

"Tara Let's Explore Cavite" na proyekto ng MPT South nagbalik tanaw sa kasaysayan



Tara, let's explore Cavite participants at Cavite City Hall

Ang Cavite ay nananatiling isa sa pinaka-makulay na lalawigan sa Katimugan pagdating sa kultura, kasaysayan, at mga lokal na pagkain.

Bilang bahagi ng pangako nito sa pagtataguyod ng turismo sa rehiyon, ang Biyaheng South, ang tourism advocacy program ng Metro Pacific Tollways South (MPT South), ay inilunsad ang "Tara! Let's Explore Cavite"; ito ay isang buong araw na heritage tour na nagdala sa mga piling kalahok sa mga kilalang simbahan, makasaysayang pook, at patok na kainan sa lalawigan. Dahil sa Manila-Cavite Expressway (CAVITEX), mas madali at komportable na ngayong marating ang mga destinasyong ito mula sa Metro Manila.

Ang mga napiling kalahok ay nagmula sa isang online raffle na isinagawa sa Biyaheng South Facebook page. Kasama nila sa tour ang mga media partners, content creators, at isang grupo ng reenactors na nagbigay-buhay sa mahahalagang tagpo sa kasaysayan ng Cavite, isang kakaibang karanasang at dagdag-halaga sa buong paglalakbay.

Pagsilip sa mga Makasaysayang Simbahan ng Cavite

Nagsimula ang makasaysayang paglalakbay ng mga kalahok sa bayan ng Kawit, sa Diocesan Shrine and Parish of St. Mary Magdalene— isang simbahan na itinayo noong ika-18 siglo at kinikilalang isa sa mga pinakamatanda sa Pilipinas. Dito matatagpuan ang milagrosong imahe ni Santa Ma-

ria Magdalena, na siyang patron ng bayan. Bukod sa kahalagahan nito sa pananampalataya, dito rin bininyagan si Heneral Emilio Aguinaldo, ang unang Pangulo ng Pilipinas.

Paano makarating sa Kawit: Mula Metro Manila, dumaan sa CAVITEX at lumabas sa Marulas Exit. Pagkatapos ng ilang minutong biyahe ay maramating na ang simbahan.

Mula Kawit, nagtungo ang grupo sa Diocesan Shrine of Saint Augustine and Parish of the Holy Cross sa Tanza. Kung si Santa Maria Magdalena ang pinarangalan sa Kawit, si San Agustin naman ang patron ng Tanza.

Matapos magpunta sa nasabing simbahan, pumunta naman ang mga Ka-Biyahero sa Sta. Cruz Convent Museum, isang maliit na museo na naglalaman ng mga relihiyosong antigong gamit, alaala, at sining na nagpapakita ng mayamang pananampalataya at kultura ng Tanza.

Paano makarating sa Tanza: Mula Metro Manila, dumaan sa CAVITEX mula Roxas Boulevard, dumiretso sa Centennial Road patungo sa Tanza.

Pagkatapos sa Tanza, nagtungo ang grupo sa bayan ng General Trias upang masilayan ang St. Francis of Assisi Parish Church— isang simbahan na kilala sa matatag nitong arkitekturang kolonyal na nanatiling buo sa paglipas ng panahon.

Paano makarating sa General Trias: Mula Metro Manila, dumaan sa CAVITEX sa pamamagi-



Reenactment of Gen. Aguinaldo's oath as President of the 1st Republic at the Shrine of St. Augustine and Parish of Holy Cross in Tanza



The historic Fort San Felipe in Cavite City

tan ng Roxas Boulevard, at sundan ang Centennial Road papunta sa General Trias.

P a g b a b a - lik-Tanaw sa Rebolusyong Kasaysayan ng Cavite

Pagkatapos bumisita ng grupo sa mga makasaysayang simbahan, pumunta ang grupo sa Café Antix sa Cavite City para mananghalian. Sa makulay at retro-inspired na ambiance ng café, inhain ang mga pagkaing lokal na may modern twist.

Matapos ang tanghalian, ipinagpatuloy ng grupo ang heritage tour sa mga makasaysayang lugar sa Cavite City. Una nilang binisita ang Ladislao Diwa Shrine, ang pinanga-



Participants after a luncheon at Cafe Antix in Cavite City



Tara, let's explore Cavite at Shrine and Parish of St. Mary Magdalene in Kawit

dumaan sila sa Samonte Park, isang bukas na espasyo kung saan madalas mamasyal at magpahinga ang mga taga-lungsod.

Isa sa mga pinakahihintay na bahagi ng tour ay ang pagbisita sa Fort San Felipe, isang makasaysayang lugar na nasa loob mismo ng Naval Base ng Philippine Navy sa Cavite.

Itinayo ito ng mga Kastila noong 1609 at nagsilbing pangunahing tanggulan laban sa mga pirata at dayuhang mananakop.

Binigyan ang mga Ka-Biyaheros ng exclusive tour sa loob ng

lugar kung saan sila'y naglakad sa mga lumang pasilyo at batong patio na mistulang bumabalik sa mga panahon ng kolonya.

Nagtapos ang araw sa isang guided tour sa loob ng bagong gawang Cavite City Hall.

Bukod sa tungkulin pang-pamahalaan, isa na rin itong sentro ng kultura ng komunidad na sumasalamatin sa pangarap ng lungsod para sa mas inklusibong pag-unlad.

Sa likod ng city hall, matatagpuan ang Unlad Cavite Pier, isang baywalk-style na destinasyon

DOH Calabarzon: Brace for spike in waterborne diseases

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PANUNUMPA SA KATUNGKULAN



Opisyal nang nanumpa sa kanilang mga tungkulin ang buong Team Ricafrente, sa pangunguna ng ating butihing Mayor Voltaire Ricafrente at Vice Mayor Bamm Gonzales, sa harap mismo ni Bise Presidente Sara Z. Duterte. Ginanap ang makasaysayang panunumpa sa tanggapan ng Pangalawang Pangulo ng bansa. Muling ipinahayag ni Mayor Voltaire ang kanyang taos pusong pangako na mas lalo pang pagbubuthin ang kanilang paglilingkod para sa kapakanan ng bawat mamamayan sa bayan ng Rosario.

PHILHEALTH REGIONAL OFFICE IV-A, NAGSAGAWA NG 2ND QUARTER PRESS CONFERENCE KASAMA ANG MEDIA NG LAGUNA

DEPED'S SCHOOL-BASED FEEDING PROGRAM ENSURES THAT NUTRITION IS FOR ALL

DTI 4-A BRINGS 12TH KALAKAL CALABARZON TRADE FAIR TO SHANGRI-LA PLAZA, SHOWCASING HOMEGROWN EXCELLENCE



The Department of Trade and Industry Region 4-A (CALABARZON), in partnership with its Provincial Offices in Cavite, Laguna, Batangas, Rizal, and Quezon, is set to host the 12th Kalakal CALABARZON: Gawa at Galing ng CALABARZON with the theme "Produktong CALABARZON: Likha ng Sipag, Bunga ng Husay."

First launched in 2014, Kalakal CALABARZON is an annual regional trade fair designed to provide a strategic marketing platform for micro, small, and medium enterprises (MSMEs) from the region. This year, 38 MSMEs will showcase a curated selection of premium, locally made products through a mall-based selling event facilitated by strong public-private partnerships. These participating enterprises have benefited from key DTI initiatives under the SME Development

Division—including One Town, One Product (OTOP) Next Gen, Shared Service Facilities (SSF), Kapatid Mentor ME (KMME), and the Comprehensive Agrarian Reform Program (CARP). These programs have empowered MSMEs to elevate the quality, design, and packaging of their products, ranging from organic produce and eco-friendly goods to Halal-certified items, condiments, housewares, fashion accessories, wellness products, and processed food and beverages.

"Kalakal CALABARZON is more than a trade fair—it is a celebration of the region's resilience, creativity, and entrepreneurial spirit. Through this event, we aim to bridge our local MSMEs with wider markets and opportunities, while also fostering pride in homegrown products that reflect the best of CALABARZON craftsmanship," said DTI 4-A Regional Director Marissa C. Argente.

The DTI 4-A invites the public to visit Kalakal CALABARZON and support local enterprises by discovering high-quality, proudly Filipino-made products rooted in tradition and innovation. PR



10 practical health tips to help you start off towards healthy living in 2025.

6. Check your blood pressure regularly

Hypertension, or high blood pressure, is called a “silent killer”. This is because many people who have hypertension may not be aware of the problem as it may not have any symptoms. If left uncontrolled, hypertension can lead to heart, brain, kidney and other diseases. Have your blood pressure checked regularly by a health worker so you know your numbers. If your blood pressure is high, get the advice of a health worker. This is vital in the prevention and control of hypertension.

7. Follow traffic laws

Road crashes claim over one million lives around the world and millions more are injured. Road traffic injuries are preventable through a variety of measures implemented by the government such as strong legislation and enforcement, safer infrastructure and vehicle standards, and improved post-crash care. You yourself can also prevent road crashes by ensuring that you follow traffic laws such as using the seatbelt for adults and child restraint for your kids, wearing a helmet when riding a motorcycle or bicycle, not drinking and driving, and not using your mobile phone while driving.

8. Take antibiotics only as prescribed

Antibiotic resistance is one of the biggest public health threats in our generation. When antibiotics lose their power, bacterial infections become harder to treat, leading to higher medical costs, prolonged hospital stays, and increased mortality. Antibiotics are losing their power because of misuse and overuse in humans and animals. Make sure you only take antibiotics if prescribed by a qualified health professional. And once prescribed, complete the treatment days as instructed. Never share antibiotics.

9. Clean your hands properly

Hand hygiene is critical not only for health workers but for everyone. Clean hands can prevent the spread of infectious illnesses. You should hand-wash using soap and water when your hands are visibly soiled or handrub using an alcohol-based product.

10. Have regular check-ups

Regular check-ups can help find health problems before they start. Health professionals can help find and diagnose health issues early, when your chances for treatment and cure are better. Go to your nearest health facility to check out the health services, screenings and treatment that are accessible to you.



DOH...



CALAMBA CITY (PIA) – Health officials in Calabarzon expect a rise in cases of waterborne diseases with the onset of the rainy season.

Dr. Eva Marie Torio, head of Department of Health-Calabarzon’s Infectious Disease cluster, assured that they are prepared to respond should cases of waterborne diseases, such as leptospirosis and dengue, rise in the coming months.

“We are expecting cases of these diseases to rise as the rainy season approaches.

However, this can be prevented because we have prepositioned our

resources. We ask our kababayans to go to their Rural Health Units for proper treatment especially those who went into flood and have open wounds.”

As of June 21, the health department logged 138 cases of leptospirosis. Of this, eight patients have died due to complications.

Contracted through contaminated floodwater, leptospirosis is transmitted through skin contact or mucous membranes with moist soil, vegetation contaminated with the urine of infected animals.

Torio assured that patients who had con-

tact with floodwater would be prioritized for treatment in health centers.

Meanwhile, the health department also logged 21,387 dengue cases in the region.

According to the Regional Epidemiology and Surveillance Unit (RESU), the highest number of cases were reported in Antipolo (2,123 cases), Binangonan (853), Bacoor (770), Santa Rosa (679), San Pedro (678), Das-mariñas (665), General Trias (657), Cainta (556), Imus (540), and Cabuyao (519).

Acute diarrhea cases also rose to 259, or 32 percent higher, from last year, with 196 cases.

“We can prevent this if we have clean water sources or have hygienic food preparation practices.”

Torio also noted that other diseases, such as monkeypox and

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FROM PAGE 1

Covid-19, are also prevalent in the region.

As of January 1, the health department reported 197 Covid-19 cases, of which 114 have already recovered, while three have died due to complications.

On the other hand, 20 monkeypox cases have been reported in the entire region since January 2025.

Acute diarrhea cases also rose to 259, or 32 percent higher, from last year, with 196 cases.

“We can prevent this if we have clean water sources or have hygienic food preparation practices.”

FROM PAGE 1

weight gradually increased.”

The SBFP also led Neil to adopt healthy eating habits, such as drinking milk regularly.

This, Niel said, was his source of energy every day.

“These comments just proves that this program was successful and beneficial not only to schools, but more importantly to our young students.”

For the students in Lipa City, the School-Based Feeding program not only ensures regular school attendance.

More importantly, it provided them with ample nutrition their growing bodies need.

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which consists of the following areas:

The cities of Manila (all but portions of San Andres & Sta. Ana), Quezon City (west of San Juan River, West Avenue, EDSA, Congressional, Mindanao Ave.;

The northern part starting from Districts of the Holy Spirit & Batasan Hills), Makati (west of South Super Hi-way), Caloocan, Las Piñas, Malabon, Muntinlupa, Navotas, Parañaque, Pasay, and Valenzuela—all in Metro Manila;

The cities of Cavite, Bacoor and Imus, and the municipalities of Kawit, Noveleta and Rosario, all in Cavite Province.

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GUARDING AGAINST UNJUST PRICE HIKES

The world is still reeling from the impact of geopolitical tensions, and President Ferdinand R. Marcos Jr. is taking steps to protect Filipino consumers from potential price gouging.

Because of fluctuations in international oil prices, the President’s recent directive to monitor the costs of goods and services demonstrates a proactive approach to maintaining economic stability for the general public.

Following the announcement of a ceasefire between Iran and Israel,

oil prices dropped significantly, falling from \$79 per barrel to \$69. In response to this positive development, President Marcos highlighted the importance of controlling the prices of essential goods to protect the Filipino population from unjustified price hikes.

“So far, there is no significant effect on the economy,” he said, stressing the importance of vigilance against unnecessary price increases. He “pressed concern over traders who might exploit the situation by raising

prices despite stable oil costs.

Price gouging, which occurs when businesses unjustly inflate prices of basic goods and services in times of crisis, is a violation that the President is keen to counter.

“Iyon lamang binabantayan natin ngayon, ‘yung price gouging... ang dami ko nang nakita nagtataas ng presyo, hindi naman tumaas ang presyo ng langis,” he said, demonstrating his commitment to consumer protection.

To better understand the implications of fluctuating oil prices on the broader economy, the President convened his economic team to discuss strategies to mitigate any adverse effects arising from the volatile situation in the Middle East while also formulating contingency plans to protect Filipinos from potential oil price hikes.

“We can see that the effect on the economy should be manageable. There will certainly be effects when oil prices rise,” the President said. The government’s foresight

position to act swiftly in the event of unexpected economic shifts that could complicate daily life for many.

The Department of Trade and Industry has taken measures to promote transparency in pricing by listing suggested retail prices for essential goods on its website. This initiative aims to empower consumers and ensure they are not unfairly charged, especially during crises.

As the Filipino people navigate these uncertain times, the Chief Executive’s approach highlights the importance of fair pricing and ethical business practices for both traders and consumers.

By prioritizing public well-being, the administration aims to maintain market integrity while safeguarding the financial stability of its citizens.

As the nation observes closely, there is a collective hope for a fair and stable economy where the cost of living remains reasonable, even amid unpredictable international circumstances.

ASEAN-BAC Philippines to Host First-Ever ASEAN Business Retreat Ahead of 2026 Chairmanship

In a milestone initiative signaling a renewed commitment to regional economic cooperation, the ASEAN Business Advisory Council (ASEAN-BAC) Philippines will host the inaugural ASEAN-BAC Retreat on July 7–8, 2025, in Makati City. This first-of-its-kind gathering marks a significant step in redefining the Council’s role in ASEAN’s integration agenda.

The retreat will also feature a high-level reception that will serve as the soft launch of the Philippines’ ASEAN-BAC Chairmanship in 2026. It will bring together business leaders from across Southeast Asia, senior government officials, members of the diplomatic corps, and development partners—highlighting the Philippines’ whole-of-nation approach to driving ASEAN prosperity.

Joey Concepcion, Chair of ASEAN-BAC

Philippines and founder of Go Negosyo, announced the event, saying, “We envision an ASEAN where no one is left behind; where digital innovation, sustainability, and entrepreneurship fuel inclusive growth that uplifts people, empowers communities, and benefits all nations.”

Tan Sri Nazir Razak, ASEAN-BAC 2025 Chair and head of ASEAN-BAC Malaysia, together with co-Chair Joey Concepcion, incoming ASEAN-BAC Chair for 2026, are spearheading the retreat with theme, “ASEAN-BAC Reimagined.” The Council members, each appointed by their respective Heads of State or Government, will review their mandate.

“This is not just a meeting—it is a reset,” said Nazir. “In a world shaped by disruption and divergence, ASEAN-BAC must evolve to remain a credible and effective plat-

form for the private sector. This first-ever retreat reflects our collective responsibility to strengthen our relevance and impact for the region.” To ensure impactful outcomes, the retreat will be facilitated by McKinsey & Company to help guide the Council in sharpening its priorities and enhancing its role in driving ASEAN’s economic integration and public-private cooperation.

The retreat will also help bridge Malaysia’s ASEAN 2025 theme of ‘Inclusivity and Sustainability’ and the Philippines’ 2026 agenda, “Driving ASEAN Prosperity: Further, Faster, Together.”

“This is the right moment to recalibrate,” Concepcion added. “With the Philippines set to chair ASEAN next year, we must be ready to lead with unity, purpose and impact. Together, ASEAN can—and must—move further, faster.



PHILHEALTH...

SAN PABLO CITY, LAGUNA | Sa pamumuno ni Dr. Edwin M. Oriña, Acting Regional Vice President ng PhilHealth Regional Office IVA (PRO IV-A), pinangunahan ni Field Operations Division Chief Arturo C. Ardiente at mga Heads ng Local Health Insurance Office ng San Pablo at Calamba City Grace C. Ramilo at Maria Teresa S. Alba.

Ang isinagawang press conference na dinaluhan ng mga katuwang nitong media mula sa lalawigan ng Laguna.

Ibinahagi sa naturang press conference ang mga bagong benepisyo tulad ng Outpatient Emergency Care Benefit (OECB), Severe Acute Malnutrition Package, Outpatient Mental Health Services, Preventive Oral Health Services, Optometric Services para sa mga batang edad 0-15, at Physical Medicine, Rehabilitation and Assistive Mobility Devices.

Ipinagbigay kalamayan din sa mga dumalo ang kalulunsad lamang na PhilHealth benefit package para sa mga adult and pediatric post-kidney

transplant patients at ang suporta sa mga pasyente ng National Kidney Transplant Institute (NKTi) na pagpapabuti sa benepisyo ng dialysis para sa mga miyembrong may chronic kidney disease (CKD) stage 5.

Binigyang-diin nga din ang pagiging top-paid medical procedure ng PhilHealth hemodialysis benefit package kung saan nakapagtala ito ng P161 milyon sa nakaraang taong 2024.

Inilahad rin ang mga pinagbuting benepisyo para sa Hemorrhagic stroke na nagkakahalaga ng P80,000 pesos mula sa dating P30,000; Ischemic stroke na P76,000 mula sa dating P28,000; High-risk pneumonia P90,100 mula P32,000; Bronchial asthma P22,488 mula P9,000; Severe dengue P47,000 mula sa P16,000; Acute myocardial infarction (Angioplasty) P524,000 mula sa dating P21,900; Cataract extraction na hindi bababa sa P20,200 hanggang P187,100 mula sa dating P16,000 kada mata; Hemodialysis sessions na P6,350 mula sa P2,600; at Neonatal Sepsis na

Patuloy ang PhilHealth sa pagpapalawak ng benepisyo at dekalidad na serbisyo para sa mga Pilipino.

TARA LET’S EXPLORE...

kung saan tanaw ang magandang tanawin ng Manila Bay. Dito, nagkaroon ng pagkakataon ang mga kalahok na magpahinga at namnamin ang sariwang simoy ng hangin sa dagat. Katabi naman nito ang bagong tayong amphitheater—isang bukas na espasyo para sa mga pagtatanghal, kultural na programa, at pagtitipon ng komunidad.

Paano makarating sa Cavite City: Mula Metro Manila, dumaan sa CAVITEX mula Roxas Boulevard, at lumabas sa Marulas Exit patungong Tirona Highway.

Pagkalampas ng Aguinaldo Shrine, kumanaan sa Magdiwang Highway papuntang Tabon. Pagdating sa Jollibee Noveleta, kumanaan muli—mula roon, ilang minuto na lang at makarating na sa Cavite City proper.

“Malalim ang aming paniniwala na ang pamana ay dapat aktibong maranasan at hindi lamang alalahanin. Ang

Cavite ay isang probinsyang maraming kwento na malaki ang naging impluwensya sa kasaysayan ng ating bansa. Nais ng Biyaheng South’s ‘Tara! Let’s Explore Cavite’ na pangalan at ilawan ang mga mahahalagang pook-pamana at anyayahang lahahat na mamasyal at madiskubre ang mga pinagsimulang lugar ng mga ito,” sinabi ni Arlette V. Capistrano, Vice President, Communication and Stakeholder Management ng MPT South. “Layunin naming ilapit ang mga makasaysayang yaman ng Cavite sa mas maraming tao.

Dahil sa mga modernong expressways tulad ng CAVITEX, mas madali na ngayong marat-ing ang mga lalawigan tulad ng Cavite.

Sa mga ganitong programa, hindi lang natin pinapaikli ang biyahe—pinalalapit din natin ang mga tao sa ating kasaysayan at kultura.” Padagdag pa ni Capistrano.

P25,793 mula sa P11,700. Kabilang din sa mga pinalawak na benepisyo ang pagtaas ng 95% sa 9,000 case rates packages. Nagkaroon din ng pagtaas ng benepisyo para sa Breast cancer na hanggang P1.4 milyon mula sa dating P100,000, sa Kidney transplant na hanggang P2.1 milyon mula sa dating P600,000.

Ang Hemodialysis naman ay na maaari nang ma-avail ng hanggang 156 sessions na mula sa 90 sessions, at ang Peritoneal dialysis na umaabot ngayon ng hanggang P1.2 milyon mula sa dating P270,000.

Inasinagawa ng PRO IVA ang press conference kada quarter sa mga lalawigan na nasasakupan nito, ang Quezon, Laguna at Cavite, upang maipaabot ang mga bagong impormasyon sa katuwang nitong media at mapalakas ang pakikipagtulungan sa mga ito sa pagpapahatid ng mga dapat malaman ng publiko.

Patuloy ang PhilHealth sa pagpapalawak ng benepisyo at dekalidad na serbisyo para sa mga Pilipino.

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Ang “Tara! Let’s Explore Cavite” leg ng aming Biyaheng South ay higit pa sa isang simpleng road trip—isang itong pagdiriwang ng kasaysayan, kultura, at pagkakakilanlan.

Sa pamamagitan ng mga programang tulad nito, patuloy na binibigyang-halaga ng MPT South ang mga kuwento at pamanang bumuo sa ating bansa.

Sa pamamagitan ng CAVITEX, mas pinadali na ang pagbisita sa mga makasaysayang pook ng Cavite.

Higit kailanman, ngayon ang tamang panahon para maglakbay, matuto, at muling damhin ang ating kasaysayan.

Tungkol sa MPT South

Ang MPT South ay isa sa mga subsidiary ng Metro Pacific Tollways Corporation (MPTC), ang nagpapatakbo sa madaming toll road networks sa bansa, tulad ng CALAX, CAVITEX, NLEX, SCTEX, at CCLEX.



Inilunsad ng High Value Crops Development Program (HVCDP) ng Department of Agriculture IV-A CALABARZON ang pagsasanay sa Package of Technologies (POT) para sa produksyon ng gulay noong ika-18 ng Hunyo sa bayan ng General Emilio Aguinaldo, Cavite.

Layunin ng aktibidad na palawakin ang kaalaman ng mga magsasaka sa makabago at angkop na teknolohiya sa pagtatanim, pag-aalaga, at pagpapabunga ng gulay upang mapataas ang kanilang ani at kita. Kabilang sa mga itinuro sa pagsasanay ang pag-

gamit ng mas episyenteng uri ng abono, na maaaring makuha nang libre sa tulong ng lokal na pamahalaan.

Bilang bahagi ng aktibidad, isinagawa rin ang isang field tour sa YAKAP AT HALIK Multi-Purpose Cooperative upang ipakita ang mga pasilidad na ipinagkaloob ng Kagawaran. Kabilang dito ang vermicomposting shed, vermicompost processing and storage facility, greenhouse, at multi-commodity greenhouse-type solar dryer na ginagamit ng kooperatiba sa kanilang operasyon. Para kay Gng. Myrna Ikan, miyembro ng



Senator Alan Peter Cayetano on Saturday called sports a powerful tool for nation-building as he joined Spike for a Cause, a fundraising dinner and fashion show in support of Alas Pilipinas and the country's hosting of the FIVB Men's World Championship 2025.

"Tonight is not only about giving thanks. It's also about nation-building," Cayetano said in his speech.

"Every single value that we want for our nation is found in sports – teamwork, discipline, sacrifice," he continued.

Cayetano, who serves as co-chairperson of the local organizing committee for the world championship, said these values are not only central to elite athletics but are equally vital for families, schools, communities, and national life.

"From the youngest age, we teach our children na dapat sa pamilya, sa business, may teamwork. Sa sports, it's a given," he said.

"When we talk about anti-drugs, one of the best ways to fight drugs is to let our young people go into sports," he added.

He also acknowledged the efforts of fellow organizers, including LOC Co-Chair Vincent Marcos, and shared that while or-

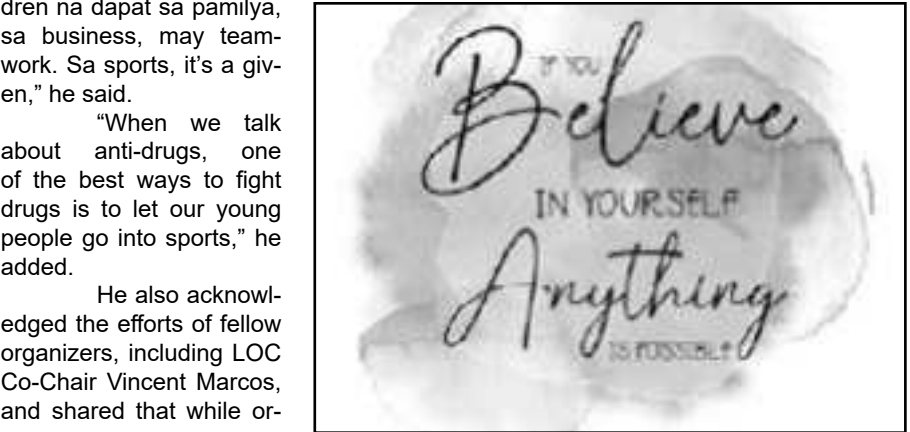
ganizing major international events often goes down to the wire, the Philippines has always risen to the occasion.

"May it be the SEA Games, the world championship ng basketball, and then now world championship of volleyball – we will showcase the best of the Filipino," Cayetano said.

Speaking to the media on the sidelines of the event, Cayetano thanked those who supported the country's bid to host the tournament long before it gained public attention.

"Conception pa lang, going pa lang to the volleyball headquarters sa Switzerland, everyone involved who is here today plus additional sponsors, were there not only to cheer on to say we can do it," he said.

The senator also emphasized that, more than a fundraising event,



EDITORIAL:

HOPES are high the newly transitioned Western Naval Command, from the old Naval Forces West, would be able to address transforming security challenges in the West Philippine Sea.

Under the changeover, the Western Naval Command is tasked with intensifying maritime security operations and asserting a proactive defense posture across the country's western maritime frontier, included in the archipelago's 1,850-km stretch from Mavulis island up north to Tawi-Tawi down south.

The West Philippine Sea is on the western side of the Philippine archipelago, specifically within the Philippines' 200-mile exclusive economic zone, in the area of the South China Sea that lies west of the Philippines, extending from the Batanes Islands in the north to the western coast of Palawan in the south.

This includes the Luzon Sea and the waters surrounding the Kalayaan Island Group and Bajo de Masinloc, also known as the Scarborough Shoal.

GOVERNANCE THAT LISTENS: CAVITE SP PLEDGE TO UPHOLD INNOVATION, SUSTAINABILITY, AND INCLUSIVITY

Marking a new era of legislation and responsive governance, the 12th Sangguniang Panlalawigan of Cavite convened its inaugural session on July 1, 2025, with Vice Governor Ramon Vicente "Ram" Bautista presiding.

The session was attended by Governor Francisco Gabriel "Abeng" Remulla, all members of the Provincial Board, 1st District Representative Jolo Revilla, and department heads of the Provincial Government of Cavite.

During the session, organizational mat-

ters were finalized to ensure a smooth legislative process. Cavite 3rd District Board Member Arnel "Ony" Cantimbulan was elected as the Presiding Officer Pro Tempore, while 2nd District Board Member Alde Joselito Pagulayan was elected as the Majority Floor Leader.

In addition, the chairs of the various standing committees were selected, paving the way for focused legislative oversight and action across different sectors of provincial governance.

In his message, Governor Abeng Remul-

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Coping with security challenges

This week, the Philippine Navy launched its new command that deals with developing security problems in the West Philippine Sea, underlining what President Ferdinand Marcos Jr. repeatedly said in recent months this country of 117 million people would never retreat in defense of its 2.26 million square kilometers of land and sea territory.

The 69-year-old President has time after time said Filipinos should solely benefit from the country's marine resources.

We note that recently two Chinese People's Liberation Army Navy ships and a China Coast Guard vessel carried out aggressive and unsafe maneuvers against Philippine vessels near Bajo de Masinloc.

Philippine Navy's BRP Emilio Jacinto was conducting routine and maritime patrol operations in support of the Bureau of Fisheries and Aquatic Resources and the Philippine Coast Guard on May 5 when China's Jiangkai II-class frigates with bow numbers 554 and 573

and CCG vessel 5403 pushed belligerent and risky maneuvers.

We have faith in what the Philippine Navy said the strategic realignment positions with its vision "to maintain a credible defense force capable of responding to emerging security challenges."

New command chief Commodore Vincent Sibala underscored the unity and resolve required for this new chapter.

"As we embark on this new chapter, let us lead with unwavering courage and steadfast conviction-standing united as one force, ready to confront every challenge with resilience and determination," new command chief Commodore Vincent Sibala said.

"Together, we embody the strength of our solidarity and the unbreakable commitment to defend what is rightfully ours and secure a prosperous future for our nation."

la extended his heartfelt gratitude to the people of Cavite for their continued trust and support. He noted that today's challenges are different and more complex requiring innovative solutions.

He emphasized that the new administration reflects a new generation of leadership, one that is able to listen and makes prompt and concrete actions. Among the areas of development he mentioned are tourism, agriculture, youth, education and sports development, accessible healthcare, and infrastructure development.

"Sa bawat bayan at lungsod...isa lang ang direksyon nating lahat, paangat at sama-sama," Gov. Remulla stated.

Vice Governor Ram Bautista, in his inaugural address, echoed the commitment that the Sangguniang Panlalaw-

igan will be sustainable, smart, and inclusive. He underscored the Sanggunian's role in formulating legislation that directly responds to the needs of Caviteños.

"Our Sangguniang Panlalawigan shall be more inclusive, each and every Caviteño is represented in this Sanggunian.

We shall prioritize the marginalized and voiceless, we are the Sanggunian that has shared values. Ours is a Sanggunian that listens", he added, affirming the board's commitment to participatory governance.

The inaugural session marks the start of a collaborative and citizen-centered provincial government, one that is committed to addressing the needs of every Caviteño through responsive legislation, inclusive governance, and progressive action. - E. Reyes

19 MORE MEDICINES NOW VAT-EXEMPT: BIR

West Zone concessionaire Maynilad Water Services, Inc. (Maynilad) extended support to around 50 public schools in Metro Manila and Cavite for the Department of Education's (DepEd) Brigada Eskwela 2025 program, providing cleaning materials and hydration support to help prepare campuses for the new school year.

In coordination with local government units and DepEd school divisions, Maynilad donated various disinfecting supplies, 87 refrigerated drinking fountains, and 260 packs of bottled water to public schools in the cities of Valenzuela, Malabon, Manila, Quezon City, Caloocan, Las Piñas, Muntinlupa, Makati, Imus,

and Bacoor.

This initiative is part of the company's ongoing partnership with government efforts to improve learning environments.

"We are pleased to support Brigada Eskwela once again, as it aligns with our sustainability agenda to promote health, education, and overall well-being in the communities we serve," said Maynilad Chief Sustainability Officer Roel S. Espiritu.

"By helping to create safe and welcoming school environments, we hope to empower more Filipino children to grow and thrive."

In addition to its Brigada Eskwela efforts, **cont. on Page 2**



NEW TENANT ALERT!



Craving something savory, sizzling, and oh-so-Japanese? Japabites is now open at the Terminal Kiosk of SM City Rosario! Indulge in mouthwatering takoyaki—crispy outside, creamy inside, and packed with umami flavor. Perfect for your next quick snack stop! Drop by today and get a taste of Japan right here at SM! #EverythingsHereAtSM

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ABOITIZ FOUNDATION CHAMPIONS VOLUNTEERISM IN BRIGADA ESKWELA 2025



WALL WITH A PURPOSE: Volunteers from the Aboitiz Foundation painted a mural depicting love for the environment to inspire students to do their share in keeping their community clean

Aboitiz Foundation—the corporate social responsibility arm of Aboitiz, the Philippines' first techglomerate—mobilized volunteers and scholars for Brigada Eskwela to prepare a public school in Quezon City for the school year 2025-2026.

Aboitiz Future Leaders scholars joined Aboitiz Foundation volunteers for a meaningful day of mural painting, storytelling, and engagement with young learners at the Tandang Sora Elementary School (TSES). The murals, which featured themes of patriotism, environmental consciousness, love for others, and faith, serve as daily visual reminders of the values that help shape responsible, compassionate citizens.

Inside the classrooms, young learners listened attentively as scholars read Filipino children's books which highlight empathy, diversity,

and intergenerational love. Each child went home with a bundle of snacks, toys, and a book—simple gifts to encourage a love of reading and create happy school memories.

Aboitiz Foundation also donated electric fans and school supplies to TSES, supporting efforts to make classrooms more comfortable and conducive to learning. "I feel a sense of nostalgia volunteering for Brigada Eskwela, being a product of a public school myself. Activities like these make me feel that my being an Aboitiz Future Leaders scholar has a bigger purpose," shared Jason Yabut, a mechanical engineering student from the University of the Philippines Diliman.

Now in its 21st year, Brigada Eskwela is DepEd's flagship volunteerism initiative that enjoins local communities, civil society, and the private sector to prepare

THE STRENGTH TO SUCCEED



Taking every opportunity that comes her way, Ramona Manlangit has dived into different businesses to provide income for her family, even while at home.

Ramona Manlangit from Tayabas, Quezon, finds it extremely challenging to grow up without her parents' guidance. She was only four years old when her mother passed away while giving birth to their youngest sibling. Her father, in a state of depression, died less than a year later. As a result, she and her three siblings were raised separately by their relatives. But even though they are raised apart, their bond remains strong.

After graduating high school, her eldest sibling married a foreigner and worked abroad, supporting their school expenses. With their combined efforts, they all graduated from high school.

When she turned 22, she moved into her husband's house, living with her in-laws. On the

other hand, her husband began working as a seaman, though he would return home occasionally.

Building a business from home

Motherhood gave her a new motivation to earn from home while caring for her child. This desire marked the start of her business journey. She became a load agent while selling frozen foods and rice at home. With this kind of business, she eventually started a sari-sari store.

As their store thrived, the couple decided to modify the place to become their home while maintaining the store in front. She obtained PHP 10,000.00 from CARD, Inc. (A Microfinance NGO) to provide additional capital for her business.

In 2023, she in-

vested in a Piso Wi-Fi machine, recognizing that many people were becoming reliant on technology and digital services.

A year later, she established a fried chicken and sisig food stall—street style—which became popular even among students because of its affordable price. She personally marinated the chicken, whereas her brother, who had been a chef at a restaurant for 10 years, prepared the sisig.

In August 2024, she used a loan from CARD, Inc., to buy a coffee vending machine to pair with her Piso-Wifi business. It was a great combination, allowing customers to enjoy a cup of coffee while browsing the internet.

"Always consider the needs and wants of the people around you. In that way, you can tailor your business to meet their needs better," she said when asked how she came up with her business ideas.

Ramona, who has been a client of the institution for more than a year, has reached a loan amount of PHP 100,000.00, a testament to her good repayment record.

"I used to think that microfinance was just lending, but after becoming a client, I learned more than that.

In addition to loans, the institution also offers insurance, savings, and other products, which motivated me to join," she said.

Her advice to her fellow clients and those planning to become one is to be responsible. Maintaining a good repayment record makes securing a loan from the institution easier when needed.

There is still a long way to go, but she wanted to expand her sari-sari store into a mini grocery store offering rice products.

Ramona shared, "If my husband decided to come home for good and stop working as a seafarer, I want him to come home to something we built together." PR

