

SMC BOOSTS CEBU AID, BACKS RIVER CLEANUP AS RECOVERY CONTINUES



SMC Chairman and CEO Ramon S. Ang and Cebu Governor Pamela Baricuatro oversee the distribution of food relief bags to residents affected by typhoon Tino in Cebu.

San Miguel Corporation (SMC) is expanding its assistance to typhoon-hit communities in Cebu, with Chairman and CEO Ramon S. Ang announcing during a recent visit to the city that the company will roll out another wave of food aid by December.

His trip came a week after SMC deployed employee-volunteers

distributed thousands of relief packs across the province. Cebu is home to several of SMC's operations.

Ang's visit included distributions to

employees and nearby communities that assisted in clearing Mahiga Creek which lies along the boundary of Cebu and Mandaue cities.

Additional gift

packs were handed out in Barangay Subangdaku, one of the areas closest to the company's plant.

Ang encouraged more employee-volunteers to join the December effort, saying the expanded distribution aims to reach more households still dealing with the impact of Typhoon Tino.

He was in Cebu for the government's launch of "Oplan Kontra Baha: Metro Cebu," led by President Ferdinand Marcos Jr. and attended by Cabinet officials, including from the Department of Public Works and Highways (DPWH), along with other private sector representatives.

The multi-agency program will tap SMC's

river rehabilitation expertise under its Better Rivers PH initiative, which has removed millions of tons of waste and silt from river systems in Luzon over the past five years.

Specifically, SMC will deploy heavy equipment and personnel to support the cleanup of eight waterways across Cebu City, Mandaue, Talisay, Liloan, and Consolacion. Ang said the company will apply the same large-scale approach used in Metro Manila, Bulacan, Pampanga, and Laguna to help restore the rivers' natural depth, improve flow, and ease flooding in low-lying communities — provided at no cost to the government.

ENCHANTED KINGDOM WELCOMES CHRISTMAS WITH ITS ENCHANTING SEASON OF FAMILY CAMPAIGN



EK Eldar's Evergreen Topiary, Grand Parol, Forever Enchanted Fireworks Show

Enchanted Kingdom, the first and only world-class theme park in the Philippines, invites Filipinos to experience even more magic during the holidays with the launch of its Enchanting Season of Family campaign this December.

As part of EK's 30th anniversary, this year's campaign highlights the family as the heart of every Filipino's Christmas tradition. Apart from its over 30 rides and attrac-

tions, the month-long festivities offer exciting holiday experiences, including new seasonal shows, festive displays, and breathtaking spectacles that will allow countless Filipino families to create even more forever enchanting memories together.

The magical pre-Christmas event on November 29 set the festive mood through the carol performances by invited guests and choir. This magical celebration



EK Magical Pre-Christmas Event

was also graced by the presence of Santa Rosa City Vice Mayor Arnold B. Arcillas, who encouraged everyone to embrace hope and joy this holiday season.

Park guests had a magical time singing their favorite Yuletide carols, trying out exciting activities, and winning enchanting prizes at the Carolo Christmas Caravan, a special holiday truck brought by Coca-Cola at the Spaceport Grounds.

EK Storyverse characters joined in the festivities as they greeted guests in front of Eldar's Theater prior to the annual lighting of EK's 22-foot Grand Parol. Aside from this, 100 other colorful parols lit up the AGILA The EKsperience: SARIBU-

HAY.

EK also introduced Eldar's Evergreen Topiary, a never-been-seen greenery installation featuring the iconic figure of EK's jolly and wise wizard. Set to become a year-round attraction, this one-of-a-kind display is a part of EK's ongoing efforts to create magical and sustainable experiences at the Park, especially during seasonal celebrations.

Eldar the Wizard topped off the night with the Forever Enchanted Fireworks Show, synchronized to the tune of EK's 30th anniversary theme song written and sung by the theme park's home-grown P-pop girl group, SMS.

More Holiday Magic This December

Filipinos can create even more enchanting memories with their loved ones this Christmas as the Park opens daily starting December 13, 2025 until January 4, 2026.

Guests can continuously enjoy EK's over 30 rides and attractions, including the iconic Space Shuttle and AGILA The EKsperience: SARIBUHAY, which were relaunched as part of EK's 30th anniversary last October.

Aside from the vibrant decors and displays, EK will continue to bring enchantment through its new zone shows and other special Christmastime performances around the Park this December.

Nighttime at Brooklyn Place will come

to life with colorful lights dancing to the tune of popular Christmas songs at Eldar's Symphony of Lights and Sounds.

Ultimately, Echoes of Enchantment Parade is set in making its return with a holiday twist, leveling up the in-park night experience through a series of vibrant floats accompanied by the EK Storyverse characters as it makes its way across the Park's themed zones.

For more information and updates regarding this along with EK's other forever enchanting events and offers, visit <https://www.enchantedkingdom.ph> and EK's official social media accounts @enchantedkingdom.ph for Facebook and TikTok, and @ek_philippines for Instagram.

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MEDICAL EXPERTS WARN OF 'HOLIDAY HEART SYNDROME'

SSS CLARIFIES REPORTS ON RED TAPE COMPLAINTS; ALL CASES ADDRESSED



The Imus LGU formally recently launched the vibrant "Tanglaw sa Paskong Imuseño" celebration led by Mayor Alex "AA" Advincula and his son, Rep. Adrian Jay Advincula, and Vice Mayor Homer T. Saquilayan and other officials at the Imus City Plaza in Barangay Poblacion. Attended by thousands of Imuseños gathered for the festive kickoff, which also featured colorful lanterns lining the city's main roads and looks like its beginning to look a lot like Christmas now in Imus City.

PGC Grants Educational Aid to 1,964 Students

PGC BRINGS UGNAYAN SA BARANGAY TO GENERAL TRIAS CITY



The Provincial Government of Cavite, under the leadership of Governor Francisco Gabriel "Abeng" Remulla, brought the Ugnayan sa Barangay program to the City of General Trias on

December 2, 2025, further strengthening its efforts to keep Caviteños informed and connected with key provincial programs and ongoing developments.

Mayor Luis "Jon-Jon" Ferrer, Vice

at the grassroots level. Through this program, government services, updates, and assistance are delivered directly to barangays, ensuring that Caviteños remain engaged, informed, and able to access the support they need.

The initiative highlights the administration's strong commitment to inclusive governance and meaningful community outreach throughout the province. - A.Sarte

Maraming salamat sa inyong patuloy na suporta!

98.89% vs. 84.57% moong 2023

OVERALL SATISFACTION RATING FOR CY 2024

98.48% Outstanding

Defending Customer Satisfaction Rating for Agency: Responsiveness, Reliability, Access and Facilities, Communication, Costs, Integrity, Assurance & Outcome

LIWANAG SA DASMARIÑAS



In GK SMDC Bayanihan Village in Barangay Sampaloc III, Dasmariñas City, Cavite, 37 low-income households are now benefiting from having their own access to electricity after One Meralco Foundation and Meralco energized their homes through the Household Electrification Program.

The residents, many of which have waited years to have their own electricity connection after moving into the village, were assisted by OMF, Meralco Dasmariñas Business Center, and the Meralco Das-

mariñas Sector so that they can have their own service entrance.

We are grateful for the city government of Dasmariñas, led by Mayor Jenny Austria-Barzaga and Vice Mayor Elpidio Barzaga III, BARANGAY SAMPALOC III City of Dasmariñas, Cavite Captain Gregorio Upo, and the Gawad Kalinga Cavite Provincial Head Edgar Purificacion for the partnerships that enabled us to bring light and hope to our fellow Filipinos in GK SMDC Bayanihan Village.

#SpreadTheLight #HouseholdElectrification

MAGICAL LIGHTED FLOAT PARADE MARKS THE 16TH CITYHOOD ANNIVERSARY OF DASMARIÑAS AND THE GRAND FINALE OF THE THREE-DAY PARUPARO FESTIVAL CELEBRATION



CITY OF DASMARIÑAS — The city sparked with vibrant colors as the much-awaited Lighted Float Parade illuminated the streets, remaining one of the most anticipated highlights of the Paruparo Festival. This year, eighteen (18) spectacular lighted floats crafted by various businesses and organizations in the City of Dasmariñas proudly paraded through the route, showcasing creativity, craftsmanship, and the city's festive spirit. The celebration concluded with a grand fireworks display and the ceremonial lighting of the giant Christmas tree, marking a magical end to the festivities.



27 Natural Health and Nutrition Tips That Are Evidence-Based

25. Avoid restrictive diets

Diets are generally ineffective and rarely work well long term. In fact, past dieting is one of the strongest predictors for future weight gain (85Trusted Source).

This is because overly restrictive diets actually lower your metabolic rate, or the amount of calories you burn, making it more difficult to lose weight. At the same time, they also cause alterations to your hunger and satiety hormones, which make you hungrier and may cause strong food cravings for foods high in fat, calories, and sugar (86Trusted Source, 87Trusted Source).

All of this is a recipe for rebound weight gain, or “yo-yo” dieting.

Instead of dieting, try adopting a healthier lifestyle. Focus on nourishing your body instead of depriving it.

Weight loss should follow as you transition to whole, nutritious foods — which are naturally more filling while containing fewer calories than processed foods (14Trusted Source).

26. Eat whole eggs

Despite the constant back and forth about eggs and health, it’s a myth that eggs are bad for you because of their cholesterol content. Studies show that they have minimal effect on blood cholesterol in the majority of people, and they’re a great source of protein and nutrients (87Trusted Source, 88Trusted Source).

Additionally, a review involving 263,938 people found that egg intake had no association with heart disease risk (88Trusted Source).

27. Meditate

Stress has a negative effect on your health. It can affect your blood sugar levels, food choices, susceptibility to sickness, weight, fat distribution, and more. For this reason, it’s important to find healthy ways to manage your stress (88aTrusted Source).

Meditation is one such way, and it has some scientific evidence to support its use for stress management and improving health (89Trusted Source, 90Trusted Source).

In one study involving 48 people with high blood pressure, type 2 diabetes, or both, researchers found that meditation helped lower LDL (bad) cholesterol and inflammation compared with the control group. Additionally, the participants in the meditation group reported improved mental and physical wellness (91Trusted Source).

The bottom line

A few simple steps can go a long way toward improving your eating patterns and wellness.

Still, if you’re trying to live a healthier life, do not just focus on the foods you eat. Exercise, sleep, and social relationships are also important.

With the evidence-based tips above, it’s easy to introduce small changes that can have a big impact on your overall health.

Just one thing

Try this today: There are lots of suggestions on this list that can help you improve your health, but it’s best to put just one or two into practice at a time so you do not get burned out. As more of these healthy actions become habits, you can add more into your routine.

PGC...

The Provincial Government of Cavite, under Governor Francisco Gabriel “Abeng” Remulla, has awarded educational assistance to 1,964 students of Cavite State University – Gen. Trias and Tanza Campus as part of the Iskolar ng Lalawigan ng Cavite program.

The distribution event took place on December 2, 2025, at the

MEDICAL...

TAGAYTAY CITY, Cavite (PIA) — With the holiday season only a few days away, medical experts have warned that lack of sleep, binge drinking, and overeating during festivities can lead to implications, especially to the heart.

Dr. Maria Encarnita Limpin of the Philippine Heart Center dubbed the sensation of erratic heartbeat as ‘holiday heart syndrome’, which can be experienced even by individuals without a history of heart problems.

“This can happen when you drink more alcohol than the normal limit.”

Limpin cited social drinking, which is a common Filipino custom during holidays and celebrations, as a primary cause of holiday heart syndrome.

“We are expecting that the holiday heart syndrome will be seen this season. The fact that a lot of Filipinos drink alcohol means that cardiac specialty centers in the country can have problems.”

With the drinking age getting younger, Limpin

MAYOR STRIKE REVILLA LED BACOR CITY IN A COLLABORATIVE HOUSING INITIATIVE WITH BARAS AND NHA

Baras, Rizal – December 4, 2025 – The City Government of Bacoor, under the leadership of Mayor Strike B. Revilla, the Municipality of Baras, Rizal, and the National Housing Authority (NHA) today formalized a collaborative partnership to address housing needs. A Tripartite Memorandum of Agreement (MOA) and a Deed of Donation and Acceptance (DODA) were signed at ceremonies held at the New Baras Municipality

General Trias Convention/Cultural Center.

This initiative aims to ease the financial burden on Caviteño students, helping them pursue higher education.

Governor Remulla emphasized the province’s commitment to investing in education as a key driver of Cavite’s growth and development.

- A.Sarte

FROM PAGE 01

in warned that the “holiday heart syndrome” can be experienced by individuals of any age, especially those opting for hard liquor.

Despite it being a new finding, the holiday heart syndrome is the onset of irregularities in heart rhythm in patients without a history of heart ailments. It is associated with alcohol consumption and binge drinking.

Among the early symptoms of the holiday heart syndrome are rapid and irregular heart rate, pulsing sensations in the neck.

“Of course, there are other, more frightening arrhythmias, going as high as 160 (bpm) or more.”

Without emergency treatment, the ‘holiday heart syndrome’ can lead to chest pain, even cardiac arrest.

In 2024, the Philippine Statistics Authority (PSA) reported cardiovascular diseases, including ischaemic heart diseases, neoplasms, and cerebrovascular diseases, were among the common causes of death in the country.

SSS...

In light of recent news reports citing the list of most complained-about government agencies

based on January to August 2025 data presented by the Anti Red Tape Authority (ARTA) to the Senate during budget deliberations, the Social Security System (SSS) wishes to assure the public that its management takes these matters seriously and is committed to continuous improvement in service delivery.

“SSS is currently coordinating with the Anti-Red Tape Authority to validate the reported data involving 244 complaints. From our own monitoring of ARTA referrals, all complaints received during the period covered were addressed and resolved within ARTA standards as our resolution rate is at 99.3%.

For the period covered by ARTA presentation to the Senate, SSS tracked a total of about 474,000 emails working diligently until they are all resolved within ARTA standards,” SSS President and CEO Robert Joseph Montes De Claro said.

“Most complaints are about our service delivery, followed by matters concerning our loan programs, and then about contributions matters. Service delivery complaints were mainly about queuing at the branches and repeat visits to SSS branch for a benefit claim. Loan programs complaints were about salary loan and calamity loan programs – both were enhanced this year featuring lower interest rates – mainly on difficulty as regards calamity loan applications and challenges on loan eligibility requirements and procedures. Contributions complaints were mainly about non-remittance by

employers and long wait time for manual verification,” De Claro explained. As far back as June 2021, the SSS created a Committee on Anti Red Tape (CART) with effective receiving of complaints and feedback as a major function and responsibility. Such complaints and feedback are received by SSS via hotline, corporate email, postal mail, referrals from various government entities including ARTA, and through SSS Branches. We also monitor news reports and social media for SSS-related matters and issue Press Releases or Statements to keep our stakeholders informed.

“We value transparency and accountability in all our operations. While we recognize the importance of these reports, we want to assure our members that every concern raised through our channels is being acted upon until resolved. Our partnership with ARTA reflects our commitment to improving processes and delivering efficient services,” De Claro added. The SSS remains steadfast in its mission to provide fast, efficient, and transparent services to its members. We continue to implement reforms and digital innovations to minimize bureaucratic delays and enhance customer experience. For inquiries or feedback, members may contact the SSS through hotline 1455, email usssaptayo@sss.gov.ph, and our branches. See us also through our website (www.sss.gov.ph) or our social media accounts (Facebook, Instagram, Spotify, Viber, X, and Youtube) under the MYSSSPH handle for latest announcements and instructional material on SSS programs.

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The Tripartite MOA outlines the collaborative efforts of the three parties to explore and implement solutions for providing safe and secure housing. This partnership underscores the commitment of the City Government of Bacoor, the Municipality of Baras, and the NHA to working together to improve the lives of constituents through innovative housing initiatives. MIS-STAFF

FROM PAGE 01

CAVITE HONORS EXCELLENCE AND UNIT AT THE 2025 GABI NG KOOP PARANGAL

In a night filled with pride, gratitude, and renewed commitment to cooperative development, the Province of Cavite through the Office of the Provincial Cooperatives Development Officer (OP-CDO) and the Provincial Cooperative Development Council (PCDC) – successfully held the much-anticipated Gabi ng Koop Parangal, a prestigious celebration recognizing the invaluable contributions of Cavite’s cooperative sector on November 25, at The Bayleaf Hotel in the City of Gen. Trias.

Held to honor outstanding cooperatives, local government units, cooperative councils, and partner institutions, this year’s gathering shone a spotlight on organizations and individuals whose dedication continues to strengthen Cavite’s cooperative movement and uplift communities across the province.

Sangguniang Panlalawigan Chair of the Committee on Cooperatives, Board Member Lloyd Emman D. Jaro, set the tone for the evening with an inspiring message centered on solidarity, collaboration, and the vital role of cooperatives in driving local development.

He lauded Cavite’s cooperatives for their unwavering commitment to empower members, create livelihood opportunities, and champion inclusive progress.

One of the night’s most empowering highlights was the keynote address delivered by CDA Chairperson Alexander Raquepo, emphasizing the importance of GRIT as a guiding framework for strengthening and sustaining cooperatives, especially in a constantly evolving environment.

He underscored that Good Governance lays the foundation for transparency and trust within organizations, while Records Keeping anchored in integrity ensures accuracy and accountability in all transactions. Strengthening Internal Control system helps protect the cooperative’s assets and maintains operational efficiency. Finally, he emphasized the need to embrace Technology to modernize processes, enhance services, and keep cooperatives competitive in a rapidly evolving digital landscape. Together, these four pillars of GRIT serve as a roadmap for building stronger, future-ready cooperatives.

Raquepo urged cooperative leaders and members to embrace these principles to ensure transparency, efficiency, and resilience, reinforcing the vision of a more progressive and future-ready cooperative movement in Cavite.

The evening also carried deep emotion with a heartfelt posthumous tribute to the late Mr. Rodrigo “Ka Rodring” M. Camia, a beloved champion of cooperatives whose life’s work left a profound impact on countless coop members. His dedication, leadership, and passion for service were celebrated through a special award, warmly received by his granddaughters. The entire hall rose in a moving standing ovation – a testament to the respect and love he earned throughout his years of service.

Kooparangal once again reaffirmed the province’s commitment to nurturing strong, value-driven cooperatives that serve as catalysts for sustainable development. As the night concluded, awardees, partners, and guests carried forward a renewed sense of unity and purpose, ready to continue building a cooperative sector that empowers people and transforms communities. — OPIO

Provincial children’s month celebration highlights 2025 State of the Children Address

The Provincial Government of Cavite, through the Provincial Council for the Protection of Children (PCPC), led the vibrant celebration of Provincial Children’s Month on November 25 at the New Provincial Government Center in Trece Martires City. The event gathered more than 260 participants composed of children, PCPC members, and focal persons from various local government units across the province.

One of the program’s major highlights was the presentation of the 2025 State of the Children Address (SOCA), showcased through an audio-visual presentation. The SOCA underscored the province’s efforts, accomplishments, and con-

tinuing initiatives toward ensuring a safe, nurturing, and empowering environment for every Caviteño child.

Another key activity was an Advocacy Session on Online Sexual Abuse and Exploitation of Children (OSAEC) and Child Sexual Abuse and Exploitation Materials (CSAEM).

The discussion was facilitated by Ms. Anika Kayla Ligeralde from the DSWD Field Office IV-A, who emphasized the importance of awareness, vigilance, and strengthened community protection mechanisms against these pressing threats to child safety.

The celebration also featured the election of the new Provincial Child Representatives, where Ms. Emjay Rose A. Velasquez, female represen-

tative, Mr. Jefren Dean T. Javier, male representative and Ms. Sabria Leslyn B. Santilices, PWD representative were elected to serve as the voices of Caviteño children.

Gov. Abeng Remulla, PCPC Chairperson, was represented by Board Member Romel Enriquez, who reaffirmed the provincial government’s strong commitment to upholding children’s rights and ensuring programs that promote their holistic development.

With its meaningful activities and active participation from various sectors, the 2025 Provincial Children’s Month celebration highlighted Cavite’s continued dedication to building a brighter, safer, and more inclusive future for every child in the province. — OPIO



12TH COOP LEADERS’ CONFERENCE RALLIES CAVITE COOP TOWARD PURPOSE-DRIVEN ACTION

Cooperative leaders from across Cavite gathered at The Bayleaf Hotel on November 25, for the 12th Cooperative Leaders’ Conference, carrying the theme “From Purpose to Action: Cooperative Leaders Building a Better World.” The annual provincial assembly highlighted the cooperative sector’s pivotal role in advancing inclusive development, strengthening governance, and fostering community empowerment.

The program opened with a warm welcome message from Atty. Alexander Abraham Colina, City Information Officer of General Trias, who reaffirmed the city’s continued support for cooperative growth and capacity-building initiatives. This was followed by the opening remarks of Ms. Myrachel P. Cuadra, Officer-in-Charge of the Office of the Provincial Cooperatives Development Officer (OPCDO), who emphasized the importance of unified direction and strong inter-cooperative collaboration to meet the evolving needs of communities.

Delivering the keynote address was Asst. Director Bernadette Preciosa Hornilla, Assistant Regional Director of CDA Region IV-A. Speaking in a broad and compelling narrative, she underscored the indispensable

role of cooperatives in uplifting local economies and enhancing social resilience. She highlighted the need for leadership that is adaptable, grounded in good governance, and responsive to emerging challenges. She also encouraged cooperative leaders to stay rooted in their purpose while transcending that purpose into concrete actions that improve lives and strengthen communities.

A series of substantial presentations followed, beginning with Mr. Rey R. Elevazo, CDA OIC-Administrator who discussed the alignment of cooperative leadership with the Philippine Cooperative Development Plan, urging leaders to adopt forward-looking strategies and uphold accountability within their organizations.

Providing essential regulatory guidance, Mr. Marcial A. Juangco, OIC-Provincial Director of DILG-Cavite, delivered an in-depth discussion on navigating DILG rules on permits and local licenses. His talk clarified compliance processes and underscored the importance of smooth coordination with local government units.

Highlighting the social protection dimension of cooperative operations, Ms. Anna Lourdes M. Somcio, Senior Specialist from the Social Security System (SSS) Main

Office, explained the various SSS programs available to cooperatives, detailing how these services support member welfare and organizational stability.

Rounding out the technical sessions, Mr. Generoso F. Ramos, Jr., Cooperative Development Officer of Imus City, presented a comprehensive discussion on understanding and managing tax assessments in cooperatives. His insights guided leaders through key financial responsibilities and best practices in maintaining transparent and compliant financial systems.

As the program drew to a close, Ms. Ma. Teresa O. Daño, Chairperson of PCDC-Cavite, delivered the words of challenge and closing remarks, calling on cooperative leaders to transform their shared vision into impactful action.

She urged participants to continue advancing the cooperative movement with integrity, innovation, and a deep commitment to serving their communities.

The 12th Cooperative Leaders’ Conference concluded with strengthened resolve among Cavite’s cooperative sector, marking another milestone in the province’s unified efforts to build a more empowered, collaborative, and people-centered cooperative landscape.

- R. Dones

DA-4A, IBINIDA ANG YUMAYABONG NA ORGANIKONG PAGSASAKA SA CALABARZON

Nakiisa ang Department of Agriculture IV-CALABARZON (DA-4A) sa ika-labing isang Organic Agriculture Month na may temang, “Kabuhayang OA, Kinabukasang OK: Halina at Kumita sa Organikong Agrikultural!” noong ika-25 ng Nobyembre sa Lipa Culture and Arts Center, sa Lipa City, Batangas.

Dito ay ibinahagi ang mga napapanahong update mula sa National Organic Agriculture Board, mga programa ng Agricultural Credit Policy Council

(ACPC) para sa mga kabataan at kababaihan, at mga oportunidad sa pag-ma-market ng organikong produkto hatid ng Luntiang Republika mula sa Alfonso sa Cavite.

Ibinida rin ng ilang kabataang magsasaka at miyembro ng samahan ang kanilang mga karanasan sa organikong pagsasaka. Parte rin ng aktibidad ang pagkilala sa mga piling magsasaka at LGU, kasabay ng pamamahagi ng Participatory Organic Certificates bilang patuloy na suporta sa

pag-o-organikong agrikultura sa rehiyon.

Ani Christian Fernandez, na mula pa noong walong taong gulang ay nagsimula nang magsaka at hindi lumaki sa pribilehiyo ay nagtagumpay sa larangan ng pagsasaka, ay lalo pang magagawa ito ng mga kabataang mas magandang oportunidad at edukasyon.

Para sa kanya, hindi kailangan malaki ang simula; ang mahalaga ay ginagawa ito nang responsable, sustenable, at organiko. PR



The Provincial Government of Cavite, under the leadership of Governor Francisco Gabriel "Abeng" Remulla, continues its unwavering commitment to accessible and inclusive education through the Iskolar ng Lalawigan ng Cavite program – an initiative that provides direct financial assistance to deserving Caviteño students across the province.

From November 12 to December 2, 2025, a total of 13,470 students from various campuses of Cavite State University (CvSU) including Carmena, Trece Martires City, Bacoor, Dasmariñas, Naic, Tanza, and General Trias, along with students from the Polytechnic University of the Philippines (PUP)–Alfonso and Maragondon, received their educational assistance under the program.

The distribution activities, held in close coordination with the respective university administrations, aim to ease students' academic expenses

Cavite farmers learn pastry and delicacy making through Livelihood On-the-Go Program

The Office of the Provincial Cooperatives Development Officer (OP-CDO) successfully conducted another installment of its Livelihood on the Go program on November 19, featuring Pastries and Delicacies: Banoffee Pie and Pichi-Pichi Making. The activity was held at the Office of the Provincial Agriculturist Compound, Trece Martires City.

The training gathered farmers from different cities and munic-

and ensure that financial challenges do not hinder their pursuit of higher education.

Governor Remulla underscored that the program is designed to empower every Caviteño learner, recognizing education as a vital tool for progress and ensuring that no student is left behind through the continued implementation of the Iskolar ng Lalawigan initiative.

As part of this continuing effort to inspire and engage the province's youth, the Iskolar ng Lalawigan ng Cavite Music Festival will be held on December 5, 2025, at the CvSU Main Campus in Indang, featuring guest performers December Avenue, Sunkissed Lola, Soapdish, and other exciting artists.

The festival aims to celebrate the talents and aspirations of Caviteño scholars while fostering camaraderie and community spirit.

Likewise, an additional 14,120 students of

ipalities in Cavite, providing them with new skills they can use for potential income-generating opportunities. The program opened with welcome remarks from Ms. Sheryll H. Loyola, Livelihood Division Head of OPCDO, who encouraged participants to explore livelihood ventures that can supplement their families' income.

The session was led by Ms. Corazon A. Tepora, who guided the participants through

CvSU Main Campus are also set to receive their educational assistance, further expanding the program's reach and impact as it continues to roll out across the province.

To date, the Iskolar ng Lalawigan program has already assisted approximately 85,000 student-beneficiaries province-wide. This milestone reflects Cavite's strong commitment to promoting equitable access to education and uplifting the lives of its youth.

The program is set to continue in the coming days as the provincial government brings educational assistance to other CvSU campuses across Cavite, reaffirming its mission to provide sustained support for thousands more Caviteño learners.

With its ongoing rollout, Iskolar ng Lalawigan stands as a testament to the Provincial Government of Cavite's dedication to nurturing the next generation of professionals, leaders, and nation-builders. – OPIO

hands-on preparation of Banoffee Pie and Pichi-Pichi. Participants actively engaged in the demonstration and were able to produce their own finished products by the end of the training.

The OPCDO continues to push for community-based livelihood development through its LOG program, equipping Caviteños with practical skills that can support economic resilience and sustainable livelihood opportunities. - R. Tanael

December 10-13 2025 CAYETANO: THERE'S A SYSTEMATIC ATTACK AGAINST THE SENATE

"May systematic na attack sa Senate."

This was Senate Minority Leader Alan Peter Cayetano's warning on Thursday, October 23, as various controversies continue to be thrown against a number of senators amid investigations into the flood control scandal.

"Makikita n'yo ngayon in context ng flood control na talagang y'ung iba sa amin ay target talaga," he told reporters in an interview.

"Kasi nga big news. 'Philippine senator ganito, another senator ganito, congressman ganito ganyan.' Dinidistract tayo eh. Napapainan tayo nang husto," he added.

Asked who might be behind the attacks, Cayetano said it is "definitely the mastermind" but quickly added that he believes it is more than one person.

"I don't think there's one mastermind. I think it's a group of people who came together, maybe stumbling into it. We have some people in our minds, but we'd rather the evidence speak for it," he added.

Cayetano then recalled how a people's initiative campaign early last year attempted to, in his words, "buwagin ang Senado." He believes it was part of a larger scheme by the masterminds to clear the way for their corrupt plans.

"We all know



na habang ginagawa itong People's Initiative, binubuo pala itong scam na ito, hindi lang sa flood control – paisa-isa lumalabas," he said.

Last year, a signature campaign was launched aiming to amend the 1987 Philippine Constitution. The campaign included a proposal to make the House of Representatives and the Senate vote together on constitutional amendments as one body.

This drew strong criticism from the Senate, warning that such joint voting would drown out the Senate's voice given the House's overwhelming numbers and weaken the system of checks and balances.

The Minority Leader appealed to Senate President Vicente Sotto III to protect the chamber from institutional attacks.

"Kung nangyari

ito kay Risa Hontiveros o nangyari ito kay Ping Lacson, kahit nasa Minority ako, tatayuan ko ito. Bakit? May systematic na attack sa Senate," he said.

"The Senate President is not only the father of the Majority – siya din ang tatay ng buong Senado.

So kapag ang Senado na ang inaatake, kahit member ng Minority o kahit independent, pero foul, mali ang mabubugbog y'ung institution," he continued.

He also urged the Senate Blue Ribbon Committee to stay focused on pinning down the masterminds behind the scandal.

"Eyes on the ball tayo... Dapat administration at opposition, nagkakaisa na ang mastermind ay makasuhan, maku-long, ang pera mabalik, at mabago ang sistema," he said. PR

PGC's Ugnayan sa Barangay goes to Barangay Samala-Marquez in Kawit Cavite



The provincial government of Cavite through the Office of the Provincial Governor, under the leadership of Governor Abeng Remulla, continued its Ugnayan sa Barangay program in Barangay Samala-Marquez, Kawit on November 26,

Among the key figures who joined the

event were First District Board Member Jgys Gandia, Board Member Junbie Samala, as well as other local leaders, who actively participated in the program's activities and helped ensure its smooth implementation.

Through Ugnayan sa Barangay, the Provincial Government of Cavite continues to strengthen its partnership with grassroots communities, ensuring that public service remains accessible, inclusive, and people-centered. - F. Tamio

EDITORIAL: Unfounded allegations

WITH his Philippine passport now canceled by the Department of Foreign Affairs after the filing of various graft charges against him, the former chairman of the House Committee on Appropriations and resigned Ako Bicol Party-List Rep. Elizaldy Co must be worried sick about the prospect of deportation from his hiding place abroad to face justice in this country and spend the rest of his life in jail if found guilty.

The Office of the Ombudsman has filed graft and malversation of public funds cases against him and others over an allegedly irregular P289.5-million flood-control/road-dike project in Naujan, Oriental Mindoro.

He is also charged under Section 3(h) of the same law for allegedly receiving "unwarranted financial or pecuniary benefits."

But the former legislator and now wanted fugitive from the law appears unrepentant and wants to evade culpability for the charges against him by dragging no less than President Marcos Jr. and former House Speaker Martin Romualdez into the mess of his own making by claiming the two top officials allegedly received kickbacks from budget insertions for anomalous public works projects.

President Marcos Jr. and Rep. Romualdez have both stoutly denied Co's baseless allegations. While the President can defend himself should an impeachment complaint be filed against him, Leyte Rep. Romualdez, a lawyer and Constitutionalist, can defend himself in any judicial forum should formal charges be lodged against him. As things now stand, Romualdez has already appeared before the Independent Commission for Infrastructure (ICI) The ad hoc body has no adverse finding against the former Speaker nor recommended the filing of charges against him.

In fact, there is no sworn testimony, document, or credible evidence that has directly linked Romualdez to any irregular flood control project transactions or kickbacks. He has repeatedly emphasized this and highlighted his clear conscience, which remains the foundation of his defense.

Romualdez has also declared his full cooperation with investigative bodies, appearing voluntarily before the ICI, remaining in the country, and submitting relevant documents and statements. The former Speaker has also underscored his trust in the independence of the Ombudsman and fairness of the legal system.

Reaffirming faith in an impartial, thorough evaluation by constitutional bodies supports his stance that justice will prevail through evidence-based scrutiny, not political pressure.

In defending himself, Romualdez can challenge statements not made under oath or lacking evidence, as he has done regarding unsubstantiated allegations from contractor testimonies and accusations. His defense remains fact-driven, respectful of due process, and focused on legal arguments rather than emotions or political rhetoric.

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VOL. III • NO. 24 3 CARD RIZAL BANK CELEBRATES 13 YEARS OF EMPOWERING FAMILIES



CARD RBI heads, staff, and clients, along with CARD MRI Senior Advisers, unite to commemorate the institution's 13th founding anniversary.

CARD MRI Rizal Bank, Inc. (CARD RBI), a microfinance-oriented rural bank under the CARD Mutually Reinforcing Institutions (CARD MRI), celebrated its 13 years of strengthening banking through innovative technology and a commitment to a sustainable future in Sta. Cruz, Laguna, on October 11, 2025.

"Marking our 13th founding anniversary is a powerful reminder of how technology and sustainability serve as pillars in expanding financial inclusion," said CARD RBI President Lyneth Derequito. "By leveraging modern banking tools and sustainable practices, we continue to empower underserved communities and drive long-term, inclusive growth across the country."

CARD MRI Rizal Bank has steadily increased access to essential financial services. These include microfinance loans specifically designed to support clients engaged in small businesses, enterprises, and livelihood projects.

Beyond providing loans, the bank encourages a culture of savings through a diverse range of deposit products

tailored to meet the varied financial needs of its clients.

Reflecting CARD MRI's holistic philosophy, CARD RBI also champions community development initiatives in education, healthcare, livelihood, disaster preparedness, and environmental sustainability to empower its clients not only financially but in every aspect of their lives.

"As we look to the future, we remain dedicated to enhancing our workforce's capabilities and adopting cutting-edge technology to deliver quality banking services that adapt to the evolving needs of the

communities we serve," said CARD RBI Executive Vice President Ms. Juliana B. De Leon.

The celebration was attended by CARD MRI Managing Director Mr. Aristeo Dequito and CARD RBI Executive Vice President Ms. Juliana B. De Leon. Also present were CARD Senior Advisers Ms. Elma Valenzuela and Ms. Maria Gracia Contreras, CARD RBI Board of Director Ms. Marlene Algire, along with other CARD RBI officers, staff, and clients.

As part of the event, CARD RBI organized a Zumba session to promote physical wellness, and organized

a Savings Caravan to highlight the importance of saving and to provide financial literacy to its clients present during the celebration.

As of September 2025, CARD RBI has disbursed over PHP 11.9 billion in loans, operates 332 offices—including 237 Branch Lite Units (BLUs) nationwide as approved by the Bangko Sentral ng Pilipinas—and serves more than 879,000 clients, maintaining an impressive 99% repayment rate.

For more information, visit CARD RBI official website @https://www.cardmri.com/rbi/, or through official Facebook page @CMRBofficial/

PHILGUARANTEE SECURES DOUBLE RECOGNITION AT 2025 FREEDOM OF INFORMATION AWARDS



The Philippine Guarantee Corporation (PHILGUARANTEE) reaffirms its unwavering commitment to good governance and public accountability after securing double recognition at the prestigious 2025 Freedom of Information (FOI) Awards.

The annual ceremony, spearheaded by the FOI-Program Management Office (FOI-PMO) under the Presidential Communications Office (PCO), celebrates government agencies that have successfully institutional-

ized the FOI program and made public information easily accessible to all citizens.

PHILGUARANTEE's participation this year continues its strong track record in implementing Executive Order No. 2, series of 2016. The Corporation was previously recognized as an FOI Champion during the 2024 FOI Awards, which followed its earlier distinction as an FOI Rising Star Awardee in 2022.

This consistent engagement underscores the institution's core belief

in building public trust by proactively promoting a culture of openness.

The 2025 FOI Awards Ceremony was held today, Friday, November 28, 2025, at The Bellevue Hotel in Filinvest City, Alabang, Muntinlupa City. The Corporation's dedication to transparency was highly recognized, achieving distinction in both the individual and institutional categories.

PHILGUARANTEE-2025-article-FOI-Double-Recognition-2

For its exceptional and significant contribution to the progress and development of the FOI Program, PHILGUARANTEE was awarded the 2nd Runner-Up spot in the competitive

Government-Owned or -Controlled Corporations (GOCCs) Category. Furthermore, the Corporation's dedication to service was individually honored when Vice President Estrellita N. Tesoro of the Corporate Compliance and Standards Office was named the Best FOI Officer, a testament to her diligence, responsiveness, and exemplary handling of information requests.

PHILGUARANTEE-2025-article-FOI-Double-Recognition-3

These distinctions not only recognize the hard work of the entire organization but also solidify PHILGUARANTEE's position as a champion of transparency within the government corporate sector.

MAYOR STRIKE REVILLA LED BACOOR CITY IN A COLLABORATIVE HOUSING INITIATIVE WITH BARAS AND NHA

Baras, Rizal – December 4, 2025 – The City Government of Bacoor, under the leadership of Mayor Strike B. Revilla, the Municipality of Baras, Rizal, and the National Housing Authority (NHA) today formalized a collaborative partnership to address housing needs. A Tripartite Memorandum of Agreement (MOA) and a Deed of Donation and Acceptance (DODA) were signed at ceremonies held at the New Baras Municipal Building and the Municipal Conference Room in Sitio Soro-Soro, Barangay Santiago. This

agreement will explore opportunities to provide improved housing options, initially focusing on the needs of 50 informal settler families (ISFs) from Bacoor.

The signing event was attended by key officials including Hon. Strike B. Revilla (Mayor of City of Bacoor), Hon. Emmanuel R. Olaño (Chairman, Committee on Housing and Resettlement), Hon. Nina Ricci A. Ynares (Governor, Province of Rizal), Hon. Wilfredo C. Robles (Mayor, Baras), Hon. Kathrine B. Robles (Vice Mayor, Baras), and Mr. Dang Malonzo (Rizal Provincial

Housing Department). The ceremony, emceed by Ms. Toni Grace F. Ocampo, also included local government officials and representatives from both Baras and Bacoor.

The Tripartite MOA outlines the collaborative efforts of the three parties to explore and implement solutions for providing safe and secure housing. This partnership underscores the commitment of the City Government of Bacoor, the Municipality of Baras, and the NHA to working together to improve the lives of constituents through innovative housing initiatives. MIS-STAFF

225 San Remigio Families Receive Aboitiz Home Recovery Aid



Smiles and relief fill San Remigio as 225 families receive home recovery support from the Aboitiz Foundation and OneAboitiz—helping them rebuild after the 6.9-magnitude earthquake with cement, materials, and labor assistance made possible through more than ₱3.6 million in donations.

The Aboitiz Group, through Aboitiz Foundation, turned over Home Recovery Assistance Packages to 225 families in San Remigio, Cebu, whose homes were damaged by the 6.9-magnitude earthquake that struck the province last September 30.

The packages of cement vouchers, construction materials, and cash support were distributed, helping families begin repairing or rebuilding their houses based on their needs while ensuring quality through partner-supplier standards. The Aboitiz Family, whose long-standing commitment to community rebuilding

guides the Aboitiz Foundation's work, was instrumental in making this initiative meaningful and responsive to the needs of affected families.

Perdices also expressed gratitude to the LGU led by Mayor Mariano Martinez, along with partners Republic Cement, Vic Enterprises, and OneAboitiz volunteers, who have helped amplify stories of courage, unity, and community recovery. He further noted that the spirit of bayanihan extended by OneAboitiz — across leadership, employees, and partners — reflects a shared belief that communities rise stronger when support is given with com-

passion and purpose. The Aboitiz Foundation reaffirmed its commitment to support not just immediate relief but long-term rehabilitation, stressing that true recovery happens when families begin restoring their homes, livelihoods, and sense of normalcy. Rebuilding in San Remigio moves forward through strong collaboration as the Aboitiz Foundation, the LGU, Republic Cement, and Vic Enterprises work together to deliver home recovery assistance to earthquake-affected families.

Of the beneficiaries, 168 households with partially damaged homes

December 10-13 2025 CAVITE PARTICIPATE IN THE PARUPARO FESTIVAL 2025



The Provincial Government of Cavite took part in the Magical Paruparo Float Parade held on 26 November 2025, an annual celebration organized by the City Government of Dasmariñas in line with its

cityhood anniversary. This year's parade featured 18 dazzling butterfly-themed floats, showcasing the creativity of participating establishments and organizations from across the city.

The vibrant float parade once again illuminated Dasmariñas with color and excitement, celebrating transformation, unity, and the city's continuous growth and progress.



Anton Perdices of AboitizPower honors the strength of San Remigio families, saying the assistance they received is "not just materials, but tools to rebuild hope, dignity, and the place you call home."

received ₱10,000 each, while 57 families whose houses were totally damaged received ₱30,000 each. The support allows affected residents to start restoring safe and livable homes for their families.

This latest assistance forms part of the broader OneAboitiz disaster response following the consecutive crises that hit the country — the earthquake, the succeeding typhoon, and community flooding. To date, OneAboitiz's combined sup-

port for affected areas has reached over ₱17.0 million, benefiting more than 37,000 families across North Luzon, Visayas, and Mindanao. These efforts include relief and recovery programs for Uwan in North Luzon, Typhoon Tino in the Visayas, and the earthquake impacts in both Cebu and Davao.

During the turn-over ceremony in San Remigio, Anton Perdices, Chief Operating Officer of AboitizPower Distribution Utilities, emphasized the

strength and resilience of the local families. "When the earthquake happened, it wasn't only your houses that were shaken — it was your sense of safety and peace of mind. Pero karon, as I stand here, I see something far stronger than destruction. I see families who continue to rise. I see San Remigio — buhi, barog, ug nagpadayon. These vouchers are not just materials; they are tools to rebuild hope, dignity, and the place you call home," he shared

December 10-13 2025 CVSU IMUS CELEBRATES "PASKONG KABSUHENYO" 2025

The holiday spirit filled the Cavite State University – Imus Campus as the Central Student Government (CSG) successfully hosted "Paskong Kabsuhenyo 2025," with the theme "Tanglaw ng Puso, Liwanag ng Pagasa." The celebration took place on December 4, 2025, at the CvSU Imus Gymnasium.

The event brought together students, faculty, and staff in a joyful gathering that highlighted unity, generosity, and the

true essence of the Christmas season.

The program showcased a variety of presentations, activities, and performances that created a festive and meaningful experience for the entire CvSU Imus community.

"Paskong Kabsuhenyo" was made possible through the collaboration of the CvSU Imus Honor Society and the National Service Training Program (NSTP), whose support contributed to the

success and smooth flow of the festivities.

The celebration served as a reminder of the hope and light that Christmas brings values reflected in the camaraderie and enthusiasm shown by Kabsuhenyos throughout the event.

As the year comes to a close, CvSU Imus extends warm holiday wishes to all Kabsuhenyos. May the spirit of Christmas continue to inspire kindness, gratitude, and hope in our community.



PhilHealth Regional Office (PHIO) Gumaca participated in the Pugay Tagumpay Graduation Ceremony of the Pantawid Pamilyang Pilipino Program (4Ps) held at the Municipal Covered Court in Lopez, Quezon, on November 26, 2025.

The PhilHealth Local Health Insurance Office (LHIO) Gumaca participated in the Pugay Tagumpay Graduation Ceremony of the Pantawid Pamilyang Pilipino Program (4Ps) held at the Municipal Covered Court in Lopez, Quezon, on November 26, 2025.

The event brought together graduating 4Ps beneficiaries, local officials, partner agencies, and stakeholders to celebrate the families' successful completion of the program and their transition toward self-sufficiency.

During the activity, LHIO Gumaca extended support by providing essential information on PhilHealth membership, benefits, and programs, ensuring that graduating beneficiaries are aware of their entitlements and the value of maintaining active health insurance coverage.

Staff likewise accommodated inquiries regarding membership updates, the Yamanang Kalusugan Program (YAKAP) registration, PhilHealth Guaranteed and Accessi-

ble Medications for Outpatient Treatment (GAMOT), expanded benefits, and other related services.

The participation of LHIO Gumaca underscored the agency's commitment to strengthening inter-agency collaboration and promoting health security among communities in Quezon Province.

This engagement further solidifies partnerships with key stakeholders and helps ensure that graduating 4Ps beneficiaries remain informed, protected, and connected to essential health services.

DA-4A, ibinida ang yumayabong na organikong pagsasaka sa CALABARZON

Nakiisa ang Department of Agriculture (DA-4A) sa ika-labing isang Organic Agriculture Month na may temang, "Kabuhayang OA, Kinabukasang OK: Halina at Kumita sa Organikong Agrikultura!" noong ika-25 ng Nobyembre sa Lipa Culture and Arts Center, sa Lipa City, Batangas.

Dito ay ibinahagi ang mga napapanahong update mula sa National Organic Agriculture Board, mga programa ng Agricultural Credit Policy

Council (ACPC) para sa mga kabataan at kababaihan, at mga oportunidad sa pagmamarketing ng organikong produkto hatid ng Luntiang Republika mula sa Alfonso sa Cavite. Ibinida rin ng ilang kabataang magsasaka at miyembro ng samahan ang kanilang mga karanasan sa organikong pagsasaka. Parte rin ng aktibidad ang pagkilala sa mga piling magsasaka at LGU, kasabay ng pamamahagi ng Participatory Organic Certificates bilang patuloy na suporta sa

pag-o-organikong agrikultura sa rehiyon. Ani Christian Fernandez, na mula pa noong walong taong gulang ay nagsimula nang magsaka at hindi lumaki sa pribilehiyo ay nagtagumpay sa larangan ng pagsasaka, ay lalo pang magagawa ito ng mga kabataang may mas magandang oportunidad at edukasyon. Para sa kanya, hindi kailangan malaki ang simula; ang mahalaga ay ginagawa ito nang responsable, sustenable, at organiko. PR