

SMC RESUMES FLOOD-MITIGATING RIVER CLEANUPS IN BULACAN

San Miguel Corporation (SMC) is back cleaning rivers in Bulacan province, after completing a massive effort from October 2022 to September 2024, that removed over 4.15 million metric tons of flood-causing silt and waste from 74 kilometers of rivers, at no cost to government and with no commercial benefit to the company.

This time, SMC is undertaking maintenance cleanups of major rivers draining out to Manila Bay that surround the country's future largest and most modern international gateway.

SMC Chairman and CEO Ramon S. Ang said that over the last 10 months, the company's Better Rivers PH cleanup crews have removed over 500,000 tons of silt and waste from a nine-kilometer stretch of the Maycapiz-Talipit River and Bambang River.

This has further deepened the river channels, which used to be mostly knee-deep prior to any dredging. Today the rivers are more than three meters deep, equivalent to the height of two persons, one standing on top of the other.

Apart from this, SMC has also extended its river cleanup efforts to the Bagumbayan River within the town of Bulakan, Bulacan where it has so far removed over 91,000 tons of silt and waste from 3.3 kilometers of the river.

Ang said that regular maintenance cleanups of these rivers are needed to ensure that gains made through the company's years-long flood mitigation efforts — primarily, the increased flood-carrying capacities and improved flow of these rivers — are preserved.

"Rivers that surround the New Manila International Airport project have a vital function — to drain waters from eastern Bulacan rivers, out to Manila Bay. That is why it's critical that we continuously clean them, and even deepen and expand where needed, to ensure better flood protection and



Maycapiz-Talipit River Maintenance cleanup under SMC's long-running Better Rivers PH river rehabilitation initiative.



The cleanup has extended to Bagumbayan River within Bulacan town proper.

mitigation, not just for the airport, but for eastern Bulacan municipalities in the Bulacan sub-river basin," Ang said. He explained that before SMC's Bulacan rivers cleanup initiative, decades of accumulated silt and waste coming from upstream areas of Bulacan had significantly shallowed and clogged the Maycapiz-Talipit River, Bambang River, and Meycauayan River in the low-lying coasts —resulting in increased flooding.

The coastal area's low elevation, at below sea level, had also made the municipalities inherently prone to flooding.

In fact, the NMIA project site, an island surrounded by the three rivers, was also submerged over time by shallow waters. Thus, for many decades, the site was used for commercial fish pond operations by previous land owners.

Apart from clearing the three major rivers, which yielded over 1.5 million tons of silt in 2024, SMC also cleaned upstream rivers and tributaries in Bulacan to help ensure efficient water flow towards the three rivers.

The effort has helped mitigate flooding for Guiguinto, Marilao, Balagtas, Bocaue, and Meycauayan. But while the initial cleanup of the three main rivers restored their natural depth of three meters, recent water level monitoring showed that the rivers were again being shallowed by siltation.

This was brought about by numerous typhoons and heavy rainfall experienced last year, which necessitated the reactivation of clean-up operations.

"Keeping the rivers clean and flowing is our long-term commitment, and

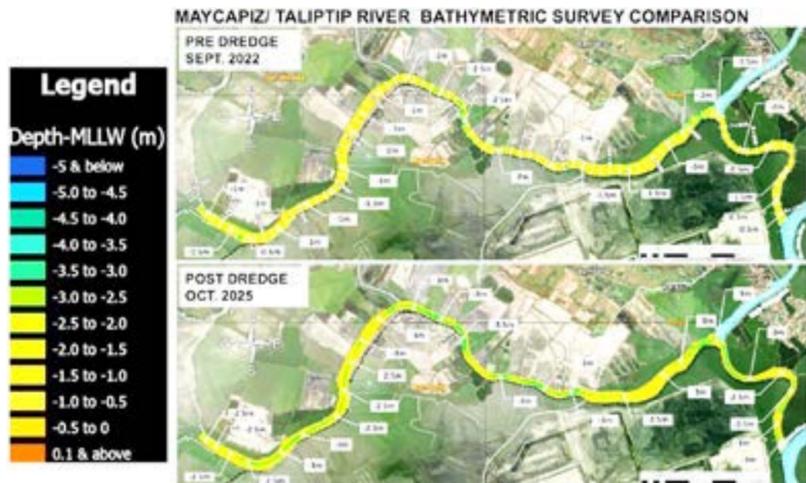
is integrated into the development and eventual operations of the NMIA. This means that continuous flood risk mitigation efforts for the airport will greatly benefit neighboring municipalities and the rest of eastern Bulacan," Ang said.

Meanwhile, in the western part of the Bulacan—in entirely separate and faraway river basins from the airport project in the east—towns like Hagonoy and Malolos remain prone to flooding whenever the Angat Dam overflows.

For these municipalities, SMC had also previously cleaned up the downstream portions of Malolos Rivers, the Angat-Labangan River, and Pampanga River. However, these areas continue to be flood-prone when water overflows or is released from Angat Dam.

SMC noted that flooding in Bulacan is a complex issue shaped by many factors, among them: the natural rise of sea levels, land subsidence caused by over-extraction of groundwater, inadequate drainage systems, and rapid urbanization in upstream areas.

For a permanent and holistic flood solution to be successful, sustained cooperation among the national and local governments, private sector, and communities will be necessary.



Bathymetric survey shows the Maycapiz-Talipit River prior to SMC's cleanup efforts in September 2022 (top) and its current state (bottom), highlighting improved carrying capacity and flow. From shallow depths of mostly .5 to 1.5 meters, the river is now 3-4 meters deep, allowing for improved flood mitigation and more efficient drainage out to Manila Bay.

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PHILHEALTH YAKAP CARAVAN SA DASMARIÑAS

The Local Health Insurance Office (LHIO) Dasmariñas conducted the PhilHealth YAKAP Caravan for parents, teachers, and non-teaching staff of Pintong Gubat Elementary School in Paliparan III, Dasmariñas City, Cavite, on December 3, 2025.

The event included an informative PhilHealth Yaman ng Kalusugan Program (YAKAP) orientation, an overview of Universal Health Care (UHC), and discussions on other PhilHealth benefits.

Through this initiative, participants gained valuable knowledge to better understand and access their healthcare entitlements. This aligns with LHIO Dasmariñas' commitment to bringing essential health services closer to the community.

Remulla seeks free licensure exams for indigent



Cayetano: Stay focused, don't let distractions hide corruption masterminds

200 mag-aaral sa Cavite, kaisa sa selebrasyon ng National Rice Awareness Month ng DA-4A

SSS releases P18.8 billion in 13th month pension to 3.7 million pensioners

PGC Leads Convergence as Cavite Coops Align Programs with PCDP

HAPPY 9th BIRTHDAY

Cavite MSMEs BizCon Champions digital empowerment for local entrepreneurs



The 2025 Cavite MSMEs Business Conference (BizCon) gathered micro, small, and medium enterprise owners, government partners, and industry experts on November 28 at Elijah Hotel and Residences, City of Dasmariñas. Organized by the Office of the Provincial Development Officer (OPCDO) in cooperation with DTI-Cavite and the Cavite Small and Medium Enterprises Development Council (CaSMEDC), this year's event

carried the theme "Empowering MSMEs in the Digital Era: Building Trust, Security, and Innovation." The conference aimed to equip local enterprises with the necessary tools and knowledge to thrive in an increasingly technology-driven market.

In her opening message, CaSMEDC Chair Teresita Leabres underscored the importance of digitalization in sustaining business growth and ensuring long-term competitiveness. DTI IV-A Assistant Regional Director Revelyn Cortez also expressed her support, noting CaSMEDC's continuous efforts to champion MSME development and describing the annual **cont. on page 2**



Aika Soberano Okumura
December 14, 2025
Greetings from: Straight News Publishing



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.

SSS...

Quezon City, Philippines, 9 December 2025 — In line with the directive of President Ferdinand R. Marcos Jr. and emphasized by Finance Secretary Frederick D. Go with the Social Security Commission, the Social Security System (SSS) has successfully credited its annual cash gift to pensioners – the 13th month pension – in two batches on the first week of December 2025, ensuring additional financial support during the holiday season. The first batch, released on 1 December 2025, covered around 2.13 million pensioners with a total amount of P10.5-B credited to their accounts. The second batch, credited on 4 December 2025, covered around 1.53 million pensioners, amounting to P8.3-B. In total, P18.8-B was distributed to around 3.66 million pensioners.

SSS President and CEO Robert Joseph M. de Claro said the annual cash gift is part of SSS’ commitment to support its pensioners during the holiday season. “This is our way of giving back to our pensioners who have contributed to the System during their productive years. We hope this additional benefit brings joy and relief to them and their families this Christmas,” de Claro said.

This year’s 13th month pension is higher for pensioners as of 31 August 2025 following

the implementation of the Pension Reform Program starting September 2025. Under this reform program, retirement and disability pensioners received a 10% increase, while survivorship pensioners received a 5% increase, ensuring greater financial security for beneficiaries.

The 13th month pension is automatically credited to the accounts of all SSS pensioners receiving retirement, disability, and survivorship pensions. SSS reminds pensioners to ensure their bank account details are updated to avoid delays in crediting. SSS assures the public of its continuous commitment to prudent stewardship of members’ funds. For 2024, the Com-

mission on Audit (COA) issued an unmodified opinion, affirming the System’s fund integrity, overall financial soundness and adherence to good financial governance, even as specific audit observations are being addressed through established corrective measures. For more information, inquiries, or feedback, members may contact the SSS through hotline 1455, email uss-saptayo@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.

CAYETANO...

Senate Minority Leader Alan Peter Cayetano on Thursday urged Filipinos to stay focused on demanding accountability from the real masterminds of corruption instead of being distracted by political noise and side issues.

Cayetano said the government’s anti-corruption drive has turned into a “circus” that damages the country’s image abroad and diverts public attention from those who truly profit from corruption.

“Eyes on the ball tayo, liliigawin tayo ng mga mastermind,” Cayetano said in an interview with reporters on October 23, 2025. “Hindi sustainable y’ung paraan kung paa-

ng natin na-aaddress ang massive corruption. We have to be decisive, kailangan may major reforms, tunay na pagbabago. Kailangan may makulong,” he added. He warned that the way corruption cases are being handled has become selective and politicized, creating public confusion and mistrust.

“Napaglalaruan tayo and I am fed up with being played around with,” he said. Citing the issue of Senator Joel Villanueva’s dismissed case as an example, Cayetano said this should not distract the Senate or the public from real corruption cases, noting it was likely just an inadvertence on the part of

CAVITE...

conference as a legacy that will benefit future generations of entrepreneurs.

DTI Cavite OIC-Provincial Director Lilibeth R. Chavez introduced keynote speaker Assistant Secretary Leonila T. Baluyut, DBA, of the DTI Competitiveness and Innovation Group, who delivered her message through a recorded video. ASEC Baluyut highlighted trust, security, and innovation as key pillars that will empower MSMEs that will empower MSMEs to succeed in the digital economy.

Setting the tone for the discussion, Ms. Liza C. Gabatan, Entrepreneurial Division Head of the OPCDO, provided a conference overview and reaffirmed the provincial

government’s commitment to advancing MSME capacity-building and digital upskilling initiatives.

The conference proper featured a series of presentations centered on digital transformation. Mr. Robert S. Paguia (DICT) opened the technical sessions with an informative talk on cybersecurity essentials, offering practical measures to guard against cyber threats and secure consumer data. This was followed by Ms. Charisse C. Torio (DILG), who discussed how e-governance initiatives streamline processes and create a more accessible environment for business growth.

Participants also gained insights on building consumer confidence

through the DTI Trustmark, presented by Mr. Paulo V. Estrada of the DTI E-Commerce Bureau. Meanwhile, Ms. Maria Jamaica Soriano discussed the expanding role of artificial intelligence in business operations and encouraged MSMEs to explore AI tools as part of their innovation journey.

Interactive open forum sessions enabled attendees to directly engage with speakers, further enhancing their grasp of digital strategies and practical applications.

The BizCon also celebrated local success stories. Ms. Jennifer Nuque of Francart Corporation & Delicass Corporation and Mr. Jerold Chico of Heavenly

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CAVITE WELCOMES BARMM DELEGATION FOR BENCHMARKING VISIT

Provincial Government of Cavite warmly welcomed officials from the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM) during a courtesy visit and benchmarking activity held on November 26, at the Office of the Governor.

Representing Governor Abeng Remulla, Chief of Staff Mr. Ferdinand A. Belamide and Provincial Tourism Officer Ms. Elinia Imelda Rozelle S. Sangalang personally received the BARMM delegation, which was headed by DOT Regional Director Marites Maguindra. The Cavite officials

extended the province’s appreciation for selecting Cavite as one of their key learning and collaboration sites.

The visit formed part of BARMM’s continuing initiative to strengthen interregional cooperation and adopt best practices in governance, development planning, and tourism enhancement. Cavite officials shared insights on the province’s progressive governance framework, innovative development programs, and tourism strategies that continue to drive its economic growth.

REMULLA...

Cavite 7th District Representative Crispin Diego “Ping” Remulla refilled a measure that seeks to exempt qualified indigent Filipinos from payment of professional examination fees.

Under the measure, qualified indigent students shall be exempt from all professional examinations, defined in the measure as licensure examinations administered by the Professional Regulation Commission (PRC) and other government certifying bodies.

Remulla commended the enactment of Republic Act No. 10931 or the Universal Access to

Quality Tertiary Education Act, albeit he emphasized that government support should not end after students’ graduation from tertiary education.

“RA 10931 is a significant milestone in making education a right rather than a privilege. However, the government’s support should not end there. We need to see it through to the end,” Remulla said.

“Indigent graduates will face a new challenge upon graduation, which is shouldering the costs of licensure examinations required to enter their profession. Sayang naman kung hindi nila

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ma-practice ang pinag-aralan nila dahil lang hindi makapagexam,” he added.

Remulla further explained that our society should be one where talent is not wasted simply because a student was born into poverty.

“Kung may kayahan at disiplina, hindi dapat maging hadlang ang kahirapahan para sa mas magandang buhay,” he emphasized.

Remulla, whose advocacy is education, believes that it is the duty of the government to ensure that no student’s future is hindered by poverty.

PARENT SUMMIT 2025 HIGHLIGHTS RESPONSIBLE GRANDPARENTHOOD AND HEALTHY AGEING

The Provincial Government of Cavite, through the Office of the Provincial Population Officer (OPPO) headed by Ms. Eloisa L. Comia, successfully conducted the Parent Summit 2025 with the theme “Responsible Grandparenthood and Healthy Ageing: Celebrating the Honorable Roles of our Lolo and Lola.” The event was held on November 28 at the Cavite Collaboration Center for Public Health in Trece Martires City.

The summit brought together members and officers of the Federation for Senior Citizens Association of Cavite Inc., recognizing their vital contributions to family, com-

munity, and society. The gathering served as a platform to empower grandparents through meaningful discussions promoting their well-being and continued involvement in family development.

8th District Board Member Jasmin Angelli Maligaya-Bautista graced the activity, underscoring the Provincial Government’s commitment to supporting programs that uplift the welfare of senior citizens.

Two insightful learning sessions were presented during the event. Ms. Anna Viela V. Amparo, Population Program Officer I discussed Responsible Grandparenthood, highlighting the

important role of grandparents in nurturing, guiding, and supporting the younger generation. Meanwhile, Ms. Liberty M. Guzman, Nutritionist – Dietitian II of OPHO delivered a comprehensive discussion on Promoting Healthy Ageing Through Health and Nutrition, emphasizing practical ways to maintain physical and mental wellness in later years.

Moreover, a medical mission served as one of the summit’s key highlights, complementing the event’s overarching goal of celebrating and supporting Cavite’s beloved lolos and lolas through meaningful, health-centered initiatives.

In closing, Mr. Ciriaco B. Angeles ex-



PGC...

With a shared vision of strengthening Cavite’s cooperative movement and sharpening its readiness for the opportunities of the coming years, the Provincial Government of Cavite (PGC), through the Office of the Provincial Cooperatives Development Officer (OPCDO), successfully convened the Cavite Cooperative Sector Convergence on the Alignment of Programs with the Philippine Cooperative Development Plan (PCDP) 2025–2028 on December 2, 2025, at the Dencito Campana Hall, City Hall of General Trias.

In partnership with the Imus Cooperative Federation and the Carmona Smart City Union Cooperative, the convergence gathered leaders, development officers, unions, federations, and partner agencies for a comprehensive and forward-looking discussion on harmonizing Cavite’s cooperative initiatives with national strategic priorities.

Setting the tone for unity and shared purpose, the Cooperative Pledge was led by Mr. Jose Arnel Castillo, CDS II of CDA Region IV-A. This was followed by warm and encouraging welcome remarks from Ms. Myrachel P. Cuadra, Officer-in-Charge of OPCDO, who underscored the province’s commitment to inclusive and responsive cooperative development.

Representing Mayor Luis “Jonjon” Ferrer, Atty. Alexander Abraham Colina delivered a

message of support, affirming the City Government of General Trias’ strong backing for capacity-building initiatives that empower the cooperative sector.

To establish a common understanding of the day’s objectives, Ms. Dianne April V. Matel, Senior Cooperative Development Specialist, presented an insightful overview of the activity. The highlight of the morning was the presentation of the Philippine Cooperative Development Plan 2025–2028 by Ms. Mylene Datingaling, CDS II, CDA Region IV-A, who walked participants through the 11 Strategic Priority Areas, including policy formulation, talent and human capital development, financial sustainability, innovation, resiliency, and value chain participation. Her detailed discussion helped participants appreciate how these priorities can serve as the blueprint for a more agile and future-proof cooperative sector.

The open forum, moderated by Mr. Generoso F. Ramos Jr., City Cooperative Development Officer of Imus, opened the floor for clarifications and dynamic exchanges, further enriching the participants’ grasp of the PCDP.

The convergence deepened its collaborative spirit through two capability-enhancing workshops facilitated by Mr. Ramos. The first tackled the Alignment of Cooperative Programs with the PCDP Strategic Pri-

Medical and Dental Mission brings essential health services to Brgy. Tambo Kulit, Indang

The Provincial Government of Cavite, through the Office of the Provincial Governor and Office of the Provincial Health Officer (OPHO), successfully conducted a Medical and Dental

Mission on December 2, at Barangay Tambo Kulit in Indang. The initiative provided much-needed healthcare services to a total of 437 beneficiaries, reinforcing the province’s commitment to accessible and community-centered public health programs.

Residents were able to avail themselves of various medical and dental services, including X-ray, ECG, medical consultations, and dental check-ups and ex-

tractions. The mission aimed to address both preventive and immediate health needs of the community, ensuring that Caviteños continue to receive quality healthcare close to home.

The OPHO medical and dental team rendered their expertise and dedicated service throughout the activity, assisting individuals of all ages and offering timely medical guidance, diagnostics, and treatment. - JDP

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with participants grouped by sector—LGUs/CDOs, Unions and Federations, CDA, and PCDD. The workshop allowed stakeholders to identify key challenges, opportunities, and alignment actions, culminating in the presentation of sector outputs.

The second workshop focused on crafting the Cavite Cooperative Sector Alignment Matrix, paving the way for a unified provincial roadmap anchored on the PCDP. The synthesis and presentation of the consolidated alignment plan was led by Ms. Matel, who highlighted the cooperative sector’s shared direction moving forward.

In a symbolic affirmation of partnership and commitment, participants took part in a Commitment Signing and Pledge of Support, signaling their readiness to collaborate toward a stronger Cavite cooperative community.

Closing the convergence with an empowering message, Mr. Ismael Fampula, PCDS, CDA Region IV-A, commended the proactive efforts of Cavite cooperatives and encouraged continued synergy in implementing aligned, impactful, and sustainable programs.

With strengthened linkages, informed perspectives, and a united vision, the Cavite cooperative sector leaves the convergence more equipped—and more determined—to champion inclusive growth across the province. — R. Dones



A total of 525 student participants from 30 schools across Cavite gathered for the 2025 Cavite Entrepreneurship Students Conference themed "Empowering Future Entrepreneurs through Digitalization, Sustainability, and Innovation" held on November 27, 2025, at the City of Imus Sports Complex. The event aimed to empower the next generation of Caviteño entrepreneurs through discussions on digitalization, sustainability, and innovation.

Spearheaded by the Office of the Provincial Cooperative Development Officer (OPCDO), the conference opened with messages from provincial and local leaders, highlighting the important role of youth in shaping the future of business and community development.

One of the event's key highlights

was the keynote speech delivered by Hon. Paolo Benigno "Bam" Aquino IV, Senator and Chairperson of the Committee on Science and Technology. His address inspired the students to embrace creativity, social responsibility, and innovation in pursuing entrepreneurial ventures.

Throughout the day, participants engaged in learning sessions featuring industry professionals, including discussions on the Start-Up Mindset by Dr. Leo Manansala, Vice Dean, College of Professional and Graduate Studies of DLSU-D, Sustainable entrepreneurship led by Mr. Julius Tibayan, Owner of Cocardado con el Corazon, and Digital transformation in Entrepreneurship: Harnessing Technology for Growth by Prof. Ronilo M. Balbieran, Vice President of Research and Institutional Development

(REID) Foundation. The event culminated with the awarding ceremony for the Search for the Most Innovative and Sustainable Products, showcasing student-led business concepts that reflected creativity, eco-consciousness, and market viability.

Swizzle Sparks of the City College of Tagaytay secured the first place; Peelicious of De La Salle University-Dasmariñas ranked second; and Tamiés Brites of Cavite State University Imus Campus completed the roster as third place.

The 2025 Cavite Entrepreneurship Students Conference successfully strengthened the province's commitment to nurturing young innovators and building a community of future-ready entrepreneurs dedicated to sustainable development. — R. Tanael

PRESS ALLIANCE CALLS FOR UNITY AGAINST CORRUPTION, FAKE NEWS

SAN PABLO CITY, Laguna (Dec. 8, 2025) – The Prime Alliance of Publishers, Editors, and Reporters (PAPER.PH), Inc. convened its National Press Congress last Saturday, celebrating its sixth anniversary with a theme: "Guardians of Accountability: Uniting the Press Against Corruption."

The gathering brought together media practitioners, educators, and local officials to underscore the press's vital role in democracy and address modern challenges to truth and information.

PAPER.PH National President Bonifacio Dacayanan echoed the call for solidarity within the industry.

"Ang malayang pamamahayag ay haligi ng demokrasya," Dacayanan stressed. The discussions extended beyond the media, touching on national character.

A Department of Education representative, Sharry Ann Ganareal, outlined shifts in educational focus.

"Hindi na uso ang Abakada at babebobu lang; phonological awareness, pagsusulat at pagbabasa ang focus ngayon sa pagtuturo," the elementary school teacher said.

She also expressed concern over resilience.

"Nagpapalaki tayo ng mga batang basagin. Kailangang pa-

tagin ang mga susunod na mamamayang Pilipino," Ganareal said. The threat of misinformation was a recurring concern. Laguna Board Member Angelica Jones Alarva advocated for traditional media.

"Magbasa ng diyaryo dahil nandito ang tootong balita. Hindi sila nagsusulat ng kasinungalingan. Malaking tulong ng socmed pero ang disadvantage ay ang paglipana ng fake news."

Guest of honor, Philippine Charity Sweepstakes Office Director Imelda Papin, highlighted the press's watchdog function and the perils of the digital age.

"The press is not just the storyteller, it is the nation's watchdog," she

December 17-23 2025
CARD MBA receives the Three Golden Arrows Award for Excellence in Corporate Governance



CARD MBA Chief Executive Officer Ms. Jocelyn D. Dequito beams with pride as she receives the Three Golden Arrows Award at Okada Manila.

CARD Mutual Benefit Association (CARD MBA), Inc. received the Three Golden Arrows Award from the Institute of Corporate Directors (ICD) on October 23, 2025, held at Okada Manila.

CARD MBA, one of the leading mutual benefit associations in the Philippines, received the awards in recognition of its firm adherence to the principles of good governance and continued efforts to deliver excellent service to

its members. "This recognition is not just for us as an organization, but also for every Ka-Seguro who has entrusted us with their future. It is a reflection of our shared commitment to transparency, excellence, and service that truly makes a difference in the lives of our members," said CARD MBA Chief Executive Officer Ms. Jocelyn D. Dequito.

Reaching this milestone represents CARD MBA's commitment to good governance and transparency. Its independent Board meetings, integrated sustainability reporting, and open disclosure of performance assessments show that CARD MBA is upholding the values of integrity, accountability, and sustainable development.

The Three Golden Arrows Award highlights CARD MBA's long-standing commitment to delivering reliable and efficient mutual benefit services, ensuring the security and well-being of its members. This prestigious recognition affirms the association's leadership in promoting good governance and strengthening the trust of its members,

said. "Sa ngayong panahon na ito, malaki ang kaibahan, nandy-an ang socmed. Kapag may trending, yun na ang pinag-uusapan. Sometimes this is not good. Para lang may pag-uusapan, kung minsan hindi tama ang inilalabas. It's very scary. Dahil kung gusto kang sirain, in a few minutes, masisira ka," Papin stated, noting the speed and potential damage of social media trends.

The congress served as a platform reinforcing the critical, yet challenged, role of a free and responsible press as a guardian of public accountability and adopted a Declaration denouncing corruption.



December 17-23 2025
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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200 KAISA SA SELEBRASYON NG NATIONAL RICE AWARENESS MONTH NG DA-4A



Kaisa ang 200 mag-aaral mula sa ikatlo at ikaapat na baitang ng Capipisa Elementary School sa isang information caravan na inihanda ng Department of Agriculture IV-CALABARZON (DA-4A) Regional Agriculture and Fisheries Information Section (RAFIS) para sa selebrasyon ng National Rice Awareness Month (NRAM) noong ika-28 ng Nobyembre sa Tanza, Cavite.

Hatid nito ang paalala ng kampanya na "Be Ricepossible" kung saan inilalahad sa mga kabataan ang kahalagahan ng hindi pagsasayang ng kanin, pagkain ng iba pang alternatibo, at pagtangkili sa mga aning Pilipino. Naging bahagi ang mga ito ng laro na inorganisa para sa selebrasyon ng National Rice Awareness Month (NRAM) noong ika-28 ng Nobyembre sa Tanza, Cavite.

ang pledge of commitment ang mga mag-aaral sa pagsasabuhay ng ABAKaDa na, "Adlay, mais, saba atbp. ay ihahalo ko sa kanin; Brown rice ay aking kakainin; Kanin ay hindi ko sasayangin; at Dapat bigas ng Pilipino ang aking bilhin".

Tampok pa sa aktibidad ng demonstration ng pagluluto ng bawat isa sa pagsuporta sa mga magsasakang Pilipino at kanilang mga produkto. PR

Creations at pagluluto ng cassava chips sa tulong ng Lipa Agricultural Research and Experiment Station (LARES).

Ayon kay OIC-RTD for Operations and Extension Engr. Redelliza Gruezo, nakatutulong ang caravan upang maipahatid ang mensahe ng Kagawaran at tungkulin ng bawat isa sa pagsuporta sa mga magsasakang Pilipino at kanilang mga produkto. PR

DEPARTMENT OF AGRARIAN REFORM INKS MOA WITH GO NEGOSYO AGRI GROUP

In a landmark move to leverage the complementary strengths of the public and private sectors to achieve food security through improved farm productivity, Go Negosyo and the Department of Agrarian Reform (DAR) have agreed to collaborate on agriculture, agribusiness, and mentorships.

DAR Secretary Conrado Estrella III and Go Negosyo founder Joey Concepcion presented the Memorandum of Agreement (MOA) formalizing the collaboration at the Agrary Trade Fair Opening Ceremony last December 1, 2025 at the Araneta Coliseum in Quezon City.

"We have to make farming profitable for even our small-holder farmers," said Concepcion, as he explained that by helping farmers become agripreneurs, and with private sector's help in achieving productivity, efficiency, and market access, the country can achieve food security. Concepcion is also pur-

suing agriculture and food security as one of the priorities of his chairship of the ASEAN Business Advisory Council in 2026 as part of its planned legacy program, the ASEAN Food Security Alliance.

The areas of collaboration include cluster farming, corporate farming, and land lease agreements.

Under Cluster Farming, smallholder farmers pool resources, share knowledge, and collectively improve productivity through grouping based on agronomic conditions, with defined roles for clusters and private sector partners. Clustering also helps aggregate produce for better market access and pricing.

Corporate Farming rests on strategic partnerships between a corporation and an agricultural cooperative, combining the corporate efficiency and standards with the cooperative's inclu-

sive approach. Under this arrangement, there are clearly defined roles and responsibilities, resource sharing arrangements, provision of farming inputs and infrastructure, training and technical assistance, facilitation of market access through produce aggregation and price negotiations, and arranging access to financial support.

Under Land Lease Agreements, Agrarian Reform Beneficiaries (ARBs) will enter into land lease agreements with big-brother companies for the use of agrarian reform lands for agricultural development with clearly defined lease terms, duration, rental payments, and responsibilities.

The smallholder farmers will be supported by Go Negosyo under its Kapatid Angat Lahat sa Agri Program with access to resources, markets, and mentoring by integrating them into the value chain

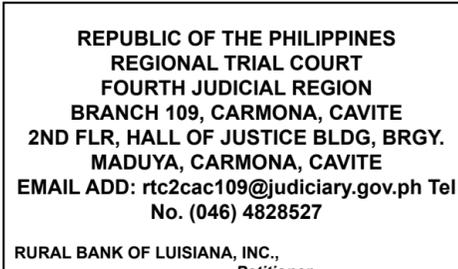
of large agriculture companies. At the same time, DAR is seen to facilitate access to agricultural lands for various farming initiatives, as well as partnerships between agrarian reform beneficiaries and the private sector to enhance productivity and sustainability. It will also provide the policy, guidance, and protection for farmers to have effective ownership and control of agrarian reform lands while promoting responsible private sector investments.

Under the agreement, the initiative will be overseen by a committee comprising an Executive Steering Committee, a Technical Working Group, and a Secretariat.

Food security has been identified as a priority of the Marcos government, along with the rebuilding of the food value chain, as a long-term solution to ensuring that the Philippines can afford to feed itself.



Department of Agrarian Reform Secretary Conrado Estrella III and Go Negosyo founder Joey Concepcion present the Memorandum of Agreement at the Agrary Trade Fair Opening Ceremony last December 1, 2025 at the Araneta Coliseum in Quezon City. The agreement leverages the complementary strengths of the public and private sectors to achieve food security through improved farm productivity.



**REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
BRANCH 109, CARMONA, CAVITE
2ND FLR, HALL OF JUSTICE BLDG, BRGY.
MADUYA, CARMONA, CAVITE
EMAIL ADD: rtc2cac109@judiciary.gov.ph Tel
No. (046) 4828527**

**RURAL BANK OF LUISIANA, INC.,
Petitioner,**

-versus- **CASE NO. LRC-C-GMA-2025-63
For: Writ of Possession with Damages**

**SPOUSES EFIFANIO INFANTE
CADION, JR. and ALMA GASPAR
CADION,
Respondents,**

NOTICE OF HEARING

There is a petition filed by petitioner through counsel for the issuance of writ of possession with damages on Transfer Certificate of Title No. T-645562 on the grounds alleged therein.

NOTICE IS HEREBY GIVEN that said petition has been set for hearing on **February 5, 2026 at 1:30 o'clock in the afternoon**, before this Court, on which date, time, and place, any person interested is cited to appear and show cause why the same should not be granted.

Let a copy of this Notice be published once a week for three (3) consecutive weeks in a newspaper of general circulation in the Province of Cavite.

Further, let a copy of this Notice and that of the pe-



BIR Commissioner Charlito Martin R. Mendoza met with Insurance Commission (IC) officials on Thursday, December 4, 2025 to strengthen inter-agency coordination and data sharing for improved monitoring of premium taxes. The IC delegation was led by Deputy Insurance Commissioner Martin John S. Yasay and IC Budget Division Manager Reiner P. Sugbujano, together with other IC officials.



tion be furnished the Registry of Deeds, Trece Martires City, Cavite, Land Registration Authority, and the Office of the Solicitor General and the same be posted by the sheriff of this Court in three (3) conspicuous places in the Municipality of Carmona, Cavite, where the property is located.

Witness my hand under the seal of this Court this 17th day of November 2025 at Carmona, Cavite, Philippines.

(SGD) CATHERINE A. PERAN
Officer-In-Charge
Court Legal Researcher

Copy Furnished:

Office of the Provincial Prosecutor - OPP, Hall of Justice Bldg, Brgy. Maduya, Carmona Cavite
Atty. Eric Paul Peralta - 2nd Flr., Caritas Building, Brgy. Dila, Bay, Laguna 4033 (attyerperalta@gmail.com/ peraltalaw.mail@gmail.com) 0917-312-2570
Rural Bank of Luisiana, Inc. - Brgy. Halang, Calamba City, Laguna
Sps. Epifanio I. Cadion & Alma Cadion - Bldg 43 Lot 23, Brgy. Memije, General Mariano Alvarez, Cavite
Office of the Solicitor General - 134 Amorsolo St., Legaspi Village, Makati City
The Registry of Deeds-Cavite - LRA Bldg., Capitol Cmpd, Trece Martires City, Cavite
Land Registration Authority - East Avenue cor. NIA Road, Diliman 1128 Quezon City
Sheriff Joseph Diokno - RTC Br. 109, Hall of Justice Bldg, Brgy. Maduya, Carmona Cavite

**STRAIGHTNEWS:
Dec. 17, 24 & 31, 2025**

SHOP THE STORIES YOU LOVE AT

DISNEY STORE'S FIRST POP-UP

AT SM CITY DASMARIÑAS

Dasmariñas, Cavite – Disney fans, get ready to ring in an enchanting holiday season! Disney Store is opening a pop-up store at SM City Dasmariñas from 8 December, 2025 to 31 January, 2026.

Disney Store is the official home to shop the stories you love from Disney, Pixar, Marvel and Star Wars. With authentic products for all ages, shoppers can look forward to high-quality toys, collectibles, apparel, home products and more, including select products from Disney Parks. Selected Christmas items are on sale—perfect for this season!

It's never too early to prep for the most magical time of the year! Visit the Disney Store pop-up to bring home beloved characters and must-have

merch. Treat yourself or pick up the perfect gift ahead of the holiday season. There's something for everyone!

Location: Main Event Center, SM City Dasmariñas

Dates: 8 December, 2025 to 31 January, 2026

Follow @DisneyStorebySM on Facebook, Instagram, Twitter, and TikTok, for updates and join us in spreading the excitement using #DisneyStorebySM.

Receive a limited-edition Disney Store Christmas sticker sheet when you spend a minimum single-receipt purchase worth Php 4,000 at Disney Store SM City Dasmariñas. Offer is available from December 1 to December 31, 2025.



Toy Story talking action figures

Let Woody, Jessie and Buzz, with their iconic phrases and interactive features, take kids on an adventure inspired by Disney and Pixar's Toy Story. What's even cooler is that these action figures can detect other Toy Story interactive action figures nearby, so kids can imagine their favourite toys coming to life like in the movies.



Drinkware & Figural Mugs

Sip in style at all hours of the day. These eye-catching 3D sculpted designs will have you loving our collection... a latte.



Mickey Mouse in The Philippines

This collection is a charming way to commemorate your trip or share it with someone special back home. Local fans will also love celebrating their city with beloved Disney characters. Whether you're sipping coffee, carrying your essentials, or adding a cuddly touch to your shelf, this collection brings a uniquely local touch to timeless Disney favorites.

BREWING TECHNOLOGIES AND INNOVATIONS: COFFEE FIESTA KICKS OFF IN CAVITE

Technologies and innovations on coffee through research and development (R&D) were showcased during the 2025 Coffee Farms and Industry Encounters through the Science and Technology Agenda (FIESTA).

With the theme, "Harnessing Innovation and Research to Accelerate Yield Advancements in the Coffee Industry (HIRAYA)," the two-day event was held on December 3-4, 2025 at the Tanza Convention Center in Cavite. The event aims to showcase cutting-edge technologies and promote sustainable innovations among stakeholders within the coffee value chain.

Among the coffee R&D outputs showcased were technologies funded by the Department of Science and Technology (DOST) and DOST-Philippine Council for Agriculture, Aquatic and Natural Resources Research and Development (DOST-PCAARRD). These include technologies in controlling coffee plant pests, development of coffee products, characterization of various Robusta coffee strains or collections, coffee depulper, and green coffee bean sorter. "At DOST-PCAARRD, we seek to elevate the coffee industry through re-



The Coffee FIESTA 2025 exhibit was formally opened with a ribbon cutting ceremony together with (from left to right, front row) STAARRDEC Consortium Director Almira G. Magcawas; award-winning coffee farmer from the Aduyon coffee Farmers Association Rodiyo Tubal Tacdo, CvSU President Ma. Agnes P. Nuestro; DOST-PCAARRD Deputy Executive Director for Administration, Resource Management and Support Services Melvin B. Carlos; NOMCAARRD Consortium Director Maria Estela B. Detalla, SOXAARRDEC Consortium Director Julius Jerome G. Ele; (from left to right, back row) DOST-PCAARRD Applied Communication Division Director Marita A. Carlos, and CorCAARRD Deputy Consortium Director Nordalyn B. Pedroche.

search and development. Under the Industry Strategic Science and Technology Program or ISP for Coffee," said Dr. Melvin B. Carlos, DOST-PCAARRD Deputy Executive Director for Administration, Resource Management, and Support Services, who delivered the message on behalf of Dr. Reynaldo V. Ebor, DOST-PCAARRD Executive Director. "The ISP for coffee aims to improve the national production and quality through S&T-based interventions including using indigenous microorganisms to manage major coffee diseases, development of a low-cost

temporary immersion bio-reactor system, and using somatic embryogenesis to mass produce quality and high-yielding planting materials." The event also featured a media conference, technology and reverse pitching, and visual arts competition. Further, local government units (LGUs), researchers, and farmers, among others, gathered to learn from coffee experts and entrepreneurs during the farmers' and business forum.

The diversity of Philippine coffee varieties was given a spotlight during the coffee cupping where participants were given the opportunity to taste, assess and appreciate local coffee beans. This year's Coffee FIESTA was implemented by the Council's four regional consortia from Southern Tagalog (STAARRDEC), Cordillera (CORCAARRD), SOCCSKSARGEN (SOXAARRDEC), and Northern Mindanao (NOMCAARRD). FIESTA is a technology promotion platform initiated by DOST-PCAARRD that aims to promote science, technology, and innovation (STI) in the agriculture, aquatic, and natural resources (AANR) sector.



Costumes

Get the official look of a Disney Princess, hero, villain or more for everyday dress-up.