CALAN Governor's Drive Interchange Nears 40% Completion.

the Cavite-Laguna (CA- further enhance CALAX's LAX) Governor's Drive In- connectivity providing terchange is now nearing faster, seamless travel to 40% completion, keeping General Trias and nearby it on track for target open- areas. It will also ease trafing in the second half of fic congestion on Gover-2025. This 8.64-kilome- nor's Drive and Aguinaldo ter segment will connect Highway. Silang (Aguinaldo) Interchange to Governor's mitted to completing the Drive in General Trias, entire stretch of CALAX Cavite, further enhancing by 2025. Its full opening mobility and reducing con- will not only ease traffic ic growth by enhancing Ms. Elnora D. Rumawak, ro Manila. The express- hicles daily, significantly

Construction of al, this new segment will

and improve connectivity Once operation- but also support econom-

access to key areas in

Officer-in-Charge of MP-Cavite and Laguna." said CALA Holdings Inc.

> struction continues on its Boulevard, Santa Roremaining sections, with Subsection 1 (Kawit Interchange) now over 31% Governor's Drive, Open complete, and Subsec- Canal, and Kawit Intertion 2 (Open Canal Interchange) at 21.9% comple-

Once completed, CALAX will stretch 45 kilometers from Mamplato Kawit, Cavite, integratways to provide a seam-

eight interchanges: Laguna Technopark, Laguna in the region. sa-Tagaytay Road, Silang East, Silang (Aguinaldo),

nect with the Manila-Cavite Expressway (CAVITEX) in Kawit, providing a more efficient route for motorsan Rotunda in Laguna ists traveling between NLEX Connector Road, Cavite, Laguna, and Met- the Subic-Clark-Tarlac Exing with major express- ro Manila. Once the entire expressway is fully less connection between operational, it is expected Cavite, Laguna, and Met- to serve up to 95,000 ve- Cebu.

way will feature a total of improving travel times and boosting economic activity

MPCALA Hold-

ings Inc., concessionaire of the Cavite-Laguna Expressway, is a subsidiary of Metro Pacific Tollways Corporation Aside from CALAX, MPTC's domestic portfolio also includes the Manila-Cavite Expressway (CAVITEX). North Luzon Expressway (NLEX), the pressway (SCTEX), and the Cebu-Cordova Link Expressway (CCLEX) in



Go Negosyo Goes to San Pedro Laguna

dreds of active and tian Ted Tungohan.

free entrepreneurship Charter President Sherill 8, 2025. Go Negosyo while the DTI was reprefounder Joey Concep- sented by Laguna Office

SM Center San Pedro. na last February 8, 2025. Laguna Gov. RamilHer- Go Negosyo founder Joey nandez and Laguna Concepcion thanked the

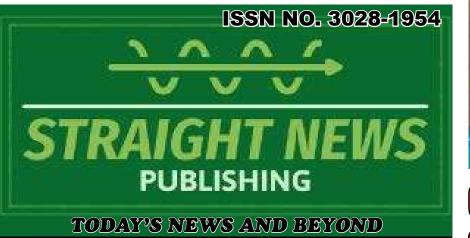
popular 3M on Wheels Io. PCCI-Calamba City Center of SM Center San Pedro. Laguna Gov. Raguna 2nd District Rep. messages of support, and were represented by Capt. cion thanked the hun- Provincial Director Chris- Ernesto Doncillo. PCCI-Calamba City Charter Go Negosyo's President Sherill Quintana from this town south popular 3M on Wheels of the Philippine Franchise Association welcomed the participants while the DTI na Office Provincial Director Christian Ted Tungo-

free one-on-one mentor-



were veteran entrepreneurship mentors and successful entrepreneurs including Eric Caeg, Yolly Dela Cruz, Bryan Lato, Renel Batralo, Jerry Yao, Leah Ayeng, Girlie Sarmiento, and Rommel Viloria. Content creator Juliana Denise gave a free talk on how MSMEs can learn to become brand influencers. The event was hosted and were represented National Capital Region ing for small businesses by Mercato Centrale's RJ Ledesma

Imus, Tagayatay, and Noveleta Recognized for 1st Class Income Classification Upgrade



Pavite teachers get cancer







niang Kabataan of Binangonan. CARD RBI President and CEO Lyneth Dereguito emphasized that the initiative is part of the bank's commitment to environmental stewardship, aiming

activity in Brgy. Kina-

boogan, Binangonan,

with the Sangguniang

Kimabukasan para sa

Pasay City— Speaking before a lively crowd at the Alyansa rally held today, February 18, Senator Pia S. Cayetano underscored her commitment to policies that secure a better future for Filipino families. "Mga nanav. isa lang naman ang ambisvon natin, na makita natin na maayos ang including the mandatory mga anak natin, hindi ho ba? Lumaki ng maavos. maging matino, may magandang kinabukasan." importance of healthcare

key legislative victories, secure future for the next and healthier nation.

immunization law, cheap-Doktor Para sa Bayan law, which expands access to measures, she stressed. ensure a healthier, more

couraged families to take en's Welfare Program charge of their health. She 2025, which successfully wrapped up her speech with a fun squat challenge, nancial aid to 2.000 womcontribute to a stronger February 11 to 14, specif-



Beyond policy, initiatives continue in this Rosario, Noveleta, Generer medicines act, and the Senator Cayetano en- week's round of the Wom- al Mariano Alvarez (GMA), provided Php 2,000 in fireminding everyone that en in each city and municburdens of parents and even small daily habits ipality across Cavite from support from Mayor Redel

Empowerment the City of General Trias,

On February 11. Vice Governor Shernan Jaro led the program in ically in Amadeo, Indang, tive continued in the City

ruary 12, backed by Sixth District Board Member Morit Sison, On February 13, Vice Governor Jaro and 2nd District Board Member Ram Revilla Bautista participated in activities in Noveleta and Rosario. In Noveleta, they were joined by 1st District Board Member Davey Chua and Mayor Dino Carlo Chua reinforcing the province's commitment to women's

> The final leg on cont. on Page 3

FROM CHAOS TO CALM: HOW A MORNING ROUTINE CAN REDUCE STRESS AND ANXIETY FOR FERTILITY SUCCESS

A consistent morning routine can have a profound impact on one's mental and emotional well-being, particularly for individuals navigating the challenges of fertility.

By establishing a structured and intentional start to the day, it is possible to reduce stress, anxiety, and feelings of chaos. This article explores the benefits of a morning routine in promoting a sense of calm, balancing work, and fertility activities, and ultimately contributing to fertility success. Through the incorporation of self-care activities and mindfulness practices, individuals can prioritize their well-being and better cope with the uncertainties that accompany the fertility journey

Establishing a Consistent Morning Routine

Consistency is key in establishing a morning routine that promotes a sense of calm and reduces mental overwhelm

By waking up at the same time each day. individuals can set a positive tone for the rest of their day. This section explores the importance of consistency in terms of sleep schedule, wake-up time, and the overall structure of the morning rou-

Implementing Work-Life Balance **Through Morning Routines**

Balancing work responsibilities with fertility-related activities can be overwhelming for individuals

A well-designed morning routine provides a dedicated time to accomplish both work and fertility tasks, reducing the feeling of being pulled in multiple directions. This section highlights the benefits of organizing and prioritizing tasks in the morning routine to achieve a harmonious balance between work and personal life

Reducing Stress and Anxiety for Fertility Success

Managing stress and anxiety is crucial for fertility success, and a morning routine plays a significant role in achieving this.

By incorporating relaxation techniques, such as meditation or deep breathing exercises, individuals can enhance their emotional well-being and increase their chances of fertility success.

Self-Care Activities for Enhanced Well-being

Self-care is essential for individuals going through fertility challenges.

Incorporating self-care activities into a morning routine can enhance overall well-being. From practicing gratitude and journaling to engaging in gentle exercise or enjoying a nourishing breakfast, these activities nourish the mind, body, and spirit, reducing stress and fostering a positive

Creating a Positive Mindset and Increasing Productivity

Starting the day with a morning routine establishes a positive mindset, setting the stage for a productive and fulfilling day.

to be cont. on the next issue...

Imus...

Provincial Government of Cavite through the Sangguniang Panlalawigan recognized the Cities of Imus and Tagaytay, along with the Municipality of Noveleta, for their remarkable achievement of being upgraded to 1st Class Income Classification. The appreciation and commendation were officially given during a simple ceremony

the OPG Receiving Area, trict Board Member Davey New Government Center, Trece Martires City.

STRAIGHT NEWS

Noveleta Mavor Dino Chua and Imus local government units for City Mayor Alex Advincula personally received the recognition, while Cavite Governor Athena Bryana D. Tolentino accepted the award on behalf of Tagaytay City Mayor Bambol To-

District Board Member Aidel Paul on February 17, 2025 at G. Belamide and 1st Dis-

paper on "Mathematical

Modeling of the Post-

Covid 19 Pandemic Per-

ception of Students on

the Use of E-Learning for

Educational Sustainability"

was also short-listed as

the best overall paper. His

expertise and contribu-

also led to his appointment

as session chair, technical

committee member, and

paper reviewer during the

15th International Confer-

ence on E-business, Man-

agement, and Economics

(ICEME) in Beijing, China.

gree holder in Mathemat-

teaching highly technical

fields like mathematics.

business, social sciences.

statistics, and research

methodologies, Dr. Ram

Torres also focuses on en-

hancing educational prac-

tices and introducing inno-

learning experience and

outcomes of students and

maximize the teaching po-

school, Dr. Torres planned

to be deeply involved in

shift priorities. Fortunate-

collaborate on a research

project, which rekindled

his passion for research.

In under a month, he and

his colleague completed

the project, which was ac-

cepted for publication and

presented at a prestigious

He then pursued

forum in Japan.

who specializes in

A doctorate de-

Christian R. Chua sponsored a resolution to formally commend the three their economic growth and outstanding financial performance. The upgrade reflects their effective governance, improved revenue generation, and strengthened local devel-

Provincial cials headed by Governor driving development and Tolentino and Vice Gover- progress. – OPIO

opment initiatives.

From Page 1

nor Shernan Jaro lauded the leadership and dedication of the local executives and their respective teams

tion highlights Cavite's commitment to fostering economic prosperity and acknowledges the continuous efforts of its cities and municipalities in

From Page 1

To date, he has

Mapúa...

Mapúa Malayan Colleges Laguna (Mapúa MCL) is helping reinvigorate South Luzon's standing as a research and innovation hub through the various research authored by its faculty and students. One of its most awarded professors. Dr. Ramachandra C. Torres, director of Mapúa MCL's Learning Environments and Innovations Office received numerous awards from international research bodies throughout the year.

Dr. Torres was recognized as "Best Presenter" for his work on "Al Chatbots in E-Commerce Platforms: A Statistical Model of Customer Adoption" and appointed session chair, technical committee member, and paper reviewer at the 8th International Conference on Business and Information Management (ICBIM). held in Pattaya, Thailand, last August 2024.

He was given the "Best Paper" and "Best Presenter" Awards during the 8th International Conference on E-Commerce. E-Business. and E-Government (ICEEG) at Ajman, United Arab Emirates, for his paper on "Customers' Behavioral Intention and Actual Use of Mobile Shopping Platforms: Understanding Predictors Through Mathematical Modelling."

He was named "Best Reviewer" at the 15th International Conference on E-Education. E-Business, E-Management, and E-Learning (IC4E 2024) in Fukuoka, Japan, His

other research projects. which were also published in various Scopus-indexed iournals or international publications that publish research based on high-quality standards. credibility, and academic

Despite his passion for inquiry, innovation, and prolific work. Dr. Torres's life of conducting scientific inquiry was not a walk in the park. He had to be prudent with time management since he had to totype. These projects are juggle his scientific work while effectively fulfilling his role as Director of the Environments and Innovations Office and professor. He also collaborated with his thesis advisees for faculty-driven research projects, who helped co-author some of the published work. Conducting stud-

vative tools that enrich the ies, publishing them, and presenting them at academic conferences also involve a substantial financial investment, which is After graduate a problem most researchers encounter. However. through Mapúa MCL's research. However, his financial support and oth- the lives of individuals aspirations came to a er grants, Dr. Torres and and communities alike. halt during the COVID-19 his team can submit their pandemic when he had to work to distinguished conferences, journals, and ly, in 2023, a Mapúa MCL research societies without create a brighter future for colleague invited him to the financial burden and all," said Dr. Torres.

focused his research on exploring artificial intelligence's impact on the education and business sectors. In fact, he is awaiting feedback on two academic papers he submitted for consideration at a journal and an upcoming conference. He also developed a fundamental mathematical concepts, and it now has a mobile application protargeted for publication in the second half of 2025.

Dr. Torres encourages young students and professionals to embark on their own scientific inquiries. He stressed that students and those within the academic community are equipped with the resources, expertise, and formal training needed to identify pressing issues, conduct thorough investigations, and develop novel solutions

"Continuous exploration and research are not only encouraged but Through collaborative efforts and a relentless pursuit of knowledge, we can



Feb. 26-Mar. 04. 2025 Carmona Advances Transportation

with Signing of South-Luzon Integrated Terminal Exchange (SLITX) Paringrship CARMONA. partnership is set to trans-

CAVITE - A pivotal moment in the future of trans- tion and enhance mobility portation for Carmona and for commuters traveling South Luzon was celebrated today with the signing of successful negotiations and the granting of Original Proponent Status Mayor Loyola under-(OPS) for the South-Luzon Integrated Terminal SLITX: Exchange (SLITX) project.

The event, held alongside a press conference, was graced by Hon. Congressman Atty Roy Lovola, Hon, Mayor Dahl-Megawide OneMobility Corporation, distinguished public officials, and members of the Carmona

form regional transportabetween Carmona, Metro Manila, and nearby prov-In her address,

scored the significance of "This initiative is

more than just an infrastructure development: it is a commitment to efficient safe and modern mobility for commuters. ia Lovola, officials from This project exemplifies our vision of Carmona as a progressive and connected city."

tion in the region, integrating a world-class terminal

with commercial spaces.

office buildings, and lo-

gistics facilities. Beyond

enhancing travel efficien-

cy, the project is expect-

ed to generate economic

Mayor Loyola excollaborators, stating:

deepest appreciation goes to our partners at Megawide OneMobility Corporation, our ship marks a milestone and progressive future for SLITX aims to opportunities, create jobs, city officials, and everyone in Carmona's journey to- its people. (Edjun Maricommunity. This strategic revolutionize transporta- and drive local business involved in bringing this wards becoming a mod- posque)

project closer to reality This partnership reflects tended her gratitude to all the power of a shared vision and commitment to public service."

······ VOL. II • NO. 35

The signing of this public-private partner-

el Smart City, prioritizing sustainability, connectivity, and economic development. SLITX promises to be a game-changer, aligning with the city's goals of building a more efficient

SMC, Petron, Ginebra named among TIME's Top 500 Companies in Asia-Pacific

San Miguel Cor- Best Employers (No. 89), poration (SMC) and its the highest-ranked Philipsubsidiaries. Petron Corporation and Ginebra San Miguel Inc. (GSMI), have been recognized in TIME and Statista's 2025 ranking of the top 500 companies shaping business in the Asia-Pacific region.

SMC ranked No. 85, making it the second highest-ranked Philippine company, while Petron placed No. 216 and GSMI, No. 345. Their inclusion was based on employee satisfaction, financial performance, and sustainability transparency, which are key indicators of long-term business viability and ethical leadership.

SMC Chairman and CEO Ramon S. Ang welcomed the recognition even as he reiterated the company's commitment to excellence in business and social responsibility that extend to its subsid-

This is the latest in a string of global awards (No. 463) and Forbes' business," Ang said. PR

pine firm in the latter's top

SMC continues to lead in nation-building through its diverse portfolio of businesses, with major initiatives in infrastructure, energy, and the environment

Its Better Rivers PH project has removed over 8 million tons of waste from nine river systems in and around Luzon, while its infrastructure network including expressways and airports, strengthen connectivity and economic

SMC also supports food security through partnerships with local farmers and operates Better World community centers that address hunger, education, and healthcare

"This recognition sets the stage for an even stronger 2025. It continues to prove that Filipino comfor SMC. In 2024, it was panies can compete on named among the World's the global stage and make Best Companies by TIME meaningful impact beyond









SMC Chairman and CEO Ramon S. Ang welcomes TIME's recognition of San Miguel Corporation and its subsidiaries, Petron Corporation and Ginebra San Miguel Inc., in its list of top 500 companies in Asia Pacific.

Comelec issues poll debate guidelines MANILA - The whenever political de- ments and moderator at-

(Comelec) has issued guidelines related to the conduct of poll debates on television and radio to ensure fairness and neutrali-

Resolution No. 11115 outlines the standards for conducting debates on television and raevents serve as essential tools for an informed elec-

"Organized political debates are necessary gence of a fully-informed electorate in which the numbers. public interest is served

Comelec said in a statement on Sunday.

The poll body said it wants to ensure that these debates are conducted with the same standards of fairness, neutrality and impartiality.

Under the rules. debate organizers must dio, emphasizing that such ensure that all candidates are invited, accommodated. well-represented. treated equally, fairly, and impartially.

Supporters and tools in fostering the emer- family members must be appearance by the candiaccommodated in equal

Commission on Elections bates are effectuated," the tire must avoid political bias or favoritism.

> The dehate forum or interview series must be conducted or filmed in a safe and controlled environment to show a sense of professionalism and the observance of proper decorum for both the participant-candidate and audience and questions and topics to be tackled in the debate should not be trivi-

Comelec said the date/s in debates, forums Venue arrange- be computed against their

are also required to inform. in writing, the concerned Comelec office of the conduct of said debate, forum or interview series at least

The organizers

one week before the conduct of such activity. The Commission said that its participation. if invited, is only as observer/quest only, which means it shall not be held responsible for any dam-

ages, injuries or losses that may occur during the event and that the conduct of the debate, forum, or or interview series will not at no cost to the poll body.



the request from Starkson requirements of IHA: Au-Logistics and Processing thority, Scope of Work, Center Inc., PSTO Laguna facilitated an Awareness Training on Halal for the IHA process, covering Starkson Logistics and Planning and Preparation, Processing Center Inc. The training covered two Review of Audit Findings. key topics: Halal Concepts It was emphasized that and Principles and Internal Halal Audit.

Marwar from the Region- to the auditee at the end of al Standards and Testing Laboratories (RSTL) of DOST CALABARZON ini- training, the speakers tiated the training with a conducted a mock audit discussion on Halal Concepts and Principles. Ms. Marwar began by defining and distinguishing Halal (permissible) and Haram (forbidden) according to their findings and suggest-Islamic Law (Shari'ah). Ms. Marwar also provided an overview of the 10 Halal Principles. She commodate more clients. tion. elaborated on Halal food auidelines, including permissible animals, plants. slaughter methods, and the importance of avoiding prohibited substances such as pork and alcohol.

The second topic Internal Halal Audit was presented by Ms. Jasmin C. Hamid from RSTI -CALABARZON who explained that an Internal Halal Audit (IHA) is a systematic process that ensures the proper implementation and effectiveness of the Halal system across the supply chain in compliance with Shari'ah. The Halal Svstem Approach has outlined which include Input Process, and Output, Ms. Hamid also highlighted the benefits of IHA, such as strengthening internal Halal controls, enhancing efficiency, verifying the accuracy and integrity of the Halal assurance system, minimizing risks, and ensuring compliance. the nation's freedom.

In response to Accordingly, the three (3) and Competent Auditors. Ms. Hamid then detailed Audit Execution, and the auditors must cross-check their findings, prepare an the audit.

> To conclude the to assess the conformity and nonconformity of the cold storage warehouse. Following the mock audit. the auditors discussed ed improvements, as the company aims to obtain Halal Certification to ac-

The Provincial Government of Cavite. in coordination with the National Historical Commission of the Philippines (NHCP) the Philippine Veterans Affairs Office (PVAO), the City Government of Cavite, and the Tourism Infrastructure and Enterprise Zone Authority the theme. "Liberation's Legacy: Honoring the Past, Shaping the Future"

on February 16, 2025. The solemn ceremony, held at the Pacific War Memorial, Corregidor Island, Cavite City, marked the 80th anniversary of the liberation of the Philippines from Japanese forces and paid tribute to the heroes who fought for Mapagu of PVAO, Asec. veterans and fallen he-

Training on Halal Awareness is essential to all businesses, especially in the food sector, to comprehensively understand Halal and Haram concepts from an Islamic viewpoint. In addition, DOST CALA-BARZON has a Halal Verification Laboratory that offers Halal verification and consultancy services. This Ms. Hanimah M. audit report, and present it training is one of the food safety programs implemented by PSTO Laguna.

> It aims to provide technical assistance to the MSMEs in the province to improve food safety practices and advocate safe food han-Let us highlight these food safety initiatives of DOST-CALA-BARZON to promote food safety through science.

The event began with the National Anthem. followed by a Wreath Laying Ceremony, where representatives from key institutions honored the memory of those who made the ultimate sacrifice: Ms. Catherine E. Sta. Clara, Corregidor FTEZ Administrator, represent-(TIEZA), commemorated ing Mr. Mark T. Lapid, the historic Retaking of Chief Operating Officer Corregidor Island, under of TIEZA, Councilor Jesus Jet Barrera II, representing Cavite City Mayor Denver Christopher Chua, Coast Guard Attaché, and Mr. Chad Kinnear, Deputy Director of Public Engagement. Public Affairs Sec-

technology, and innova-

l Sorteo Festival 2025: A Celebratión of CARMONA, Luck, Tradition, and Progress

····· Feb. 26-Mar. 04. 2025

PHILIPPINES - The much-awaited Sorteo Festival 2025 has officially been launched, promising a grand celebration filled with rich traditions exciting activities, and life-changing prizes for the people of Carmona City, Cavite. With the theme "Maswerteng Tradisyon, Masiglang Selebrasyon, Makabagong Henerasyon," the festival continues to uphold its legacy while embracing innova-

tion for future generations. A Festival Rooted in Tradition The Sorteo Fes-

tival a triennial event in Carmona, is a cherished tradition symbolizing prosperity and community spirt. The festival's highlight is a grand raffle where lucky residents win substantial cash prizes, a practice that traces its roots to the town's agricultural heritage. Beyond the raffle, the event fosters unity and cultural pride among Carmona's citizens.

Theme Meaning and Significance local businesses and del-

This year's theme reflects the festival's evolving role in the community:

"Maswerteng Tradisvon" honors the festival's deep-rooted cultural

"Masiglang Selebrasyon" highlights the vibrant and joyous festivi-

"Makabagong Henerasvon" signifies the integration of modern elements to make the event more dynamic and inclusive for younger genera-

Exciting Programs and Activities

Sorteo Festival 2025 will feature a variety of events, including: Cultural Shows

Street Performances showcasing Carmona's rich history. Sports Competitions & Talent Contests to

engage the youth and lo-Food Fairs Trade Exhibits promoting

Grand Raffle Draw where lucky winners will take home tax-free cash prizes.

Jackpot Prizes Await Lucky Winners

A total of ₱30 million in tax-free cash prizes will be given away to 510 lucky winners this year:

450 winners of ₱50.000 each 50 winners of

₱100,000 each 5 winners of

₱200,000 each 5 winners of

₱300.000 each With such generous prizes, Sorteo Festival 2025 is set to bring joy and excitement to Carmona's residents, staving true to

its mission of spreading

luck and fortune.

As the festival unfolds, the people of Carmona eagerly anticipate the grand celebration that strengthens their traditions while paving the way for a brighter future. (Ediun Mariposque)

Retaking of Corregidor Island in line with the 80th anniversary of the liberation of the Philippines

senting Secretary Christina Frasco of the Department of Tourism, Mr. Regalado Trota Jose Jr., Chairman of the National Historical Commission of the Philippines, Atty. Rodolfo D. Uy III, Provincial Administrator of Cavite. representing Governor Athena Bryana D. Tolentino, accompanied by Col. Julius T Yncierto of the Philippine Navy Marines General Staff Corps.

Following wreath-laying, Council-Capt. Jason Letho, US or Jesus Jet Barrera II delivered the welcome remarks, setting a reverent and reflective tone for the commemoration. He tion, representing the US stressed that "Freedom is Embassy, Asec. Domingo never free; it is earned", bravery of all those who the hard-won peace, and Carbonel Jr., representing and urged everyone to fought and supported the inspire future generations Undersecretary Reynaldo honor the heroism of the



uphold patriotism, unity. and duty to the nation. The keynote speech, given by Atty. Rodolfo D. Uy III, underscored the significance of Corregidor Island in the country's history and the enduring legacy of freedom and resilience. He, likewise, paid tribute to the war effort.

Christine Joy Cari, repre- roes not just with words regidor Island was also

oration to provide a deeper appreciation of its his-

The Provincial

Government of Cavite expressed gratitude to all participants and attendees for joining this meaningful gathering, uniting to honor the past celebrate to uphold the ideals of de-A tour of the Cor- mocracy and unity. — H.

EDITORYAL:

THE new secretary of the Department of Transportation, Vince Dizon, started his week taking public transportation. He says he wants to see and feel exactly what commuters go through every day as they go to their schools or workplaces.

"I would not say it was horrible," he replied to a question during Tuesday's press conference. But he gathered plenty of input on how he could go about improving the commuting experience for many Filipinos in his next few months in office.

Specifically, he took note of busway improvements for major thoroughfare EDSA.

To be sure, such a gesture is nothing new. Several public officials have pulled a similar stunt highlighting that they are one with the people – one of us, in fact – and that they do not make decisions from the comfort of their chaffeured vehicles or aircondi-

Moving along

From the looks of it, Dizon knows whereof he speaks, such that his commute is more information gathering rather than public relations. The former president of the Bases Conversion and Development Authority and former presidential adviser for flagship programs and projects should be knowledgeable about public partnerships and translating big-ticket concepts to implementable reality.

In pursuit of his mandate, he also asked central office executives to tender their courtesy resignations.

Transportation is a sore spot in the Filipino's daily struggles. As if earning one's keep from day to day were not already difficult in itself, many suffer the daily difficulties of commuting, with a system designed and implemented by those who do not actually know about these struggles.

And since the commuter experience has always been deserves no less. ·

ing and increasing the risk illnesses.

of severe complications.

challenging, many have resigned themselves to that this is something that must be endured and accepted as a given

It is good to see Secretary Dizon's initial zeal in wanting to make the commuting experience more bearable for Filipinos, after the string of transport of ficials who have done so little about it, if not made it worse. Other modes of transport have their own distinct challenges, as do the countless other issues of getting people and goods from Point A to Point B. Three years seems like a short time for all the things that need to get done, especially given numerous right of way problems that Dizon's predecessors have had to contend with.

Nobody wants transportation to just be "not horrible" for one day. The ultimate objective is to make it better for Filipinos even at rush hour, on weekends. on paydays, and even during inclement weather. The taxpaving, long-suffering Filipino commuting public

From Page 1

This initiative is part of the DOH's 8-Point aims to ensure that evhigh-quality, and compassionate healthcare ser-

Cavite...

CITY OF CAR- Teodoro Herbosa, Senior High School in the City of Carmona, Cavite, breast cancer screenings from the Department of

The free screenwas part of the "Kanserbisyong Kababaihan" an initiative aimed at strengthening early cancer detection and treatment for women. It also aligns nosed with breast canwith the DOH's ongoing cer-one of the highest efforts to enhance healthcare services for women.

who while most are diagnosed cation, to undergo regular MONA, Cavite (PIA) — led the event, highlighted in later stages, making screenings for early de- assessment, family plan-More than 150 female the vital role of women's teachers at Angelo Loyola health in building strong communities

"A community received free cervical and can only thrive if its women are strong and healthy. That's why we continue to Health (DOH) Region 4A strengthen our initiatives in celebration of Valen- to ensure that every Filitine's Day on February 14. pino woman has access to quality and affordable healthcare services," Her-

bosa said. DOH data show that three of every 100 Filipino women are diagrates in the world. Alarmingly, only 1 percent of Health Secretary cases are detected early,



EDITORIAL OFFICE

STRAIGHT NEWS

CAVITE OFFICE: Blk. 5 Lot 69 Barcelona Ph. 2, Buhay Na Tubig, Imus, Cavite - 09556586520 / 09164731260

TIN NO. ----- 237756418-000 Email ad: newsstraight172@gmail.com soberanmavic@gmail.com

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Cayetano calls for shift from 'utak-kotse' to rail-based transport as new DOTr chief assumes office

especially those in edu- gram also provided HPV healthcare.

treatment more challeng- tection and prevention of ning consultation, mental

encouraged all women, bisyong Kababaihan pro- en's access to preventive

"utak-kotse" mentality in addressing the country's traffic woes, urging the government to prioritize rail and subway systems instead of relying on more

Cavetano's statement comes on the heels Department of Transporta-Vince Dizon

The senator argued that building more highways addresses only the symptom rather than the root cause, which is the resulting traffic conaestion

Instead, he proposed expanding rail net-

"Why not a railway rather than a high-

"Noona '40s, nangunguna tayo,

where. Pero napabayaan that out?" he continued. Cayetano has natin y'un and then we called for a shift from the went the American way na Hong Kong as a model for

Beyond cancer

Herbosa also screening, the Kanser- signed to expand wom-

panay kotse " he added Cavetano noted the struggle of workers commuting from provinces just to reach Metro Manila, where most of the better economic opportunities

are located.

"Not only hirap, y'ung tama sa katawan, but y'ung oras tion's new chief. Secretary talaga na nasasayang. and then of course y'ung gastos" he said as he described the difficulties many people face.

The senator commended the ongoing Metover-reliance on cars and ro Manila Subway project but stressed the need for continuous transport planning and execution.

> "Dapat bago pa matapos 'yan, pina-plano na ang susunod," he said. "Kasi it takes six

way? Kasi nga ang prob- or seven years para matalema, utak-kotse tayo," he pos. By the time matapos, ilan na ang kotse, ilan na and tao, tapos panav sa Metro Manila. So may may railway tayo every- ginagawa ba to extend

vaccination, PhilPEN risk

health counseling, and

HIV screening, all de-

He pointed to long-term infrastructure planning.

"Since early or mid-1980s, wala akong punta sa Hong Kong na nakita kong walang ginagawang subway. So by now, makikita n'vo kahit saan ka pumunta sa Hong Kong, halos buong Hong Kong malalakad n'yo sa ilalim in most of the areas. Kasi nga, gawa lang nang

pressed optimism that Dizon's experience as

gawa " he said

Development Authority (BCDA) will translate into a proactive approach and much-needed improvements in public transportation, especially in railways

"I'm hoping v'ung kind ng 'get it done' attitude magagawa ngayon sa airports, seaports, buses and railways." he said.

Cayetano has long advocated for decongesting Metro Manila by connecting it to the provinces through an efficient railway network as well as The senator ex- creating more economic opportunities outside the capital

Women



February 14 in GMA and Silang saw the participation of Vice Governor Jaro, 5th District Board Member Aidel Paul Belamide, and local officials, including Mayor Maricel Torres in GMA and Vice Mayor Matt Toledo in Silang, further emphasizing the government's dedication to women's rights and economic empowerment. - R. Dones



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Bay, Laguna - The Department of Trade and Industry (DTI) has reaffirmed its commitment to the growth of micro, small, and medium enterprises (MSMEs) with the successful launch of Kadiwa ng Pangulo in the Municipality of Bay on January 31, 2025. The event served Alfred Nean Canovas, and DTI-assisted businesses (rice cakes), has gained

more special with the presence of New Nemar's ambassador, JC Santos!



ITS FIRST BRANCH AT SM!

Café Jang Geum at SM City Tanza brings you authentic Korean desserts and snacks! \Good news for students—enjoy 10% off when you present a valid student ID! Promo excludes promotional items and frequency card offers.



Anime lovers and collectors, this is your moment! Hobby Con is taking over SM City Dasmariñas with epic figures, fandom exhibits, and everything otaku-approved. Visit the Main Event Center for an ultimate hobby haven until February 23!

DTI-Laguna Strengthens MSME Growth with Kadiwa ng Pangulo in Bay, Laguna

including agricultural and non-agricultural MSMEs, directly with the community to offer fresh, high-quality, and affordable goods.

Nakakabusog at sulit

na Burger ba ang hanap

mo? Virtuous Cafe Ba-

con Burger na yan! Sa

halagang P218 sigura-

dong solve and cravings

mo! Tara sa Virtuous

Cafe, SM City Trece Mar-

Kev representatives from government agencies and local offices ioined the event, including the Local Government Unit of Bay Municipal Administrator Atty. Joanna Patricia Padrid, Department of Interior and Local Government Representative Javson Chavez. Department of Agriculture - Agribusiness and Marketing Assistance Division Representatives Genielle Regalado and Johnmel Bonquil, Department of Agriculture - Agricultural Program Coordinating Office Representative Josephine Braganza, DTI Representative Avegail Agoio.

SK Federation Chairman

coordinating the initiative, ensuring its success. Kadiwa ng Pan-

gulo acts as an innovative marketplace linking to manufacturing, retail, and services—directly to consumers. By improving distribution channels, the program enables MSMEs maximize earnings while making fresh and affordable products accessible to the community. This initiative is key to driving economic growth in Bay and creating long-term opportunities for small busi-

DTI continues to support MSMEs through training, business linkage programs, and financial assistance to help them thrive in competitive markets. Two examples of its traditional kakanin

Office played a vital role in Footwear Store from Liliw. Laguna, and Mywill Food Laguna. Both businesses have participated in government-backed pro-MSMEs—from agriculture grams like KMME (Kapatid Mentor Me Program) and OTOP (One Town, One Product), which have been instrumental in their

> EFF Footwear Store known for its locally crafted footwear, has expanded its market reach and sales through DTI's product development initiatives. As a KMME graduate and OTOP participant, EFF Footwear Store now regularly showcases its products at Kadiwa ng Pangulo, contributing to the local economy

 Mywill Food Products, renowned for

as a crucial platform, con- other municipal leaders. that have benefited from valuable insights through necting local producers, The Municipal Agriculture these programs are EFF DTI's mentoring programs and actively participates in trade fairs. By joining Products from Calauan. KMME and OTOP. Mywill has used Kadiwa ng Pangulo as a platform to introduce its authentic Filipino dience, helping preserve and promote local culinary

> Agricultural MS-MFs from various local associations and groups, along with farmers from Bay, also showcased their products, ensuring both agricultural and non-agricultural offerings were well-represented, contributing to the event's overall

would not have been possible without the leadership and support of DTI Laguna Provincial Director Christian Ted Tungohan and DTI Laguna Business cont. on Page 5

SSS bares 2025 plans: Better service for pensioners reduction of the service for the s for pensioners, reduction of interest **Partners with Profriends for Westwind** rate on salary/calamity loans, pursue coverage of self-employed opportunities for coop-

lamity loans

curity System (SSS) an- fice personnel," De Claro nounced that it is working also said. to improve services for pensioners, to reduce the calamity loan programs. and to pursue self-employed coverage.

Better service for pensioners

"We are reviewing our guidelines on the Annual Confirmation of Pensioners (ACOP) Program to simplify requirements and other verification processes for the convenience of our pensioners." SSS President and Chief Executive Officer Robert Joseph M. De ing it to increase the cash

De Claro has ordered the review to address the sentiments of Philippine-based retirement pensioners who are above 80 years old to en-By the end of 2024, there are 157,493 such pensioners of SSS.

"Our review of the current guidelines include the analysis of age and geographical distriburizing additional means for ACOP compliance and using available SSS resourc-

DTI...

Development Division

From Page 4

MSME growth.

Chief Teresita Tawingan. Their dedication ensures that entrepreneurs, from agriculture to manufacturing, receive the guidance and resources they need to thrive in an increasingly competitive marketplace. The collaboration with the Department of Agriculture further underscores the collective support from progress. (ADAgojo, DTI multiple agencies to foster Laguna)

The Social Se- through our branch or of- coverage of such workers. Our goal is to make them continue paying SSS con-Lower interest tributions while they are gainfully self-employed rate for salary and caeven if they have reached In the pipeline 120 contributions already."

"These plans

also for 2025 is the reduc-De Claro also said. tion of interest rate on the salary loan and calamity and programs reiterate loan programs of SSS. our message last month Currently, the interest rate prioritizing service excelfor such loan programs is lence first and foremost while ensuring financial at 10% per annum. "Given the condiscipline and sustainabil-

ity through an empowered sistent, solid performance of SSS' investment port-SSS workforce," De Claro folio, it is now timely to revisit the interest rate of our SSS Management and the Social Secusalary and calamity loan programs toward reducrity Commission (SSC) will be tackling these plans/ proceeds from loan applications by qualified SSS plementation within 2025. members," De Claro also

SSS' annualized Return on Investment (ROI) from 2021 to 2024 sure their continuous re- ranged between 5.8% ceipt of pension benefits. to 6.6%, performing well even through the Covid-19

age of self-employed

"We will also pursue better collection compliance from other groups tion of pensioners, autho- of workers, particularly self-employed professionals such as accountants doctors and engineers by es to facilitate compliance meeting with the Professuch as by conducting sional Regulation Comhome visits to pensioners mission (PRC) to discuss

committed to building a resilient MSME sector. Through initiatives like Kadiwa ng Pangulo, the agency continues its mission to foster sustainable business growth, promote small enterprises, and drive regional economic

TRANSFER CERTIFICATE OF TITLE NO. T-1333501

..... VOL. II · NO. 35 5 lacksquare Archipelago Builders Corporation

> **Construction** Westwind at Lancaster

> > New City will be a pleasant

ty and is expected to adapt

the community vibe where

youth leaders and volun-

for families to enjoy and

milestone for everyone "This is big news for our project. You can now say to your buyers with confidence that the buildings we're delivering to them will be of quality and will be done by the most cred-In his keynote ible builders (there are.)" Westwind at Lancaster New City will feature common outdoor life style spaces in between clusters of 4-storev buildings. More to look forward to is it being inside the vibrant Lancaster communi-

speech, ABC President ing the beginning of Westwind's construction was John Paul Pe was grateful placed on site after a sucto Profriends for entrustcessful contract signing ing to them the building of Profriends' pilot 4-storey happened between Property Company of Friends, condo village, Westwind Inc. (Profriends) and Triple at Lancaster New City. "We also have evolved into production of our own poration (ABC). 60 years products, wall system, in the construction busiwhich will also be used ness this year, ABC boasts in your project, archi wall a number of residential and also the pre-casting towers in its portfolio, in panels," says Pe. In her programs and ensure im- addition to its commercial, address, Profriends Pres- rie and lasting relationship industrial, institutional, and ident Kathleen Choa as- among fellow homeownsured its stakeholders that

plan, (LRC) Psd-258168, being a portion of Lot 4973-G,

City of Bacoor Email: rtc1bcrocc@judiciary.gov.ph Telephone No. 09273707489

Republic of the Philippines

Fourth Judicial Region

REGIONAL TRIAL COURT

OFFICE OF THE CLERK OF COURT

road projects.

L & R CORPORATION, Mortgagee

> Foreclosure no. 2025-14 For: Extra-Judicial Foreclosure of Real Estate Mortgage

A marker signify-

A (AAA) construction firm.

Archipelago Builders Cor-

AMILYN M. MOTHERSOLE married to PETER MOTHERSOLE.

Mortgagors

NOTICE OF EXTRA JUDICIAL FORECLOSURE

Upon Extra-judicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by the mortgagee, L & R CORPORATION at 5th Floor Ablaza Building, 117 E. Rodriquez Sr Avenue Quezon City Metro Manila, and against the mortgagors, AMILYN M. MOTHERSOLE married to PE-TER MOTHERSOLE at No. 106 llang-llang Street, Ligas 3, Bacoor, Cavite, to satisfy the mortgage indebtedness which as of February 7, 2025, amounts to EIGHT MILLION ONE HUNDRED SEVENTY THOUSAND FIVE HUNDRED SEV-ENTY TWO & 87/100 (P8,170,572.87), Philippine Currency, inclusive of interest, and penalty charges but exclusive of other fees incident to this foreclosure, the undersigned or her duly authorized representative will sell at the public auction on March 25, 2025 at 10:00 o'clock in the morning or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, to the highest bidder for CASH and In Philippine Currency, the following described property with all the improvements thereon to wit

"A parcel of Land (Lot No. 4973-G-2, of the subd.

LRC Psd-257494, LRC Rec. No. 8873), situated in the Bo. of Ligas, Mun. of Bacoor, Prov. of Cavite. xxx Containing an area of THREE HUNDRED FIFTY NINE (359) SQUARE METERS more or less?

"All sealed bid must be submitted to the undersigned on the above stated time and date.

"In the event the public auction should not take place on the said date, it shall be held on April 1, 2025, with-

Prospective buyers and bidders are hereby enjoined to investigate for themselves the title to the said property and encumbrances, if any there be.

City of Bacoor, February 17, 2025.

(SGD) MELY C. HERMOSURA-VISTA Clerk of Court VI

(SGD) TRISTAN C. MIRANO

Copy Furnished:

ABLAZA LAW OFFICES 5th Floor Ablaza Building, 117 E. Rodriguez Sr. Avenue, Quezon City, Metro Manila

L & R CORPORATION 5th Floor Ablaza Building, 117 E. Rodriguez Sr. Avenue, Quezon City, Metro Manila

AMILYN M. MOTHERSOLE married to PETER MOTHERSOLE No. 106 llang-llang Street, Ligas 3, Bacoor, Cavite

WARNING: It is absolutely prohibited to remove, deface or destroy this notice of Extra-judicial Sale on or before the date of sale.

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