin sa domestic portfolio ng MPTC ang Manila-Cavite Expressway (CAVITEX), North Luzon Expressway (NLEX), NLEX Connector Road, Subic-Clark-Tarlac Expressway (SCTEX), at Cebu-Cordova Link Expressway (CCLEX) sa Cebu.

glunsad kamakailan ng Cavite Tourism Passport, isang malikhaing inisyatiba na hinihikayat ang mga biyahero na tuklasin ang iba’t ibang destinasyong panturismo sa rehiyon. Sa pamamagitan ng booklet na katulad ng isang pasaporte, maaaring manglekta ng ‘stamp’ ang mga kalahok mula sa mga

SARAP and DTI-Rizal Launch the "Likhang Lokal-Tatak-Rizal" Trade Fair



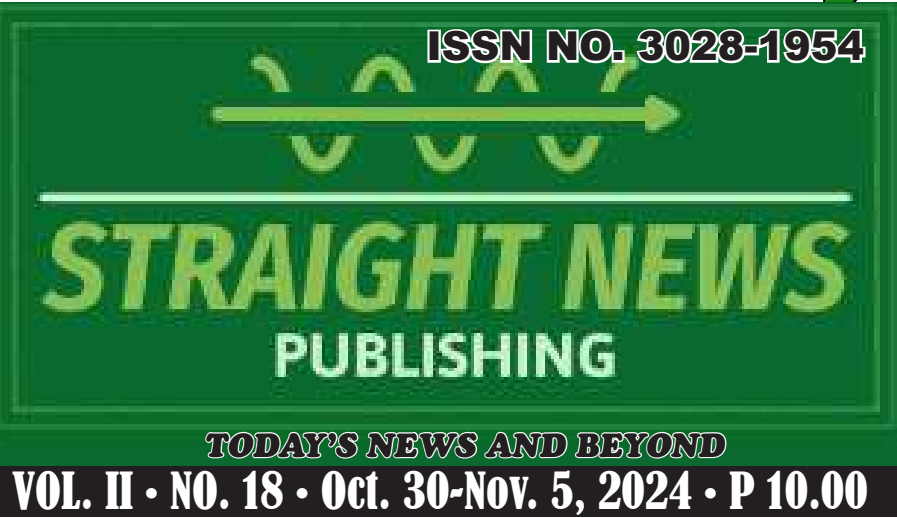
ANTIPOLO CITY, 16 October 2024 | Today marked the grand opening of an exciting trade fair organized by Samahan ng mga Rizalenyos sa sektor ng Agrikultura at Pagkain (SARAP) Inc. in partner-

ship with the Department of Trade and Industry - Rizal (DTI-Rizal). The event, themed "Likhang Lokal-Tatak Rizal," aims to showcase and promote local products and businesses from the Rizal province.

The opening ceremony was graced by several distinguished guests. In attendance were Counselor Agnes Oldan and Board Member Randy Puno, along with former Counselor Paui Tapaes. Representing DTI-Rizal were Ms. Sharon F. Dioco, Chief Trade and Industry Development Specialist (CTIDS), and Marlene De

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Cavite hosts 2024 RSTIW: A Leap Toward the Green Economy and Smart Education



DOST CALABARZON Brings iSTART Project to Taytay for Local Economic Growth



TAYTAY, RIZAL (August 9, 2024) — A team from the Department of Science and Technology (DOST) CALABARZON, led by Engr. Francisco R. Barquilla III, Assistant Regional Director for Technical Operations, and Dir. Fernando E. Ablaza, Provincial S&T Director of DOST PSTO Rizal, presented the iSTART Project to representatives from various departments (e.g., Admin, MENRO, Planning, Legal, and SMILE I.T. Lab) of the Local Government Unit (LGU) of Taytay. The meeting took place at the SMILE I.T. Lab - Rosario Ocampo Elementary School, Taytay, Rizal.

DOST CALABARZON introduced the "Innovation, Science and

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Cayetano hails Senate push for better pay and employment standards for barangay health workers

Senator Alan Peter Cayetano on Wednesday hailed the recent progress toward better support for barangay health workers (BHWs) after the sponsorship of the committee report for the Magna Carta for Barangay Health Workers.

"As front liners of our primary healthcare system, our BHWs must be given sufficient incentives, benefits and most of all just compensation for

cont. on Page 2



NFA CONTINUES RELEASE OF RICE TO AREAS HIT HARDEST BY STORM

MGA KABATAANG ARTIST NG CALABARZON, BUMIDA SA POSTER MAKING CONTEST NG DA-4A



Muling namayani sa paggawa ng poster ang mga mag-aaral ng rehiyon sa ginanap na Regional on-the-Spot Poster Making Contest na pinanguna-

han ng Department of Agriculture IV- CALABARZON (DA-4A) noong ika-27 ng Setyembre sa Argosino Hall, Lipa Agricultural Research and Experiment

Station, Batangas.

Mula sa 99 na mga kalahok na nagpasa ng kanilang paunang en-

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POINT OF VIEW

MINDFULNESS EXERCISES & ACTIVITIES FOR ADULTS

Those questions are:

- How did you feel when speaking during the exercise?
- How did you feel when listening during the exercise?
- Did you notice any mind-wandering?
- If so, what was the distraction?
- What helped you to bring your attention back to the present?
- Did your mind judge while listening to others?
- If so, how did "judging" feel in the body?
- Were there times where you felt empathy?
- If so, how did this feel in the body?
- How did your body feel right before speaking?
- How did your body feel right after speaking?

- What are you feeling right now?
- What would happen if you practiced mindful listening with each person that you spoke with?

- Do you think mindful listening would change the way you interact and relate with others?
- How would it feel if you set the intention to pay attention with curiosity, kindness, and acceptance to everything you said and everything you listened to?

In addition to the group activities here, you may also be interested in trying gentle yo-ga or Qi-gong, both of which involve a deliberate posture, purposeful breath, and an em-phasis on awareness. Both of these activities have provided evidence for the benefits of mindfulness (Newsome, Waldo, & Gruszka, 2012).

5 Fun Mindfulness Interventions, Techniques, and Worksheets for Adults

There are several ways to engage in mindfulness on an individual level, including work-sheets, techniques, and different exercises. If the idea of participating in group mindfulness exercises is anxiety-provoking or stress-ful for yourself or your clients, then diving into mindfulness practice alone can be the best way to proceed.

Here are six exercises that can help to build mindfulness in different ways.

- The Observer Meditation**
The Observer Meditation looks at why it is worthwhile to detach from our internal thoughts and feelings—an important part of Acceptance and Commitment Therapy, in which mindfulness plays a large role.

Adopting an Observer perspective can help us put some distance between who we are and problematic domains in life that we might be overidentifying with.

- To begin the exercise, follow these steps:
- Take a comfortable seated position, and listen to the script.
 - Let yourself settle into your body and your mind.
 - Try to let go of thoughts and clear the mind of its usual considerations.
 - Focus your attention first to the room you're sitting in. Picture yourself from the outside as you sit, exactly as an outsider might. Next, shift your attention inwards into your skin. Try and feel your skin as you are sitting in the chair.

Continuation next week



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DOST...

Technology for Accelerating Regional Technology-Based Development" (iSTART) project. This initiative aims to integrate science, technology, and innovation (STI) into local development plans, such as the Comprehensive Development Plan (CDP) and Comprehensive Land Use Plan (CLUP). This will help Taytay, a first-class municipality, strengthen its development initiatives by identifying gaps and incorporating relevant STI components.

To provide context for iSTART, ARD Barquilla connected it to the Smart and Sustainable (Cities and) Communities Program (SSCP), highlighting Taytay's recognition as one of DICT's "digital cities."

Mr. Patrick Isaiah Abarra, Project Technical Assistant of DOST CALABARZON, further elaborated on the iSTART project background, pilot sites, and technical aspects. He explained how iSTART aligns with CDP/CLUP through a designated operational framework and the DOST Implementation Model of SSCP (from aim-collaborate-establish to involvement of key players, achieving the desired outcome, and becoming a "smarter" city/municipality). He also shared insights from the Regional Stakeholder Analysis where agencies presented their STI plans, programs, and activities.

Next, ARD

Barquilla outlined the next steps for LGU Taytay if they decide to participate in the iSTART Project. He clarified that DOST will cover the workshop series, including the resource speaker(s), while the LGU will be responsible for providing the venue and meals. Additionally, DOST can execute a Non-Disclosure Agreement to ensure the confidentiality of data inputs from the LGU, its offices, civil society organizations (CSOs), state universities and colleges (SUCs), barangay officials, private stakeholders, and other relevant parties. The Legal Officer of LGU Taytay also suggested a Data Sharing Agreement for further protection.

To maximize the meeting, ARD Barquilla also presented DOST-CALABARZON's Infosystems (including DARIUS, TRACE, HRMIS, QMIS, PIMS) and Food Safety Solutions.

The DOST team concluded the iSTART presentation meeting with a group photo with the team of LGU Taytay. DOST CALABARZON and PSTO Rizal are hopeful for the iSTART project's implementation in Taytay, following the positive response of Mr. Enrico Marquez, Manager of the SMILE I.T. Lab, and Ms. Fatima Garcia, Head of the Municipal Planning and Development Office of Taytay, pending the review of the proposed Memorandum of Agreement.



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Cayetano...

all the hard work they have done for us," the senator said of the measure.

On September 24, 2024, the committee report (Senate Bill No. 2838 under Committee Report No. 332) was signed by 16 senators and was recommended for approval by the Senate Committees on Health and Demography, Local Government, Ways and Means, and Finance.

It combined several measures, including Cayetano's version (Senate Bill No. 68), which aims to upgrade BHWs from volunteer status to government employees.

Cayetano's bill, called the Mahal Ko, Barangay Health Worker Ko Law, was filed on July 7, 2022, highlighting the vital role of BHWs during the COVID-19 pandemic. As the principal author, he was the first to file this bill among those included in the committee report.

"During the COVID-19 pandemic, BHWs were notably at

the forefront of response where they served as the bridge-way of communication between the health centers and constituents," the senator said in his bill's explanatory note.

Inspired by their dedication and hard work, Cayetano sought to improve the BHWs' employment standards, increase their number in each barangay or cluster, and provide them with incentives and benefits. All of his proposals have now been incorporated into the consolidated measure.

Cayetano said this proposed measure is feasible, highlighting the City of Taguig as a successful example of providing incentives and benefits to BHWs.

"We should start properly compensating, assisting, and building up the skills of our health workers, because they are our backbone for the efficient delivery of our overall health system," he said in his bill. PR

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NFA...

QUEZON CITY (PIA) — The National Food Authority (NFA) has continued to release sacks of rice to areas hit hardest by Severe Tropical Storm Kristine (international name: Trami), even as it assured the Filipinos that the agency has enough supply of the staple until the end of the year.

In an interview on PTV4, Department of Agriculture (DA) Asec. Arnel De Mesa said, "The NFA has continued to release rice for the areas affected by storm Kristine. Around 500 sacks of rice are allocated for each area of relief operation in Sorsogon and Catanduanes in the Bicol region."

Earlier, NFA Administrator Larry Lacson said that hae has activated all their warehouses to immediately respond to requests in affected areas.

"Lahat ng NFA offices ngayon bukas (All of the NFA offices are now open). I have instructed everyone to be on alert, provide assistance, kahit hindi bigas, kahit sakayan (not just rice, but also vehicles) or whatever, especially in Region V (Bicol Region). Dapat ang

ating gobyerno ay (The government must be) responsive," he said in an earlier report from PIA.

Enough rice supply

DA assured the public that the country's rice inventory could last for 100 days.

"Because of the arrival of rice imports and the expected arrival of more imported rice, and based on historical trend, it is possible that our stock inventory could last for 100 days. So, its after the end of the year. Hindi tayo nangangamba that our stocks would run out," Asec. De Mesa said.

As of the moment, we have around 400 million sacks of rice in our NFA inventory, he added.

Meanwhile, the DA expressed confidence that storm Kristine could not deal a huge toll on our croplands, as 60 to 70 percent of the crops, especially rice, in the regions threatened by the storm were already mature and were harvested early on, upon the advice of DA Secretary Francisco Tiu Laurel Jr., days prior to the storm's onslaught.

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DTI-Rizal...

Luna, Senior Trade and Industry Development Specialist (STIDS), both from the Business Development Division.

The trade fair serves as a platform for almost 40 local entrepreneurs and artisans to display their products, highlighting the rich cultural heritage and economic potential of Rizal province. Visitors can expect to find a wide array of locally-made goods, from traditional crafts to innovative products that represent the spirit of "Likhang Lokal, Tatak Rizal".

This collabora-

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tive effort between SARAP and DTI-Rizal underscores the commitment of both organizations to support and promote local businesses, fostering economic growth and sustainability in the region.

The trade fair is open to the public from October 16 to 25, 2024, at the Activity Area, Lower Ground Floor, North Wing of Robinsons Antipolo. Residents and visitors alike are encouraged to attend and support local enterprises during this ten-day showcase of Rizal's finest products. PR

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KABATAANG...

tri, 25 na mag-aaral mula sa ika-lima hanggang ika-anim na baitang ng iba't-ibang paaralan ang napili upang sumabak sa naturang kompetisyon na may temang "RIGHT TO FOODS for a Better Life and a Better Future" na taunang ginaganap upang ipagdiwang ang World Food Day.

Pinangasiwaan naman ng Regional Agriculture and Fisheries Information Section (RAFIS) ng DA-4A ang pagbubukas ng kompetisyon.

Ani RAFIS

Chief G. Radel Llagas sa kanyang pambungad na mensahe, ang partisipasyon ng mga kalahok ay isang mahalagang hakbang upang maipaalala sa lahat ang adhikain ng selebrasyon. Binigyang diin niya na ang bawat likhang sining ng mga kalahok ay nagbibigay- buhay sa ad-bokasiya na tinitiyak ang magandang buhay para sa bawat Pilipino.

Itinanghal bilang kampeon si Hannah Rowe Munasque ng Trece Martires, Cavite na nag-uwi rin ng premiyong nagkakahalaga ng Php15,000. Sampung libong piso naman ang napanalunan ng 1st placer na si Mary Maddison Tegov, at limang libong piso para sa 2nd placer na si Klara Mendoza,

ang dalawang mag-aaral ay parehong nagmula sa Batangas City. Nag-uwi naman ang ibang lumahok ang consolation prize na nagkakahalaga ng isang libong piso.

Ayon sa tagapagsanay ni Hannah na si G. Rolly Caño, iba ang dedikasyon sa pagsasanay ang binigay ng mag-aaral upang matanggap at magwagi sa kompetisyon. Ibinahagi rin niya ang kahalagahan ng suporta ng mga magulang upang mapagtagumpayan ng bata ang larangan na kanyang tinatahak.

Nagsilbing hurado sa naturang kompetisyon sina Quezon Agricultural Research and Experiment Station Chief G. Wilmer Faylon, DA-4A Youth Focal Person at Senior Research Specialist Bb. Hazel Reyes, at RAFIS Media Production Specialist G.Jonas Palma.

Ang aktibidad ay pinagtagumpayan ng Department of Agriculture kasama ang Department of Education at Food and Agriculture Organization ng United Nations. Magpapatuloy si Hannah bilang kinatawan ng CALABARZON sa pambansang antas ng kompetisyon na nakatakdang ganapin sa ika- 15 ng Oktubre sa Makati City. PR



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Taste...

Balbacua.

With their diligence, their small carinderia continuously became popular. In 2018, they named their eatery Kan-Anan ni Papa Daday, or "Papa Daday's Restaurant".

After ensuring the stability of their business, she expanded by adding more branches until it reached four recently. Their branches were strategically located along the road for customers' easy access.

She knows she is not getting any younger, so she teaches her children how to handle their business. Four years ago, she started allowing her children to manage their businesses with her guidance.

"I am glad that I can already see that my children have a heart for business, and with that, I am confident that this business that we started will continue to flourish in their

hands," she stated. Three of her children manage their branches, while her youngest is still studying.

With their business, they acquired a house, land, and vehicles.

CARD MRI Rizal Bank, Inc. (CARD RBI), a microfinance-oriented rural bank, helped her stabilize their business. She availed of a business loan for her growing business. Her current loan in CARD RBI is PHP 500,000.00.

Satisfied with the policies of CARD RBI, she has encouraged her children to become the bank's clients as well.

"There is nothing wrong with starting small; what's important is to accompany it with diligence and perseverance. In time, you will be able to see the progress, just like what happened to our story," she concluded.



Ikalawang Pandaigdigang Kumperensiya sa Nangan-ganib na Wika (2nd International Conference on Language Endangerment) na may temang Pagbibigay-lakas sa mga Katutubong Mamamayan tungo sa Pagpapasigla ng mga Wika (Empowering Indigenous Peoples towards Revitalizing the Languages) ng Komisyon sa Wikang Filipino (KWF) na ginanap sa Pamantasang Normal ng Pilipinas, Maynila.





Ang buwan ng Oktubre ay buwan din ng pag-alala natin sa walang humpay na paglilingkod ng ating mga Pastor. Inaalala po natin ang mga hindi mabilang na sakripisyo, pamumuno at pagmamalasakit ng ating mga Pastor sa ating lahat. Sila ay tunay na mabubuting ehemplo sa bawat isa sa atin na tunay na karapat dapat tularan.

Isang malaking pasasalamat sa ating mga na sina Pastor Robin Mabaquiao, Pastor Jomel Huyong, Pastor Glenn De Leon, Pastor Sergio Velasquez & Nanay Luisa Morales

Sa ngalan po ng ating buong kongregasyon, nais po namin ipahayag ang aming taos-pusong pasasalamat sa lahat ng inyong sakripisyo at dedikasyon para sa paglagoy aming buhay espirital. Ang inyong mga mensahe ay tunay na nagbibigay inspirasyon

PBBM, CONCEPCION TALK FOOD SECURITY AT ASEAN BUSINESS SUMMIT

Go Negosyo founder Joey Concepcion discussed with President Ferdinand Marcos Jr. the Philippines private sector's regional food security initiative, the ASEAN Food Security Alliance (AFSA). With him was Lionheart Farms President Christian Eyde Moeller, one of the private sector participants in the initiative.

Concepcion, who is eyeing AFSA as the Philippines's legacy project leading up to the country's ASEAN BAC chairmanship in 2026, is working to attract targeted agriculture investments through the Alliance, where he says efforts will have impact at scale.

Concepcion said that for AFSA to succeed, there needs to be strong

public-private determination and strategic partnerships, tangible actions, and targeted investments so as to overcome structural constraints, thus enhancing agricultural productivity and achieving economic growth in the ASEAN region.

This is related to a Memorandum of Agreement between the Department of Agrarian Reform and Go Negosyo. The MOA aims to form strategic partnerships with the private sector to provide agrarian reform beneficiaries with agribusiness opportunities, mentorship and sustainable farming models through cluster farming, corporative farming, and land lease agreements. PR



LEE URGES PHILHEALTH, PCA TO EXPEDITE IMPLEMENTATION OF COCONUT FARMERS' HEALTH BENEFITS

Cong. Manoy Wilbert Lee on Monday called on the Philippine Health Insurance Corporation (PhilHealth) and Philippine Coconut Authority (PCA) to fast-track the implementation of health benefits for coconut farmers which has been delayed for several years.

The said benefits are mandated by Republic Act (RA) No. 11524 or the Coconut Farmers and Industry Trust Fund (CFITF) Act enacted in 2021 to ease the plight of coconut farmers through support on their health and livelihood.

"Dapat agaran nang maipatupad ang mga benepisyong pangkalusugan para sa mga magniniyog na matagal na dapat naipagkaloob gamit ang pondo para sa kanila. Sila ang pundasyon ng isa sa mga pangunahing industriya sa bansa. Mapapalakas pa lalo ang industriya ng niyog kung pinapangalagaan ang kalusugan at kabuhayan ng mga magniniyog," Lee said.

Citing President Ferdinand "Bongbong" Marcos' goal for the country to become the world's top coconut exporter, the Bicolano lawmaker reiterated:

"Kung seryoso tayo na maabot ang layuning ito, hindi na dapat patagalin pa ang pagpapatupad ng mga dagdag na mga serbisyong pangkalusugan para sa ating mga magniniyog."

It can be recalled that on March 1, 2024, Lee had a meeting with the leadership of PhilHealth and PCA to discuss the importance of informing the coconut farmers and providing them the health benefits that they deserve saying: "Malaking tulong na alam ng ating mga magniniyog ang mga serbisyo ng PhilHealth para mabawasan ang kanilang pasanin at pangamba sa oras na sila ay magkasakit o magpa-ospital."

On April 4, 2024, the solon from Bicol filed House Resolution (HR) No. 1673 urging the Congress to thoroughly investigate the delayed implementation of the health and medical services for the coconut farmers and their families prescribed by the CFITF Act and Executive Order (EO) No. 172.

Lee also filed HR No. 954 on May 9, 2023 upon discovering that only 34% of the total Coco Levy Fund was disbursed for

fiscal year 2022 to provide grants and subsidies for the livelihood and welfare of coconut farmers.

These measures are results of Lee's constant collaboration with PhilHealth and PCA in crafting policies to ensure that Filipino coconut farmers will get what they deserve.

Further, in May 26, 2024 episode of public service program "Si Manoy ang Ninong Ko," where PCA Administrator Dexter Respicio Buted served as one of the resource persons, Lee stressed the need to prioritize the implementation of essential services for coconut farmers including livelihood assistance and health benefits, among others.

A staunch health advocate, he successfully pushed for a 30% increase in PhilHealth benefits last February 14, after more than a decade of these not being adjusted or reviewed by the DOH and PhilHealth. These include increasing the PhilHealth benefit package for hemodialysis from P2,600 to P6,350 per session and from 90 sessions per year to 156 sessions annually, as well as the increase in

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breast cancer treatment coverage from P100,000 to P1.4M.

He is likewise at the forefront of enhancing PhilHealth benefit packages by including costly diagnostic scans such as PET Scan, CT Scan and MRI, providing free optometric services, and increasing the state health insurer's benefits by another 50%.

Last House budget deliberations, through his persistent efforts, Lee was able to secure commitments from the Department of Health (DOH) and PhilHealth in implementing expanded health services for all Filipinos.

"Ang pondo para sa mga magniniyog, dapat gamitin para sa serbisyo at benepisyong para sa mga magniniyog. Matagal na itong ipinagkait sa kanila at malaking kasalanan kung patatagalin pa ito," Lee said.

"Bawasan natin ang kanilang pangamba, ng kanilang pamilya at ng lahat ng Pilipino sa pagkakasakit sa takot na lalong malubog sa utang at kahirapan dahil walang pambili ng gamot o pambayad sa ospital. Huwag na nating pabigatin pa ang pasanin ng ating mga kababayan. Gawin na natin!" Lee remarked. PR

KAUNA-UNAHANG GOVERNMENT-OWNED LABORATORY SA CALABARZON, NAGBUKAS NA!



Kasama ang Alagang Advincula sa pamumuno ni City Mayor Alex I. Advincula ay binuksan na kamakailan ang kauna-unahang government-owned laboratory sa buong CALABARZON—ang City of Imus Diagnostic Laboratory (CIDL)—na matatagpuan sa Pedro Reyes St., Malagasang

I-G, katabi ng Ospital ng Imus.

Nagbibigay po ito ng abot-kayang laboratory tests para sa mga Imuseño gaya ng:

- Hematology
- Clinical Chemistry
- Clinical Microscopy
- Immunology
- Serology
- Molecular Pathology

bado mula 07:00 ng umaga hanggang 01:00 ng hapon.



Oct. 30-Nov. 5, 2024

EDITORIAL: Sticking Scams

The Rodrigo Duterte administration focused on the war on illegal drugs which it claimed had become a pervasive problem throughout the country. The result, as we know by now, has been the involvement even of law enforcers — from the highest to the lowest levels — in extrajudicial killings, as unearthed by the ongoing House Quad Committee hearings.

But the previous administration is now also being exposed as having encouraged the proliferation of Philippine Offshore Gaming Operators (Pogos) that lawmakers found are notorious for various online scams and other criminal activities, such as torture, kidnapping for ransom and murder.

In fact, online scammers have managed to swindle Filipinos of an estimated \$8.1 billion, or nearly P460 billion, in the past year alone.

That's the disturbing conclusion of a recent study by the Global Anti-Scam Alliance (Gasa), a non-profit group.

Consider this: The estimated losses are equivalent to 1.9 percent of the country's gross domestic product. On average, each Filipino victim lost \$275, or about P16,000, to scammers, noted the study, titled "The State of Scams in the Philippines 2024."

About 39 percent of surveyed Filipinos had lost money to scammers. Only 3 percent of the victims were able to recover their losses, while 78 percent tried but failed.

The study also found that 67 percent of the respondents had dealt with scams at least once every month. It also noted a rising trend as half of the respondents said they had encountered more scams in the past 12 months.

The study revealed that about 85 percent of the scams were delivered via text messages, which have risen by 10 percent since last year. Text scams usually trick unsuspecting victims into clicking suspicious website links by offering fake job opportunities and lottery winnings, among others.

The links lead to fake portals where users will be asked to input sensitive and personal information such as bank account details, phone number and address. From there, hackers can take over one's bank and e-wallet accounts to steal money.

"Filipinos often fall for scams due to attractive offers, acting hastily, with many victims admitting uncertainty about the legitimacy of the offers but choosing to risk it anyway. Still, around 41 percent of the respondents said they double-checked the legitimacy of the links to avoid falling victim, especially if the offer was too good to be true.

"Scams in the Philippines have reached an alarming level," the Gasa report concluded. It's time, we think, for law enforcement agencies, as well as the internet service providers, to closely collaborate and come up with ways to deter scammers from taking advantage of the gullible and the naïve

NFA...

"Nakapag-advise kaagad si Sec. Tiu Laurel to our regional offices to carry out harvesting. Besides, some farmers planted early for the second and third cropping seasons—about 15 percent of them. So, DA believes that the damage will not be as

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huge as feared," De Mesa said.

On the other hand, the DA said that farm inputs such as rice seeds and fertilizer have been prepositioned and ready for distribution to farmers affected by STS Kristine. (PIA DMD)

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Published Weekly by: STRAIGHT NEWS PUBLISHING



VOL. II • NO. 18



SINO ANG DAPAT NA BAYANI SA PANAHOON NG PANGANGAILANGAN?

Sa gitna ng hagupit ni Bagyong Kristine, muling naging tanong kung sino ang dapat hanapin sa oras ng pangangailangan.

Matapos ang bagyo, inulan ng batikos ang Olympic medalist na si Carlos Yulo sa social media dahil umano sa kanyang kawalan ng presensya at tulong sa gitna ng sakuna.

Matatandaang nakatanggap si Yulo ng milyun-milyong halaga ng premyo matapos ang kanyang tagumpay sa Paris Olympics, kung saan naiuwi niya hindi lamang isa kundi dalawang gintong medalya. Hindi lamang ito panalo sa kompetisyon; ang kanyang tagumpay ay naghatid din ng hindi matatawarang pagmamahal at suporta mula sa mga Pilipino. Sa kanyang pagbabalik sa bansa, mainit siyang tinanggap ng publiko, patunay na siya ay itinuturing na inspirasyon ng marami.

Bilang isang tanyag na personalidad, si Yulo ay nakatanggap ng mga alok mula sa malalaking kumpanya, kabilang ang endorsements, mga unit sa mamahaling resorts, at milyun-milyong pisong cheke. Ang ganitong tagumpay ay dahilan upang siya ay tumanim sa puso ng bayan at hinangaan ng marami.

Ngunit sa gitna ng pananalasa ni Bagyong Kristine nitong Oktubre, marami ang nasalanta. Sa panahon ng matinding pangangailangan, maging mga simpleng bagay gaya ng pagkain o maliit na tulong pinansyal ay higit na pinahahalagahan ng mga biktima. Sa kabila ng ganitong sitwasyon, nagulat ang ilan nang si Yulo, kasama ang ilang sikat na personalidad, ay nakatanggap ng pambabatikos dahil sa kanilang kawalan ng tulong.

Para sa iba, hindi nararapat obligahin si Yulo na tumulong dahil hindi naman siya bahagi ng gobyerno o may posisyon sa politika. Ang pagtulong ay dapat na nagmumula sa sariling kagustuhan, hindi sa impluwensya ng iba. Ang ibang netizens ay nagsabing mas nararapat unahin ang panawagan sa mga opisyal ng gobyerno, partikular sa pangulo, dahil sila ang may pangunahing responsibilidad na tumugon sa pangangailangan ng bayan.

Marahil nasanay ang mga Pilipino na sa bawat kalamidad ay may mga sikat na personalidad na lumalabas upang tumulong. Dahil dito, inasahan na rin ang ilang atletang tulad ni Yulo na mag-abot ng tulong dahil sa kanyang natamang biyaya matapos magtagumpay.

Ang bawat isa ay may sariling kapasidad at kakayahang sa pagtulong. Bilang isang indibidwal, si Yulo ay may karapatang magpasya kung paano siya magpapakita ng malasakit sa kanyang kapwa. Nararapat respetuhin ang kanyang desisyon at ang bawat pagkilos na nagmumula sa sariling kagustuhan.

Sa panahon ng sakuna, ang pagtulong ay hindi lamang para sa iilang sikat. Bawat isa ay may karapatang magpasya kung paano tutulong sa kapwa at ito ay nararapat igitang.

KEVIN D. GOROSPE



Taste of Triumph



Miraluna Dalapo understands the importance of securing the future of her family. From a small eatery, she expanded to four branches in Butuan City, allowing her kids to start an early exposure to entrepreneurship.

One of the wonderful legacies parents can leave to their children is a stable business they can grow and nurture.

Miraluna Dalapo, 57 years old, was originally from Agusan del Norte but decided to move to Butuan City after finding a job. She rented a dorm there and eventually found her partner, Eduardo Dalapo, the owner's son.

Not long after, she married Eduardo and settled in Butuan City. Her husband used to be a dispatcher while she was a housewife.

As their family grew and their expenses increased, they decided to open a small carinderia in 2004 since they both knew how to cook. Two of their specialties are Bulalo and

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Timeless Magic is Forever! EK celebrates 29

years with a spectacular anniversary show



Enchanted Kingdom, the first and only world-class theme park in the Philippines, presented a night of magical storytelling, enchanting performances, and a timeless fireworks show to thousands of guests during its 29th anniversary celebration last October 19 in Santa Rosa, Laguna.

The Timeless Magic Anniversary Show featured world-class performances from OPM singer-songwriter Zack Tabudlo, OPM gem Janine Berdin, and powerhouse dance crew G-Force. EK's homegrown talents — the ladies of Victoria's Way, gents of Kingsmen, and EK Circle of Artists — brought nostalgia to the festivities with their rendition of iconic EK songs.



EK's P-pop girl group SMS also charmed the crowd with their performance of their upcoming single, Meant 2 Shine.

The theme park's timeless character Eldar the Wizard, along with Princess Victoria and Madeline, accompanied the audience in this spectacular evening of fun and entertainment.

Towards the end

Music, Amazon Music, as well as on other social media channels.

Beyond the Timeless Celebration

October is just the beginning of EK's celebration of 29 years of providing magical experiences and memories that last a lifetime!

EK's 29th Anniversary Chairman and Integrated Marketing Division Head Nico R. Mamon shared that the pioneering theme park is committed to serve timeless experiences to its multi-generational guests, leading up to its 30th year. To make the most out of the holiday



season, EK is now open five days a week, and every day starting December 15 until the first week of January.

Get into the holiday spirit with EK's recently opened Food Fiesta Bazaar. Located at the Cultural Village's Agila Grounds, enjoy an array of Filipino and Korean street foods, fresh fruits, juices, hot meals, and delectable snacks.

This November, kids and the young-at-heart are in for a treat with EK's Halo-ween event! Feel the Filipino festive cheer as we bring back the proudly locally-made giant Parol and Christmas Tree. Embrace the magical spirit of the holidays with our Christmas shows and Christmastime Parade.

Lastly, get the perfect gift ideas to your loved ones as we launch our holiday e-catalogue. Bring home the magic

with the newest set of EK merchandise like the Eldar Pop, Twin Princesses Rag Dolls, the six-piece set EK Christmas Baubles, and many more.

New ride and upgraded attractions

EK also shared that a new ride will be coming soon. The new family thrill ride will surely bring fun and excitement to guests with its exhilarating ride movement. The Rialto, a 4D motion simulator theater, will also start to feature a new film called Happy Family: Next Level at the end of October.

And most recently, EK opened its newest gated attraction, the Midway Mirror Maze. Guests will step into a world of illusions, twists and turns as they navigate the labyrinth of mirrors and lights. Perfect for adventurers, the Midway Mirror Maze attraction promises a fun and immersive experience

Pesigan, CCBPI Commercial Vice President.

Since the beginning of this timeless partnership in 2012, the beverage company and the world-class theme park have made their mark as partners with the establishment of the iconic Coca-Cola tunnel welcoming guests at the entrance of the thrilling Space Shuttle rollercoaster ride.

The Timeless Magic Anniversary Show is made even more magical with our event partners, UMG Philippines and Coca-Cola. The following brand sponsors also extended their support for EK's 29th anniversary celebration: Bounty Fresh, Dove Body Wash, Dove Deo, Surf, Tony & Jackey, Chippy, Cloud 9, Hello! Desserts, Piattos, C2, Acacia Hotel, ACT II, ByeBye-FEVER, Ceelin Gummies, Dayzinc, DITO Telecommunity, Easy Life, Ellite Ads, Eurotel, fruitree, Fulitech, Galway Light Skin, Hawk Bag, Hunt's, King Sue, Maya, McCormick, Lucky Me Mi Goreng, Nina's Arts Enterprise, Nutri10Plus, Sip Plus Electrolyte Drink, Sip

Purified Water, Yobick, Poten-Cee Plus, Philadelphia, Baby Flo, Cleene, Mediplast, Rhea, Reyes Barbeque, Tiny Buds, Tulip, and White Flower.

For more information about this celebration and more of EK's timeless magic, visit our Press Room at <https://www.enchantedkingdom.ph/ek-press-room/> and EK's official social media accounts @enchantedkingdom.ph for Facebook and Tiktok, and @ek_philippines for Twitter and Instagram.

