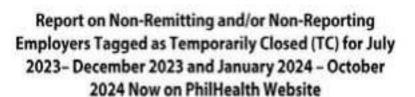
# Info caravan on YIPOA Batch 3 encourages more







Pursuant to Section 6. f of the Revised Implementing Rules and Regulations (IRR) of the National Health Insurance Act of 2013, PhilHealth is mandated to establish and maintain an updated membership and contribution database.

Section 15 of the same IRR provides that among the obligations of the employer include registration of their employees, timely payment of contributions and submission of remittance reports. As such, employers who have not had any premium remittances and/ or have not submitted their reports on premium payments are therefore considered noncompliant.

The complete list of non-remitting and/or non-reporting employers for July-December 2023. and January-October2024 may now be viewed at https://www.philhealth.gov.ph/partners/ employers/

These employers or their employees are given 30 days upon web upload to visit the nearest PhilHealth Office in their localities to verify or validate their status and settle their outstanding obligations. The Direct Contributors shall register and/or update their records and premium contributions with Philhealth pursuant to Rule III (Program Membership) Section 8.3 Implementing Rules and Regulations of the Universal Health Care Act (Republic

Further inquiries may be referred to our 24/7 Corporate Action Center at (02) 866-225-88, Text Line for Smart subscribers 0998-857-2957/0968-865-4670 and for Globe subscribers 0917-127-5987/0917-110-9812, or at actioncenter/aphilhealth.gov.ph.

(Sqd.) EMMANUEL R. LEDESMA, JR.

President and Chief Executive Officer Date signed. Decretise 9, 2024



program designed to instill

and develop in the train-

ees the eagerness and

agriculture, and eventually

make it a source of their in-

culture Program (NOAP),

in partnership with the

DA-ATI, is now accept-

As the DA-Agri- campaign for the YIPOA cultural Training Institute ternship Program on Organic Agriculture (YIPOA) Club officers/members ac-Batch 3, the DA-ATI tively engaged in the said Regional Training Center activity. CALABARZON partnered the DA-Regional ly specialized internship couraging more vouth intern and farm partner applications through in- appreciation of organic formation caravan.

Titled "Nurturing Future Agripreneurs: The come. In line with this, the Youth Internship Program DA-National Organic Agrion Organic Agriculture," the said information caravan was held in Trece Martires City, Batangas ing youth intern and farm City, Lucena City, Antipolo partner applications for the City, and Sta. Cruz, La- YIPOA (Batch 3) for the guna from January 8-10. Fiscal Year 2025-2026.

Aimed at dissem- applicants, please refer inating information and to https://tinyurl.com/bdz- very much.

Application deadline will cial Agriculturist, farmers, be on January 17, 2025. voung farmers, and 4H Meanwhile, the program's Batch 2 will be implementing their approved organic ventures in March 2025. YIPOA is a high-

Should you have additional inquiries on this matter, you may contact one of our staff from the Information Services Section, Mr. Archie Linsasagin at 0994 692 4533 or via email at iss rtc4a@ati. da.gov.ph. For our media mileage: Should you publish this press release or write about the upcoming event featured on this, we kindly request you to inform us by sending the link of the post/s or any media file that contains the aforesaid information. Thank you

PBBM, FL Marcos, Go Negosyo Celebrate OFWs at Balike Bayan Event



"More than ever we need to sustain our efforts to clear out all criminal syndicates that are products of PO-GOs. We must stay the course to ensure a safer and more secure Philippines for

The deadline for the cessation all Filipinos," said Gatchalian who, for of all POGO operations in the country more than two years, has advocated for lapsed on December 31 last year. Howevthe termination of all POGO operations er, Gatchalian warned that POGOs have

**PGCs Medical and Dental Mission Brings Free Services** to Residents of Brgy. San Mateo, **Dasmariñas City** 

In the opening salvo of the Provincial Government of Cavite's medical outreach on January 7, 2025, the residents of Brgy. San Mateo in the City of

Dasmariñas were given access to free medical and dental services in a highly successful medical and mission. A total of 393 residents benefited from the initiative, with 343 individuals receiving medical consultations and 50 undergocont. on Page 2

OFW attendees during Go Negosyo Balik-Bayan Summit 2024

have more reasons to cel-

the Php2 million in cash

Over 400 Over- ebrate OFW Month and given by President Ferdiseas Filipino Workers the holiday season this nand Marcos Jr. and First (OFWs) and their families December as they share Lady Liza Araneta Mar-

# DOST CAVIO TRAINS PURGOOOLS-LIOTING Company, Inc.- Cavite Plant Employees Analysis and Critical Contro

The Department of Science and Technology - CALABARZON (DOST-CALABARZON), through its Provincial Science and Technology Office in Cavite (DOST-PS-TO Cavite), conducted a Hazard Analysis and Critical Control Points (HAC-CP) training for 60 employees of Purefoods-Hormel Company, Inc. - Cavite Plant. The training, which

and workshops, was led by DOST-CALABARZON Food Safety Team members Ms. Agnes G. Morales and Ms. Anna Marie

ed the participants with process and shared best practices for preventing cont. on Page 2

after they were dominated by big play-

ers and influx of cheaper imported grain

Lee filed House Resolution No. 2150 urging Congress to investigate these alarming closures, including assessment of their impact to livelihood and food security.

"Nakakabahala ang pagsasara ng mga rice and corn millers sa napakaraming barangay sa bansa na hindi

cont. on Page 2



AGRI Party-list filed a measure to probe the recent reports that small-scale rice and corn millers in over 1,000 baran- nakasabay sa pagdagsa ng mas mugavs have closed in a span of a decade

### **MINDFULNESS EXERCISES** & ACTIVITIES FOR ADULTS:

5 Simple Mindfulness Exercises from Dialectical Behavioral Therapy

These five exercises are quick and easy and can be put into practice every day

#### 1. Observe a Leaf for Five Minutes

This exercise calls for nothing but a leaf and

Pick up a leaf, hold it in your hand, and give it your full attention for five minutes. Notice the colors, the shape, the texture.

and the patterns. This will bring you into the present and align your thoughts with your current experience.

#### 2. Mindful Fating for Four Minutes

As with the raisin exercise described above, this exercise calls for mindful eating

Pay attention to what you are holding, notice the feeling of it in your hands. Once you have noticed the texture, the weight, the color, etc., bring. vour awareness to the smell.

Finally, move on to eating, but do so slowly and with concentrated attention. Notice the taste and its texture against your tongue. This exercise may help you discover new expe-riences with familiar foods.

#### 3. Observe Your Thoughts for 15 Minutes

This exercise is a staple of mindfulness. designed to simply enhance your awareness of your own thoughts.

To begin, sit or lie down in a comfortable position and try to let all tension in your body dissipate. Focus on your breathing first, then move your awareness to what it feels like to be in your body, and finally • move on to your thoughts.

Be aware of what comes into your head, but resist the urge to label or judge these thoughts. Think : of them as a passing cloud in the sky of your mind.

If your mind wanders to chase a thought. acknowledge whatever it was that took your attention and gently guide your attention back to your thoughts.

### 4. Mindfulness Bell Exercise for Five Min-

In this exercise, you begin by closing your eves and listening for the cue. When you hear it, your aim is to focus your attention on the sound and continue your concentration until it fades completely. This: exercise helps you to keep yourself firmly grounded • in the pre-sent. You can use the audio below:

#### 5. Stare at the Center

The goal is simple: to focus your attention on the center of the shifting pattern of color. You can let your mind wander freely, noticing whatever thoughts come into your head but staying in the present.

This experience is similar to the well-known phenomenon of the guiet fixation that re-sults from staring at a candle flame or a campfire.

The same focus and deep thought can be brought on by this exercise, but be careful not to lose yourself in thought, and instead stay present with the moment and let your thoughts pass by.

#### Mindfulness Techniques for Depression. Anger, Addiction, and Anxiety

Mindfulness has been a crux of therapy for patients with borderline personality disorder, and it 9 also has applications for people without a diagnosis of mental illness

People anywhere on the mental health spectrum can benefit from mindfulness tech-niques. It helps regulate emotions and can be a helpful resource for management and coping (Arch & Craske, 2006: Dubert, Schumacher, Locker, Gutierrez, & 2 Barnes, 2016).

#### Continuation next week

•••••• don't want you to spend preneurship.

## PBBM...

cos during Go Negosyo's your savings without prop-Balik-Bayan 2024 event. er mentorship," he said. The cash prize brought "We are here to help you." to Php3 million the total as he thanked the OFW given away to OFWs and families for their sacrifice and support for family their families who attended the event, adding to the members who work overcash prizes given by Go "Balik-Bayan Negosyo and its sponsors.

STRAIGHT NEWS

Go Negosyo 2024 is a platform to profounder Joey Concepcion vide business opportunithanked the President ties and foster investment and the First Lady for their matches for OFWs, engenerous donation, and couraging them toward invited the recipients to entrepreneurship and enput their prizes to good suring that their hard work use as entrepreneurs. "We and resources are put to are grateful for the support productive and profitable of the government and use," said Concepcion. the private sector in our He explained that efforts to help our OFWs OFWs are ideally suited for become successful entre-

while additional cash priz-

es were awarded by Go

Negosyo to early-bird at-

tendees, some of whom

were lined up as early as

the day before the event.

Go Negosyo, Balik-Bayan

2024 featured informative

discussions with indus-

try leaders, inspirational

and learning sessions

featuring successful en-

trepreneurs, and free

onsite mentorship ses-

sions where OFWs and

their families can consult

with Go Negosvo men-

tors about their current or

Concepcion invited the at-

tendees to learn from the

sessions and seek guid-

ance from mentors. "We

During the event,

planned businesses.

Organized by

entrepreneurship because preneurs," he said. they already have capital The 400 were to invest, and will need the among the thousands who mentorship and access attended the Balik-Bayan to markets to succeed as 2024 last December 7; entrepreneurs. Their sucthey were able to fulfill cess will also mean more the documentary requireiobs for other Filipinos as ments needed to qualify MSMEs are credited for for the cash prize. Most of generating more than half those who came to collect of the employment in the their prize said they intend to use the money as addi-

Joining Conceptional capital for their small cion and the First Lady businesses. The cash gift during the event were was announced during Department of Trade and the event by Go Negosyo Industry (DTI) Sec. Cris founder Joey Concepcion, Roque, Department of Migrant Workers (DMW) together with the First Lady, who conveyed Pres-Sec. Hans Leo Cacdac. ident Marcos Jr.'s award-Commission on Filipinos ing of Php2 million on top Overseas Chairman Danof the cash and prizes te "Klink" Ang. and Pasav given out that day. RFM City Mayor Emi Calix-Corporation also added to-Rubiano Php1 million in products, With the theme

"Kabuhayan Para sa Kina-

financial literacy, platforms

for possible OFW busi-

nesses including franchis-

ing, agripreneurship, and

storytelling and content

bukasan". Balik-Bayan 2024 became a platform for creating opportunities for collaboration between the government and the private sector as they aim to uplift not only OFWs and their families but also help the Philippine economy The event featured several forums and discussions on topics that will help OFWs start or improve their small businesses. These include mentoring children in business, preparing for retirement, creating purpose-driven work.

"With small-scale rice and corn mills closing despite recurring calls to elevate the state of the country's agriculture sector, the government needs to recalibrate its policies kung saan panalo ang creation as a tool in entre- so progress can be felt by sambayanang Pilipino." it our local food producers. added.

saw the awarding of the 2024 Inspiring Balik-Bayan Awards to OFWs who successfully founded businesses here in the Philippines. The Inspiring Balik-Bayan Awards is an

# annual award organized OFWs.

naman nating magsasaka and apektado and kabuhayan at kita sa mga pagsasarang ito," AGRI Party-list Representative and Senatorial aspirant Manoy Wilbert "Wise" Lee said.

According to the Philippine Statistics Authority (PSA), there were 15.436 barangays with rice and corn mills in 2023, which is lower by 6.3 percent from the 16,476 recorded in 2013.

"Kailangang suriin agad ang usaping ito dahil kung hindi ito matutugunan, posibleng dumami pa ang magsasarang rice and corn millers sa mga susunod na taon, lalo na kung mananatiling mababa ang taripa at dagsa pa rin ang papasok na imported na produkto sa merkado," AGRI Party-list

"Kung magpapatuloy ito, bababa pa ang kita ng ating mga lokal na magsasaka, mawawalan sila ng gana, at bababa ang produksyon na siya namang magpapalayo sa katuparan ng food security

sa bansa." it added. According to the said resolution, there is a need to scrutinize the effectiveness of current government programs and interventions to support the development of local rice and corn industries and determine short-term and long-term interventions to put an end to the closure of these mills

From Page 1

The event also by Go Negosyo to recognize the success stories OFWs-turned-entrepreneurs, celebrate their achievements, and foster entrepreneurial aspirations among current

#### From Page 1 Dagdagan..

rang imported na produkto Di pwedeng habang busa merkado. Marami na kambibig na dapat maging mura ang pagkain at prayoridad ang agrikultura ay napapabayaan naman and ating mga magsasaka, mangingisda at local food producers," AGRI

> AGRI Party-list has long been fighting for more support for post-harvest facilities for farmers through its persistent calls to increase the budget for these needed facilities and agricultural equipment during budget delibera-

Further, AGRI renewed its call for the immediate passage of House Bill No. 3958 or the "Post-Harvest Facilities Support Act", which underscores the need to provide warehouses, rice mills, crucial equipment such as dryers, threshers and cold storages, to increase production.

"Ang pinakamabisang solusyon sa inflation ay pagtulong sa mga magsasaka at mangingisda at local food producers. Kung patuloy silang madedehado sa mga imported na produkto at kawalan ng sapat na suporta mula sa gobyerno, mananatiling suntok sa buwan at pangarap lang ang murang pagkain," AGRI Party-list

"Simulan natin ang 2025 sa seryosong pagtutok at pagbibigay pravoridad sa agrikultura at ituloy-tuloy ang nararapat na tulong sa sektor. mga lokal na magsasaka, mapapataas and produksyon at mapapababa ang presvo ng pagkain.

January 15-21. 2025 ......

## STRAIGHT NEWS PhilHealth launches new, expanded benefit packages for 2025

rehabilitation after PCI at

encourage the availment

as a first line modality

hemodialysis, not just the

autonomy and flexibility

the treatment modality but

patients," Ledesma said.

covers continuous am-

bulatory peritoneal dial-

ysis (CAPD) for adults.

These benefits have been

set at PHP389.640 and

ing on the PD solutions

PHP270,000 per year.

mated peritoneal dialysis

are now offered. These

For pediatric pa-

PHP510,140

He also said

Philippine Health In- crease from PHP30,000 to PHP1.2 million, according at PHP2.14 million. surance launched additional and expanded health benefit packages that its members could avail of starting and interfacility transfer at

According PhilHealth president and Chief Executive Officer Fmmanuel Ledesma Jr., required policy instrualready been created and published for these new disease-acute mvocardial infarction, Z Package for peritoneal dialysis, Z for members in choosing Package for kidney transplantation, preventive oral also to promote the quality health services, outpatient of life and mobility of the emergency care benefit, and 50-percent adjustment in case rates pack- Z Package for PD now

"Our goal is to alleviate financial strain on the Filipino patient and ensure timely access to life-saving services from hospitalization, diagnostic tests and procedures a patient requires per like angioplasty, stenting, day. These packages inand medication," he said creased by up to 89 perduring the state-insurer's cent from the previous first stakeholders meeting

ischemic tients CAPD and auto-The heart disease-acute mvocardial infarction consists of four different packages: are set at PHP510,000 the percutaneous coro- and PHP765,210, while nary intervention (PCI) or coverage for APD rang-

Corporation PHP524,000; fibrinolysis to the PhilHealth chief. increase from PHP30.290 to PHP133,500; emerwith coordinated referral

> "We also want to of peritonial dialysis (PD) treatment for end stage push this option apart from

Concerned memgency medical services site infection and peritonitis prevention care from any of the 51 accredited

PHP21,900; and cardiac PD providers nationwide. gan donor transplantation while, deceased organ do-ties)

MANILA - The coronary angioplasty in- es from PHP763,000 to nor transplantation is set The preventive

> bers may also avail of exit now part of the primary care services. These include mouth examination or oral screenings, dental pes milaxis (cleaning), flu-The state insurer oride varnish application. has also included living or- pit and fissure sealants Class V restoration procein its Z Package for kidney dures (limited to two teeth transplantation. This in- per year), and emergency creased the previous cov- tooth extractions (when erage of PHP600,000 to necessary and performed renal disease. We want to over PHP1 million. Mean- in accredited health facili-

emergency care benefit. meanwhile, will cover the oral health services are cost of urgent care that does not require hospital-

······ VOL. II · NO. 29

"These will intreatment for life-threatening medical emergencies." Ledesma

ization of at least 24 hours.

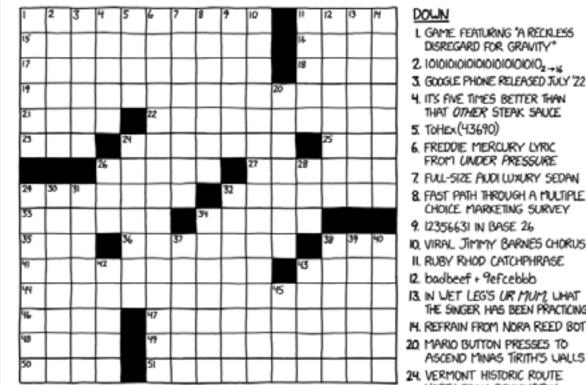
"Ngayon po, sagot po ng PhilHealth ang sinumang itatakbo sa ER ng mga ospital (Now, Phil-Health will cover for anyone who will be sent to the ER of hospitals)," he add-

age are the facility-based emergency and pre-hospital emergency benefits which cover essential care in accredited hospital emergency departments and emergency transport

components of this pack-

Starting Jan. 1. PhilHealth has increased the case rates of 9.000 packages by 50 percent.

Ledesma asnew and expanded bene fit packages will not result or in the coming years.



#### ACR055

I.FAMOUS PVT. WILHELM QUOTE II.IPv6 ADDRESS RECORD

IS, "CIPHERTEXT" DECRYPTED WITH VIGENÈRE KEY "CIPHERTEXT"

16. 8mm DIAMETER BATTERY 17. "UARTHOG" ATTACK AIRCRAFT

FOR "INABILITY TO VISUALIZE" 19. AN ACROSTIC HIDDEN ON THE

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22. FIRST FOUR UNARY STRINGS 23 LYSINE CODON

24, 40 CFR PART 63 SUBPART CONCERNING ASPHALT POLLUTION 25. TOP BOND CREDIT RATING

26. AUDI COUPE

27 A PAIR OF SMALL REMOTE BATTERIES, LIHEN INSERTED 29 UNOFFICIAL HOLIARD DEAN SLOGAN

32. A 4.0 REPORT CARD 33. THE "HARLEM GLOBETROTTERS

OF BASEBALL" (VOLUELS ONLY) 34 2018 KIEFER SONG

35. TOP MINOR LEAGUE TIER 36 REPLY ELICITED BY A DENTIST

38. AMAA'S AIRPORT 18. EVERY THIRD LETTER IN THE WORD 41. MACAULAY CULKINS REVIEW OF AFTERSHAVE

> 43. MARKETING AGENCY TRADE GRP. 44. SOARING CLIMAX OF LINDA EDER'S MAN OF LA MANCHA

46 MILITARY FLIGHT COMMUNITY ORG. 47 ICONIC LINE FROM TARZAN

48. EVERY OTHER LETTER OF JIMMY WALES'S BIRTH STATE

49. WARTHOG'S POSTSCRIPT AFTER "THEY CALL ME MISTER PIG!" 50, MESSAGE TO ELSA IN FROZEN 2 51. LOLA WHEN BETTING IT ALL ON

BLACK 20 IN RUN LOLA RUN

THAT OTHER STEAK SAUCE

 ToHex (43690) 6. FREDDIE MERCURY LYRIC

DISREGARD FOR GRAVITY

FROM UNDER PRESSURE 7, FULL-SIZE AUDI LUXURY SEDAN

& FAST PATH THROUGH A MULTIPLE CHOICE MARKETING SURVEY

9. 12356631 IN BASE 26

IO. VIRAL JIMMY BARNES CHORUS

II, RUBY RHOD CATCHPHRASE.

badbeef + 9efcebbb

13. IN WET LEG'S UR MUM, WHAT THE SINGER HAS BEEN PRACTICING IN REFRAIN FROM NORA REED BOT

20 MARIO BUTTON PRESSES TO ASCEND MINAS TIRITH'S WALLS

24. VERMONT HISTORIC ROUTE NORTH FROM BENNINGTON

26. HIGH-BUDGET VIDEO GAME

28. UNDRITHODOX TIC-TAC-TOE UIN 29. STRING WHOSE SHA-256 HASH

ENDS "...689510285e212385"

30. ARNOLD'S REMARK TO THE PREDATOR 31. THE VOLUELS IN THE FIRE SALAMANDER'S BINOMIAL NAME

32. JANET LEIGH PSYCHO LINE

34. SEVEN 440Hz PULSES

37 AUDI LUXURY SPORTS SEDAN

38. A HALF-DOZEN EGGS WITH REASONABLY FIRM YOUKS

39. 2-2-2-2-2 ON A MULTITAP PHONE KEYPAD

40 -- -- -- -- --

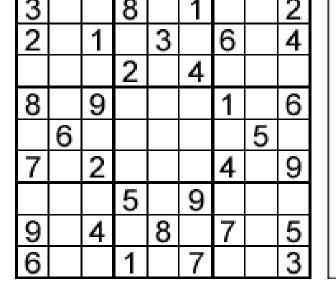
42 RATING FOR CHINA'S BEST TOURIST ATTRACTIONS

43 STANDARD DRUMSTICK SIZE 45. "THE RAIN/IN SPAIN/FALLS MAIN-/

LY ON THE PLAIN\* RHYME SCHEME

# SUDOKU

depend-



Laguna (PIA) - As the proper solid waste manchallenge in the country, the local government. the Department of Environment and Natural Resources-Environmen- province have them. Howtal Management Bureau ever, due to the limited (DENR-EMB) has urged space, especially in highthe public to practice prop- ly populated area, there er waste segregation at is continuous research on

tiative, a greater impact on the environment, pub- cause when the populalic health, and limited ca-tion grows, the waste also pacity of sanitary landfills and dumpsites will be addressed, as it is seen as data presented by Fora key measure to reduce ester Corazon Gasapos, pressure on landfills and chief of the DENR-EMB alleviate the environmental burden of waste accu- Section, the Calabarzon

Nilo Tamoria, Re- mately 8,000 tons of waste gional Executive Director per day. of DENR Calabarzon, emphasized during the Kapi- seem few, given that 40 of han sa DENR Calabarzon them are LGU-owned and program by the Philippine Information Agency, that the mandate for landfills waste from Metro Manila. lies under the jurisdiction the proper waste segreof local government units gation by the public could rising challenges brought—cient Gasapos believes by limited availability

CALAMBA CITY. ducting further studies on waste-to-energy solutions.

"Since the mandate for landfills lies with more than 50% of the local governments in Quezon waste-to-enegry and other Through this ini- methods on how we can manage all of this. Be-

increases." Tamoria said. Based on the Solid Waste Management region generates approxi-Meanwhile to

While this may 10 are privately owned, that also accommodate make this number suffi-

"When we look at

Executive Sec-

commodate around 7,300 tons of waste per day. At first, we might say that this is insufficient but we are talking about mixed waste. The 7.300 includes all types of waste and given the large volume, half of it is biodegradable, while 35% is recyclable. Our long term goal is to really educate our fellow citizens to practice waste segregation at source, "the environment official explained. Although the

strict implementation of the Ecological Solid Waste Management Act of 2000 falls under the responsibility of LGUs, public cooperation plays a crucial role in enhancing the efficiency of waste management, the Environment Department

support LGUs in the said implementation of a more stringent ordinances related to solid waste management programs. Gasapos reiterated that the DENR is committed to providing technical assistance to ensure the effective enforcement of solid waste management across the

ident Ferdinand R. Marcos Jr. fulfilled his promise to enhance the country's transportation system by inaugurating the Light Rail Transit Line 1 (LRT-1) Cavite Extension Project (L1CE) Phase 1 on November 15, 2024. The extension.

which began operations on November 16, introduces five new stations name-Redemptorist-ASEA-Manila International Airport Road, Parañaque Integrated Terminal Exchange (PITX), Ninoy Aquino Avenue, and Dr. Santos (formerly Sucat).

The new line is the first railway project completed under the Marcos administration. It reduces travel time between Baclaran, Pasay City, and Bacoor, Cavite, from 1 hour and 10 minutes to iust 25 minutes, serving 80.000 additional passen-

gers daily. Phase 1 of the extension adds six kilometers to the existing 20.7-kilometer LRT-1 line. bringing its total length to 26 kilometers

A Legacy Ful-

President Marcos paid tribute to his father former President Ferdinand E. Marcos Sr., for laying the foundation of Metro Manila's first urban rail transit

criticism, President Marcos Sr. pushed forward with the project, which has since transformed daily commutes for millions of

first urban light rail system. "No one is happi-

marked.

Decades in the

The LRT-1 Cavite Extension Project has spanned multiple administrations, with contributions from various leaders over

"This project has been a long time coming—spanning five administrations from President (Joseph) Estrada to Pres-

nation-building. In

MANILA — Pres-

Desnite early

The LRT-1 be-Southeast Asia's

er than his son today, seeing my father's foresight validated as this system grows to serve more of our people," the President re-

LANDBANK maintains top GOCC status, bags multiple governance awards

corporate governance lence in public service.

nance Commission of GO- further to continuously fos- rector Virginia N. Orogo LANDBANK received a ter a culture of good govstate-run ernance, ensuring that we Bank garnered an unprec- remain a reliable and trustedented rating of 104% ed partner in promoting on the GCG's Corporate inclusive and sustainable Governance Scorecard growth across the nation," (CGS), exceeding the ratsaid LANDBANK Presiing ceiling of 100%. The dent and CEO Lynette V. CGS is an evaluation tool that assesses the corporate governance practices retary Lucas P. Bersamin, of GOCCs, using a meth- alongside GCG Chairper- also ranked among the

national standards.

"Being recog- Atty. Brian Keith F. Hosaka Evaluation System (PES), LANDBANK was named nized anew as the top and Atty. Geraldine Marie which measures the the top government-owned GOCC for corporate gov- Berberabe-Martinez, con- achievements of GOCCs ethical standards while and controlled corporation ernance reflects LAND- ferred the award to LAND- based on performance cri- faithfully fulfilling its role (GOCC) for the second BANK's steadfast com- BANK during the 2024 teria, targets, and weight- in consecutive year, earn- mitment to transparency, GCG Awards Ceremony ed indicators outlined in 2024, the Bank remitted ing the highest rating for accountability, and excel- at the PICC Complex in the Performance Score- a record-setting P32.119 Pasav Citv. in 2023 from the Gover- This recognition drives us

LANDBANK Direceived the award on behalf of the Bank, along with Executive Vice President Liduvino S. Geron, Senior Vice President Attv. Roderick P. Sacro, and Vice Presidents Atty. Myra-Lyn S. Peñalosa, May D. Arizabal, and Atty. Nikkolas G. Tolentino.

LANDBANK

and practices. The Bank was further lauded for consistently achieving high scores in the "Responsibil-

long been committed to upholding the highest

billion in cash dividends ment—the highest in the Sustainability Award for its Bank's history and among outstanding commitment all GOCCs—to support to sustainability values the country's priority infrastructure projects and socio-economic programs.

ce to sustainability. LANDBANK continues ities of the Board" section to set benchmarks for exof the Corporate Gover- cellence in the public secnance Scorecard and for tor, solidifying its role as adhering to the Global a key and reliable partner Reporting Initiative (GRI) in empowering the counodology aligned with inter- son Atty. Marius P. Cor- top-ranking GOCCs in the Standards in its Sustain- try's drive toward inclusive pus and Commissioners 2023 GCG Performance ability Reporting for calen- progress. (LANDBANK)

Arroyo, President (Benigno) Aquino (Jr.), President (Rodrigo) Duterte, and now my own," President Marcos said

"We owe its success to the hard work of my predecessors, and we recognize their efforts in making this dream a real-

Future Phases: **Expanding Connectivity** The next stages

of the LRT-1 Cavite Extension are already in motion. The construction of Phase 2 and Phase 3 is scheduled to begin in 2026, according to the Department of Transportation

Phase 2 will include the opening of the Las Piñas and Zapote Stations, further extending the reach of the commuter railway system.

Phase 3 will culminate with the Niog Station in Bacoor, Cavite. serving as the final stop in the extension project.

Fco-Driving nomic Growth and Easing Traffic

Once fully operational, the entire extension is expected to accommodate an additional 300,000 passengers daily and significantly ease traffic congestion in Parañague, Las Piñas, and Bacoor.

The project is part of the administration's broader vision for a seamless modernized public which includes other major. rail projects like the MRT-7 and the North-South Commuter Railway, according to President Marcos.

"The L1CF ensures a more efficient, reliable and seamless mode of transport, benefiting commuters across Metro Manila, Cavite, and nearby regions," he said.

The inauguration of the Phase 1 Cavite Extension project is a testament to the Marcos administration's commitment to build a transformative infrastructure that connects communities. boosts economic growth, and improves the lives of

# **EDITORYAL:** Hear ye. hear ye. La Niña is here

THE climate pattern La Niña, which started US\$29.82-b in 2029. to exhale its impact on the Philippines in the latter part of 2024, is expected to persist during the first

Meaning, this basically agricultural country will have extreme weather events that could cause extensive agricultural damage and worsen food security conditions.

In layman's term, the Philippines, which has been having rain showers every afternoon, may experience a higher chance of thunderstorms and tropical cyclone occurrence

This means La Niña may bring above normal rainfall over some parts of the country during the quarter, with adverse impacts like floods and landslides over vulnerable areas.

Given these possibilities we look at the gross production value in the Agriculture market which is projected to amount to US\$29.42-b in 2025. with the annual growth rate of 0.34 percent expected in 2025-2029, resulting in gross production value of

We know that agriculture, a major sector in the Philippine economy, is ranked third, behind only services and industry and is rapidly evolving as global demands rise and climate challenges intensify.

Its output includes staples like rice and corn as well as export crops like coffee, cavendish banana. pineapple and pineapple products, coconut, sugar and

Experts have said from precision agriculture and vertical farming to genetic engineering and robotics, cutting-edge technologies are reshaping the future of

One thing known is that climate change has made weather as a result of La Niña more extreme, and this may increase risks of flooding, especially in lowlying agricultural zones.

But the above normal rainfall conditions from January to March due to La Niña conditions may adversely affect the country's agricultural muscle. •

With above normal rainfall conditions experts say the challenges the Philippines will face include soil degradation, deforestation, and natural

These are environmental and climate change issues that can harm the sustainability and quality of food products. As a result, fresh and healthy food options may become less available, which can impact consumers.

Many have pointed out that farmers must meet the changing needs of our planet and the expectations of regulators, consumers, and food processors and retailers

There are increasing pressures from climate farming, promising greater sustainability, efficiency and change, soil erosion and biodiversity loss and from consumers' changing tastes in food and concerns about how it is produced.

We are glad the government, recognizing that climate change is essentially a global crisis, has enacted the Climate Change Act which provides the policy framework with which to systematically address the growing threats on community life and its impact on the environment as well as agriculture.

## DOST...

hazards throughout all stages of food production— from purchasing and storage to handling, production, and packag-

At the conclusion of the two-day training, one of the participants, Ms. Tan, expressed the value of the HACCP program, stating that the training has greatly contributed to their understanding of food safety. He highlighted the importance of the prevention and control measures they learned, which are essential for

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From Page 1 controlling, and reducing eliminating or minimizing

food safety risks in their

to offer programs and activities aimed at preventing, detecting, and managing foodborne risks. These initiatives contribute to food security, human health, economic growth, market opportunities, and sustainable development. By assisting SMEs, cooperatives, associations, and micro-enterprises in the food processing industry. DOST helps ensure the production of safe and high-quality food products.

## Gatchalian...

transformed themselves into other business entities, such as Business Outsourcina (BPO) companies, resorts, and restaurants, to camouflage their illegal activi-

"All law enforcement agencies, in close coordination with local government units, as well as the general public must remain vigilant against the presence of POGO offshoots disguised as legitimate business entities

said Gatchalian. The senator fur-

ther warned against complacency. emphasizing that the transformation of POGOs into other business forms poses similar risks to peace and order and public safety. He cited information from the Bureau of Immigration (BI) which said that it is working with other agencies to locate some 11,000 former POGO workers slated for deportation.

He said these il-

legal aliens could possibly commended the Office get themselves involved in of the Solicitor Generkidnapping following reports of such incidents.

"Because they have evaded deportation, we can safely assume that these illegal aliens are onto something unlawful and vigilance of everyone is necessary to ensure that such activities are arrested and these aliens are deported as soon as possible," he said.

Gatchalian also

criminal activities such as al (OSG) for moving to cancel birth certificates that were fraudulently acauired

From Page 1

"Bagama't pinupuri natin and OSG sa din nating hilingin na mas bilisan pa nila ang kaniland pagkilos laban sa dayuhan para mas mapigilan pa ang kanilang mga mapang-abusong gawain dito sa bansa," he ended

From Page 1

## PGCs...



ing dental extractions.

the Office of the Provin- Medical and dental prac-The mission was cial Governor in partner- titioners from the General made possible through ship with the Office of the Emilio Aguinaldo Memorial the collaborative efforts of Provincial Health Officer. Hospital (GEAMH) provid-

ed their expertise, ensuring the delivery of quality healthcare services.

Brgy. Chairman Isaias C. Villanueva expressed his gratitude to the provincial government for extending much-needed services to his constituents. Barangay Health Workers (BHWs) played a crucial role in facilitating the event and assisting residents.

The mission demonstrates the commitment of bringing healthcare closer to the people, especially in communities that need it most. It underscores the provincial government's dedication to improving public health and enhancing the well-being its 30th year of creating nition Event) on December wards the achievement of and providing magical experiences and memories that last a lifetime, Enchanted Kingdom — edges the support and the first and only world collaborative effort of partclass theme park in the ners on the various DepEd Philippines — received the Filipino Brand of Ser- cation. EK has been sup-Champion Award for Tour- for 10 years now and has ism Enterprises from the helped improve a total of Department of Tourism 11 classrooms in various (DOT) - CALABARZON.

CEO Mario O Mamon together with Head of Learning and Development Ms. Pauline Barreiro received ing magical experiences the award during the Tour- for guests of all generaism Excellence Awards 2024 and the Philippine serves a higher purpose of Tourism Awards Regional contributing to the growth Recognition held at the of the tourism sector and Twin Lakes Hotel, Tagay- its immediate community tay City, December 3.

very relevant program, we (PGL) recognized EK's have been able to provide enchanting, educational company operations and and entertainment expe- management during the es, citing concerns over riences to our guests of 2nd Laguna Stakeholders possible price manipulaall ages - embodying the Business Forum. The local unique brand of Filipino service excellence," Mr. EK's significant contribu-Mamon shared.

has completed training 99% of its more than 800 Additionally. the premier theme park for its valuable contribusaid training to its partner industry development of

chanted Kingdom prepare recognition highlighted to celebrate our 30th anni- EK's dedication to exversary, we shall endeay- cellence as proven by or to continue our mutual prestigious international support, partnership and awards it received such collaboration with DOT es- as the Best Retail Merpecially in CALABARZON chandise Display from the to uplift Philippine tourism International Association service standards locally of Amusement Parks and while adverse weather and globally in the years to Attractions (IAAPA) Brass conditions and production come," Mr. Mamon added. Rings Award.

#### Partner in Education

Meanwhile, EK has been recognized as

Gearing towards Appreciation and Recog- mensely contributed to-

The said event celebrates and acknowlpriority programs in eduelementary schools in ment to inclusivity as a EK President and Santa Rosa City, Laguna.

Magical Year of Tourism Excellence Beyond creat-

tions, Enchanted Kingdom In August, the Provincial "Through this Government of Laguna achievement and excellence in

outstanding government commended tion to the economic de-As of 2024, EK velopment and competitiveness of the province.

Additionally, EK Cast Members (employ- has also been recognized ees) under the FBSE by the PGL as an Esteemed Industry Partner is planning to extend the tion to the tourism and agencies and tenants this the province during the Laguna Business Summit "As we at Fn- held in March. The said

#### **Good Corporate** Citizenship and Fostering Inclusivity

In March, the Buone of the long-standing reau of Internal Revenue education partners who (BIR) Biñan-West Laguna a role in "artificially inflathave shown unwavering District recognized EK as support to the Department the Top 3 Taxpaver, acof Education (DepEd) knowledging EK's prompt ongoing and recurring during the Pasasalamat and efficient payment of surge in prices of tomaat Pagpupugay (Partners correct taxes which im- toes and other agricultural farmers through stricter

the district collection goal for the calendar year 2023 EK was also awarded the Top Taxpayer Amusement Park Category in September during the prestigious Lion Awards for Business of the local government vice Excellence (FBSE) porting Brigada Eskwela unit (LGU) of the City of Santa Rosa And lastly. EK

strengthened its commit-Mother and Baby Friendly Establishment certified by the LGU Santa Rosa. EK was also recognized as an Autism Friendly Working Environment for individuals with autism spectrum disorder in part of LGU to embracing Diversity, Santa Rosa's celebration Exclusivity and Inclusivity. formation about these of the National Autism Ultimately, we want every awards and upcoming tagram



Consciousness Week 2024 in January.

"As we gear towards our 30th Anniversary of creating magical experiences and memories that last a lifetime, all the more that we commit

quest regardless of gender, religion, culture, disability, and race to enjoy park and accommodate their special needs in wavs we can," said EK's Chief Operating Officer Dr. Cynthia R. Mamon.

For more in-

AW RDS

events and offerings, visit our Press Room at https:// www.enchantedkingdom. EK's official social media accounts @enchantedkingdom.ph for Facebook and Tiktok, and @ek philippines for Twitter and Ins-

# Solon seeks House probe into tomato prices surge

maker is seeking a congressional inquiry into the sharp rise in tomato priction and hoarding. Agri Party-list

Rep. Wilbert Lee filed on Jan. 8 House Resolution No. 2158, directing the appropriate committee to investigate the sudden surge in tomato prices. which have reportedly reached as high as PHP360 per kilogram in some areas.

A copy of the resolution was released to the media on Thursday.

The resolution seeks to identify potential illegal practices such as price manipulation, hoarding, and cartel operations that may be contributing to what Lee described as an "artificial tomato crisis." He said that

challenges are potential factors contributing to the price hike, there is growing concern that price manipulators, hoarders, and smugglers may be playing

"In light of the



of laws which the inquiry

ative that a comprehensive legislative inquiry be must ascertain and realconducted to thoroughly investigate the underlying causes of these price of Agriculture (DA) earlisurges, including illegal activities of price manipu- es may normalize by late lators, hoarders or cartels, as well as systematic inefficiencies within the agricultural and market supply chains," he said.

Lee underscored the need to address the detrimental impact of the price hike on consumers and the economy.

"There is a need to take decisive action and measures from the government to protect the livelihood of Filipino

The Department er said high tomato pric-January or early February as production resumes.

DA Assistant Secretary Arnel De Mesa zon, and Bicol. (PNA)

surge to extensive damage caused by a series of typhoons in 2024, which impacted solanaceous crops -intomatoes, bell peppers, and chili peppers- in regions like Cagayan Valley, Calabar-



January 15-21, 2025 .....

# SPREADING SMILES THROUGH BEARS OF JOY



Your #SMBearsOfJoy2024 friends - Ace, Mikah, Ronnie, and Bree — went on a heartwarming journey with SM volunteers from SM City Calamba to bring smiles and joy to the kids at Broy. Milagrosa and Brgy. Makiling, Calamba City, in partnership with the City Social Welfare Development of Calamba

During the holi- ship with Toy Kingdom, day season, SM mallgoers this milestone was part of a achieved something tru- record-breaking campaign ly remarkable—donating where 100,000 bears were 50,000 SM Bears of Joy sold, made possible by the to children in underserved collective generosity of Bears of Joy campaign another to share. This

Giving back this holiday season, SM Center San Pedro brings joy to children of Physical Medicine and Rehabilitation Unit - San Pedro City with Bears of Joy. gether to make the season spread holiday cheer

tive of SM Cares, the SM bears—one to keep and

brighter for those in need. by purchasing a pair of brought its own personali-An annual initia- specially designed plush ty, symbolizing the warmth communities. In partner- mallgoers who came to- empowers shoppers to year's theme, "Hug-a- the corporate social re- Bike-friendly initiative.



are lighting up the lives of children.

Mood." introduced four charming bears: Mikah. the curious explorer; Ash, the gentle and shy friend: Bree, the spirited adventurer; and Ronnie, the creative dreamer. Each bear and joy of the season.

sponsibility arm of SM Supermalls, supporting communities and the environment. Its advocacies include Programs for the Environment. Persons with Disabilities. Women & Breastfeeding Mothers, Children & Youth. Se SM Cares is nior Citizens, and the SM

# Rising Above Life's Odds

a devoted wife and mother of four from Tuguegarao City, exemplifies perseverance and success. Her journey from humble beginnings to becoming a successful mompreneur showcases the power of hard work and dedication.

Maria was raised her grandparents in Labrador, Pangasinan, where financial struggles prevented her from completing her studies. However, they instilled in her the values of faith, perseverance, and courage. Seeking better opportunities, Maria moved to Manila and worked as a storekeeper. It was here she met her husband. Herminigildo Luyun, a tricycle driver from Cagayan. Together, they moved to Tuguegarao City and started a family and a business.

#### The Birth of Luyun's Factory

In Tuguegarao City. Maria's husband began working with his cousin at a local eatery that specialized in Miki, a popular regional noodle. As he gained experience and honed his skills, he also took on extra part-

eatery specializing in Miki noodles. In 2008, they started their own Miki production business with just a quarter kilo of flour. The noodles they made were introduced to nearby stores and eateries. and the positive response prompted them to expand and grow their business. Their ambition grew after attending a Department of Trade and Industry (DTI) seminar, where they received a license and support to establish Luyun's Miki Factory

They were also granted valuable support in the form of PHP10,000 worth of flour and baking soda. This assistance was more than just an assistance; it was a turning point that increased their production capacity and set them up for future suc-

#### **Empowerment** Through Clientship

In 2012 ria turned to CARD MRI Rizal Bank, Inc. (CARD RBI) for business loans. starting with PHP 3,000 and eventually receiving up to PHP100.000. This financial support helped

Luyun worked at a local education, and meet familv needs. Her husband also became a client starting with a PHP5,000 loan, later increasing to PHP10.000. These financial

boosts were essential in stabilizing their finances and supporting their shared vision for a successful business. "Becoming CARD RBI client is more

than just receiving financial support: it's about unlocking opportunities From our humble beginnings. I believe it was divine guidance that led us to an institution that not only provided financial assistance but also helped us nurture and grow our business," Maria said. The journey to

success has not been smooth for Maria and her family. They have encountered their share of hurdles, including tight finances, shortages of raw materials, distribution such as financial strugchallenges, and fierce

market competition. life's Despite challenges, their determibusiness, financial plan-

ty have helped them push through. Even the pandemic with all its difficulties, couldn't shake their spirit. Together, they have faced each trial head-on. emerging stronger and more resilient with every challenge they've over-

Maria and her family faced challenges gles, material shortages and market competition. However, their determination, passion, and financial nation, passion for their prudence helped them overcome obstacles. Toning, and commitment to day, Luyun's Miki Factory

come.

Tuguegarao and beyond, Linao East, Tuguegarao even reaching clients in City. Manila.

Their success has allowed them to emplov six staff, support their children's education, and expand into new ventures like Zaza's Food Hub, specializing in Pancit Batil Patung made with their own Miki noodles

The Luyun's Miki noodles are available at PHP45.00 per kilo for bulk orders and PHP50.00 for retail, with delivery options to meet customer needs. The Miki factory and Zaexpand their business, maintaining product quali- supplies noodles to vari- za's Food Hub are located

ous stores and eateries in at 36 Bangayan Street

Maria's journey highlights the importance of perseverance, passion. and smart financial management. Her advice to aspiring entrepreneurs: "Treat vour customers like family and show them kindness-it's the key to earning their lasting loyal-

The Luvun familv's story demonstrates how passion and determination can turn challenges into opportunities and lead