

CALAX SILANG AGUINALDO NOW SERVING OVER 10,000 MOTORISTS

MPCALA Holdings Inc., the concessionaire of the Cavite-Laguna Expressway (CALAX), has announced that, in less than a month, it has already surpassed

its targeted daily traffic for the recently opened Silang (Aguinaldo) Interchange, with the highest daily traffic exceeding 11,000

vehicles—well beyond the projected 5,000 cars. This 4km segment of CALAX, which directly connects to Aguinaldo Highway, seamlessly

transports motorists towards tourist destinations in Tagaytay, Silang, Dasmariñas, and other nearby cities and municipalities in the province of Cavite.

Meanwhile, MPCALA states that construction for the remaining portion of the CALAX Cavite Segment continues in full swing. The next interchange will be a 7.9km 2x2 lane

expressway that will extend from Silang (Aguinaldo) Interchange to Governor's Drive in General Trias. As of the date, more
► CALAX • 4

SUNDAY TRIBUNE

NEWS PUBLISHING

VOLUME 11 • NO. 18 • DECEMBER 3 - 9, 2023 • P10.00

Cavite Greening Program: A Successful Tree Planting along TVPL



On November 24, 2023, the Office of the Provincial Environment and Natural Resources Officer (OPENRO) took the lead during the 3rd Cavite Arbor Day, organizing a tree planting activity along the Taal Volcano Protected Landscape (TVPL) in Barangay Iruhin East and Central, Tagaytay City. The initiative is part of the Cavite Greening Program aimed not only to enhance the city's natural beauty but also to contribute significantly to environmental conservation and sustainability.

The event was joined by a diverse group of participants, including provincial government employees, uniformed personnel, barangay officials and local residents. The collective goal was to plant more than 400 fruit bearing and forest trees along the Banauan Road, promoting a greener and healthier environment for both current and future generations.

The program started with a brief opening ceremony, featuring speeches from key figures in the environmental sector and local government, emphasizing the importance of reforestation efforts in mitigating climate change, preventing soil erosion, and preserving biodiversity. They also highlighted the role of communities in sustaining these efforts beyond a one-time event, fostering a sense of responsibility among participants. (OPIO)



PGC collaborates with Reservists for a healthcare mission



On November 25, 2023, the Provincial Government of Cavite, through the Office of the Provincial Governor, joined forces with the Fleet Marine Ready Force in serving the 232 residents of Ternate in a medical civic action program.

The patients were able to consult with the reservist medical team regarding their health concerns, seeking advice and basic treatment. Prescribed medicines, vitamin supplements and insect repellent lotion were provided for free by the OPG personnel, easing the burden of those in the grassroots level. The MEDCAP and PGC Medical Mission teams were accompanied and assisted by barangay health workers and nutrition scholars for the successfully seamless flow of the activity. (OPIO)

Maraming salamat sa ating BFP Kawit na pinangungunahan ni SRINSP Precious Petalio para sa pagpapakita ng Pusong Malasakit sa kaligtasan ng ating Kawit! Sinuportahan natin ngayong araw ang pagsisimula ng kanilang 3-day Fire Protection Enhancement Seminar. Maraming salamat din po sa Philippine Society of Mechanical Engineer na pinangungunahan ni Engr. Loreto Catalan para sa pagiging instrumento upang mas lalo pang mapalakas ang kakahayan ng BFP Kawit na rumesponde sa sunog! Holiday season na po at mataas nanaman ang tsansa ng sunog dahil sa mga ikinakabit na Christmas decoration kaya sinuportahan din natin ang Kawit BFP sa pagtupad nila ng kanilang tungkulin. #AksyongAngeloAguinaldo #RatedTripleA #PusoAtMalasakitParaSaAtingKawit #MayorAguinaldo

Heaven's Bakehaus of Iligan City wins 2023 DOST National SETUP PRAISE award

Heaven's Bakehaus and Enterprises, in Tibanga, Iligan City wins the 2023 SETUP PRAISE award from the Department of Science and Technology. This national-level recognition was received at the National Science and Technology Week celebration Opening Ceremony in Iloilo City on 23 November.

Owners PSMS Marc Claro and wife, Dr. Roly Ann Claro, receive the award given by the Secretary Dr. Renato U. Solidum Jr, Usec. Sancho A. Maborang, with DOST-X Regional Director Romela N. Ratilla.

The SETUP PRAISE AWARD is given to micro, small, and medium enterprises (MSMEs) who excelled and flourished in their technological and innovative ventures with the assistance of the Department's flagship program, the Small Enterprise Technology Upgrading Program (SETUP). This national search has been done annually for 11 consecutive years now.

The firm has been into the production and distribution of baked products since 2010 with a starting capital of PhP 5,000, registered on 18 October 2012 purposely to create a means of living for a single parent who lived with them. The main product of the business is the piaya that is now one of the most popular pasalubong items from Iligan. Now, patrons call it "Piaya de Iligan" after knowing that it is locally made fresh. It is an unleavened bread pie filled with various flavors from local produce like the muscovado, purple yam, and durian.

The firm first received its SETUP assistance in 2016 for their upgrading of Piaya and Pastel

Processing Equipment. Maximizing the government's available technical assistance, they also availed DOST's Food Safety, Manufacturing Productivity and Expansion Program (MPEX), and Good Manufacturing Practices Standard Operating Procedure Manual writeshop in 2018. This led to a fruitful product and process improvement and the acquisition of the License To Operate from the Food and Drug Administration.

The firm also received a series of trainings on Packaging and Labeling, Food Safety Awareness, Halal certification, and other consultancy services.

In 2021, Heaven's Bakehaus also became a licensee of DOST - Food and Nutrition Research Institute's Enhanced Nutribun (eNutribun) technology. To date, they are the only technology adopter of eNutribun in Lanao del Norte.

Innovative and quality products and the production of enhanced nutribun kept the firm afloat even during the height of the pandemic. They also developed an ube delicacy to sustain ube farmers in the hinterlands of the Iligan. These farmers are now supplying Heaven's Bakehaus directly at a price that brings smiles to the farmers.

The firm also applied for a second set of upgrading with SETUP, which focus

progressed to strengthening mainline products such as Pasalubong Food Items (Piaya, Hopia and Various Baked Products), Bread Products (eNutribun Squash and Carrot Variants, Pan Ramona, Ube and Choco Sliced, Sliced Bread, etc.), Pizza, Cakes and Pastries

In July of this year, Heaven's Bakehaus launched Big Deal Pizza here in Iligan City and at the same time expanded its original manufacturing operations with 15 workers composed of single parents, persons with disabilities, out-of-school youths, and nearing senior citizens. In addition to their various branches in the Lanao del Norte, there are two more branches operating outside Lanao del Norte.

Today, Heaven's Bakehaus is the sole OTOPI (One Town, One Product) Hub in the Province, a one-stop retail store where market-ready products of a community can be found and cater to both local buyers and tourists. Its products are available at the Laguindingan Airport. It is also on the ecommerce platform with POS payments.

Heaven's Bakehaus and Enterprise has impacted



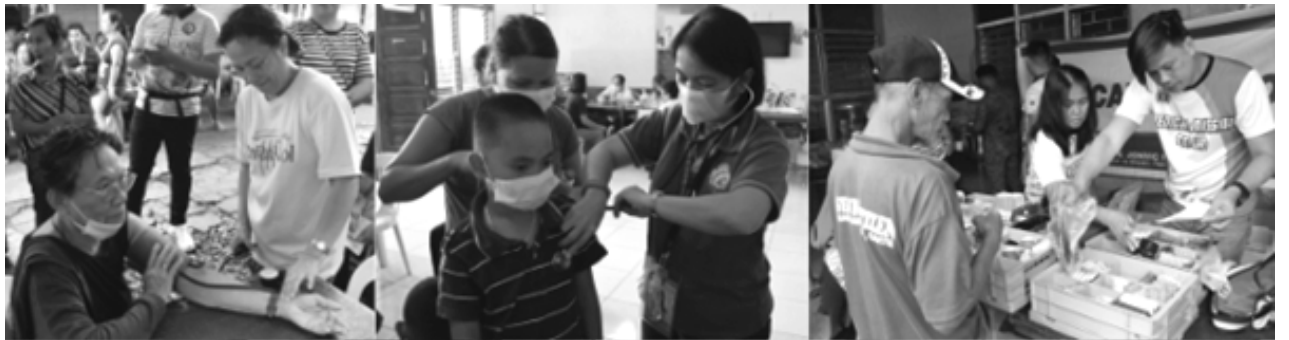
the community so much in terms of providing employment to the vulnerable sectors and in utilizing local farm produce in their products. The bakery continues to innovate and experiment with new products while staying true to its roots and commitment to quality and customer satisfaction.

Owner Mr. and Ms. Claro also received the

regional level SETUP Praise award during the 2023 RSTW sa Amihanang Mindanao in Iligan City on October 11-13, where he encouraged would-be entrepreneurs and startups to seek the assistance of DOST. "Ibutang sa inyong hunahuna ug kasingkasing (put it in your mind and heart) that there is always one DOST for you."

This is the first national SETUP Praise award given to a firm from Northern Mindanao. The awardee was rated based on the criteria: Productivity (17%); Resilience (17%); Agility (17%); Innovativeness (17%); Sustainability (17%); and Excellence (15%). **(Nova Belle C. Calotes/DOST 10) #ScienceForThePeople #OneDOST4U**

Medical mission team in Alfonso, Cavite



In nurturing the health and wellness of Caviteños, the Cavite provincial government, continue to deliver services, particularly to the underprivileged, on November 29, 2023 in Alfonso, Cavite.

With the collaborative effort of the Office of the Provincial Health Officer and Municipal Health Office of Alfonso, 296 locals were able to access the free consultation and check-ups rendered by the passionate medical practitioners.

In addition, the Office of the Provincial Governor provided free prescribed medicines to ease the financial burden of the residents. Aside from that, vitamins and insect repellent lotion were also distributed.

At the juncture, Alfonso Mayor Randy Salamat showed his support and expressed their appreciation to the whole medical mission team for carrying out such activity for the benefit of Alfonsoños. (OPIO)

SUNDAY TRIBUNE
NEWS PUBLISHING

EDITORIAL BOARD

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Sunday Tribune News Publishing is a weekly newspaper of general circulation in the Province of Cavite with Editorial and Business address at 155 Brgy. Panamitan Kawit, Cavite 4104. CP No. 0917-109-9191
E-mail Add: sundaytribunenewspublishing@gmail.com

SUBSCRIPTION RATE

6 Months P250.00 One YearP500.00

ADVERTISING RATE
Commercial — P200/col.cm

NOTE: All news articles and opinions expressed by the writers are entirely their own and do not reflect the opinion of the Publisher, Management of this Publication.

PGC Conducts Orientation on Handling Former Rebels and Former Violent Extremists

The Provincial Government of Cavite, through the Office of the Provincial Social Welfare and Development Officer spearheaded the Orientation on Handling Former Rebels (FRs) and Former Violent Extremists (FVEs) focused on their rehabilitation and reintegration. The activity also aimed to capacitate the frontline workers to effectively engage with these FRs and FVEs. The two-day event, held on November 23-24, 2023, at The Bayleaf Hotel in General Trias City, gathered key stakeholders to strategize and collaborate on addressing the challenges associated with the reintegration process.

Attended by a diverse group of 50 participants, including representatives from the Armed Forces of the Philippines, Philippine National Police, Department of the Interior and Local Government (DILG), academe, local government units (LGUs), former rebels (FRs), and members of the Provincial Enhanced Comprehensive Local Integration Program (E-CLIP) Committee, the event fostered a collaborative environment to explore comprehensive solutions.

Provincial Administrator for Community Affairs Mr. Alvin Mojica, shared insights on the importance

of preparedness in providing social welfare services for rebel returnees and their significant role in achieving holistic peace in the province.

The event featured Informative presentations and discussions covering a spectrum of crucial topics on Legal Framework and Assistance Program. Ms. Lhyrey Vicentino from DILG provided comprehensive insights into Executive Order No. 70, institutionalizing the whole-of-nation approach in attaining inclusive and sustainable peace, creating a national task force to end local

communist armed conflict (NTF-ELCAC), and directing the adoption of a national peace framework; the situation of rebel returnees in CALABARZON region, and the benefits and assistance available through DILG-DND JMC no. 01 Series of 2021 or the "Implementing Guidelines on the Provision of DILG-administered Package of Assistance to Former Rebels (FRs) and Former Violent Extremists (FVEs)."

Ms. Elena May Romano of DSWD IV-A delved into the implementation of DSWD programs under EO 70, shedding light on the assistance programs available to former rebels.



Mr. Carl Jerome Teodoro facilitated discussions on the Joint AFP-PNP Intelligence Committee, the E-CLIP Information System, and Monitoring, Evaluation, Learning Tool. Ms. Carol B. Nuyda from DSWD discussed the Transformative Justice Framework as a method for working with FRs and FVEs. Effective case management strategies for handling former rebels and violent extremists was discussed by Ms. Blessy Costelo from DSWD IV-A. LT Sean Pelandas of the Philippine Army presented insights into understanding the complexities and

dynamics of former rebels, aiming to provide a nuanced perspective. Ms. Maria Aura D. Fuentes highlighted the OPSWDO's programs and services tailored to support former rebels.

In a compelling orientation session, FRs alias Ka Mimi and Ka Leo, recounted their personal journey as former insurgents and the profound motivation that led them to reintegrate themselves into the government fold. They also shared their transformative experiences, shedding light on their decision to

embrace a path toward reconciliation and contribute positively to the community.

The event concluded with reflections and feedback from participants, emphasizing the collaborative efforts and commitment to effective recuperation.

Overall, the event marked a significant step in aligning efforts among various stakeholders toward fostering a supportive environment for the successful reintegration of former rebels and violent extremists into society. (OPIO)

GAD AB ALL: A Step Towards Gender Responsive Society

Trece Martires City National High School's Social Hall became the center of change on November 28, 2023, when it hosted the groundbreaking seminar, "GAD AB ALL: A Step Towards Gender Responsive Society". The event, which celebrated a community free of violence, was organized by the Provincial Government of Cavite through the Office of the Provincial Social Welfare and Development Officer. It featured motivational speakers committed to creating a better future.



The event was hosted by Ms. Danica Pontimar, setting the tone for an impactful gathering and welcoming participants from different cities and municipalities of Cavite. Ms. Aura Fuentes of PSWDO and Mr. Rading Rodis Jr., the representative of the Board Member Romel R. Enriquez, extended warm welcomes to the participants. Their opening messages resonated with a shared commitment to creating a community free from Violence Against Women and Children (VAWC).

Mr. Reynaldo Gutierrez De Guia, Chairperson of Men Opposed to Violence Everywhere (MOVE) delivered a thought-provoking discourse on the theme "GAD AB ALL: A Step Towards Gender-Responsive Society," urging the audience to actively participate in fostering an inclusive and equal society.

The highlight of the event was the moment when all participants took a collective oath, pledging to uphold the "Panata Upang Wakasan ang Karahasan sa mga Kababaihan at Kabataan"

(Pledge to End Violence Against Women and Children). This symbolic act emphasized the attendees' dedication to being champions of change in their community.

As the event concluded, it left an indelible mark on the participants, sowing the seeds for a more aware and compassionate community. "GAD AB ALL" not only symbolized a step forward in the fight against VAWC but also acted as a catalyst for broader conversations and actions essential for building a truly gender-responsive society in Cavite. (OPIO)



Health outreach for Barangay Luciano residents. Another leg of health outreach program was successfully held in Barangay Luciano, Trece Martires City, providing free medical and dental services to the residents on November 23, 2023. Dedicated technical team from the Office of the Provincial Health Officer assessed the wellness of 265 locals, who sought to address their health concerns. Likewise, 48 patients were able to avail free tooth extraction for improved oral health. All patients received free prescribed medicines and vitamins supplements courtesy of the Office of the Provincial Governor. Barangay Captain Luisito Diloy and local officials showed their gratitude and appreciation to the medical mission team, as they generously help the people of Cavite with their basic health concerns through the program, free of cost.



Ako po ay lubos na nagpapasalamat sa Schools Division Office - City of General Trias sa pagkilalang kanilang iginawad sa inyong lingkod at sa lahat ng aking mga kasamang lingkod bayan na bububuo sa Team GenTri. Ang parangal pong ito ay magsilbing inspirasyon po sa amin upang lalong isulong ang pagpapabuti sa sektor ng edukasyon sa ating Lungsod. Binabati ko din po ang mga katuwang natin sa pribadong sektor, gayundin ang mga magulang na binigyan din ng pagkilala sa isinagawang DIVISION EDUCATION STAKEHOLDERS SUMMIT, dahil sa kanilang malasakit at suporta sa Kagawaran ng Edukasyon. Let's Join Forces for Quality Education! Photos by Robert Sarayba #LetsJoinForces #AlagangFerrerAlagangGenTri



Sa tulong ng pondo ng ating Pamahalaang Lungsod, muli tayong nag handog ng prosthesis legs sa dalawa nating kababayang Imuseño na sina Nemesio Manuel II, 69, na naninirahan sa Brgy. Anabu I-F at Erick Lozada, 52, na nakatira naman sa Brgy. Mariano Espeleta III. Tinitiyak po namin sa inyo na hindi po kami hihinto sa pagbibigay ng tulong at serbisyo sa Imuseño! #AAngatAngImus #AlagangAdvincula

Empowering... (FROM PAGE 8)

crucial role during the event, fostering connections between aspiring PWD entrepreneurs, mentors, and established business leaders.

The event facilitated an environment where participants could exchange ideas, seek advice, and explore potential collaborations. This networking aspect aimed to create a supportive ecosystem that extends beyond the

program itself. Government sectors including Bureau of Internal Revenue, Department of Trade and Industry, TESDA, Department of Science and Technology and Department of Information Technology and private sectors such as PLDT and Smart Communications engaged in comprehensive discussions, shedding light on their respective

programs and services aligned with the realm of entrepreneurship. The event also saw commitments from both governmental bodies and private sector representatives to foster a more inclusive entrepreneurial environment.

Overall, the event not only showcased the entrepreneurial potential within the PWD community but also emphasized the importance of ongoing support, mentorship, and a collaborative effort from society at large. (OPIO)

CALAX... (FROM PAGE 1)

than 95% of the right-of-way for this segment has already been acquired, and the team has already begun earthworks and bridge constructions.

"Governor's Drive will be the second-longest segment of CALAX, spanning almost 8km in length. We target to open it to the motoring public before the end of 2024. Through this interchange, we aspire to revolutionize our motorist travel experience, by connecting communities and helping improve the economy of the region," shared Mr. Raul L. Ignacio, President,

and General Manager of MPCALA.

Looking forward, CALAX is set to reach a total length of 45 kilometers by 2025, featuring eight strategically positioned interchanges: Technopark, Laguna Boulevard, Santa Rosa-Tagaytay Road, Silang East, Silang (Aguinaldo), Governor's Drive, Open Canal, and Kawit Interchange.

CALAX will seamlessly connect with the Manila-Cavite Expressway (CAVITEX) in Kawit, further unifying key regions. Presently,

operational segments span from Mamplasan Rotunda up to the Silang (Aguinaldo) Interchange.

MPCALA, a Metro Pacific Tollways Corporation (MPTC) subsidiary, is the leading mobility infrastructure and solutions provider in the Philippines. As the toll road development arm of Metro Pacific Investments Corporation (MPIC), MPTC's portfolio includes the concession rights for North Luzon Expressway (NLEX), NLEX Connector Road, Subic-Clark-Tarlac Expressway (SCTEX), and Cebu-Cordova Link Expressway (CCLEX) in Cebu, in addition to CALAX and CAVITEX.

Speaker... (FROM PAGE 8)

"Ito po ang pangako ng Bagong Pilipinas – isang nagkakaisang pamahalaan na hindi naghahintay. Bagkus ay kusang umaabot sa mamamayan upang matugunan ang inyong mga pangangailangan sa mas lalong madaling panahon," Speaker Romualdez, one of the proponents of the nationwide program, added.

The event was held at the Isabela Sports Complex.

House Deputy Secretary General Sofonias "Ponyong" P. Gabonada, a member of the BPSF National Secretariat, said thirty-six national government agencies offering over 195 services for at least 100,000 expected beneficiaries participated during the two-day festival of services.

For the BPSF, Gabonada said a total of P500 million worth of programs and services will be distributed, including P152 million worth of cash aid to citizens of Isabela.

"Batid po namin na hindi madali sa marami sa atin, lalo na kayong nakatira sa malalayong lugar, ang pumunta at makahingi ng tulong sa pamahalaan. Kaya nga po, sa Serbisyo Fair na ito, ang pamahalaan na po ang lumalapit sa inyo," Speaker Romualdez said.

"Sa Serbisyo Fair, nagsama-sama ang iba't-ibang mga sangay ng pamahalaan upang nang mas mabilis ang m a h a l a g a n g impormasyon at serbisyo tungo sa ating samasamang pag-unlad," he continued. "Halos lahat ng inyong pangangailangan

— sa kalusugan, kabuhayan, trabaho, pag-aaral — narito po ngayon sa Serbisyo Fair."

Among the services offered will be DSWD's Assistance to Individuals in Crisis Situations (AICS) program, which will have a province-wide payout in all three cities and 34 municipalities and is expected to reach over 42,000 individual beneficiaries amounting to P140 million pesos.

Other province-wide activities include various scholarship programs of TESDA and CHED and livelihood assistance for multiple sectors in pre-identified eligible clients across Isabela.

On the first night of the Serbisyo Fair, a Pasasalamat Concert will also be held at the Ilagan Sports Complex with free admission, which is expected to draw a crowd of at least 35,000 people. (END)

EXTRA-JUDICIAL SETTLEMENT OF ESTATE OF JOSE SUMAGAYSAY CALAJATAN

NOTICE IS HEREBY GIVEN THE PUBLIC THAT this Deed made and executed by and among: WE, JOSEFINA T. CALAJATAN, widow, JOY CALAJATAN SABINO married to Ronel Alcobar Sabino and JOAN CALAJATAN OROSCO, married to Jovie Orosco, all of legal ages, all Filipino citizens and all residents of Brgy. Ibayo Silangan, Naic. Cavite hereby: DECLARE AND MAKE MANIFEST: 1. THAT, we are the only heirs being the surviving wife and children of the deceased, JOSE SUMAGAYSAY CALAJATAN who died on March 31, 2002 at Iloilo City, Iloilo; 2. THAT, at the time of his death, the deceased was a resident of Tanza, Cavite and died without any obligation to any person or persons and died without any will; 3. THAT, the deceased, JOSE SUMAGAYSAY CALAJATAN, left as his estate a unit located at Lot 8, Block 10, Area B-1, DBB Dasmariñas City, Cavite; 4. THAT WE, hereby divide and adjudicate as we have hereby divided and adjudicated among ourselves the above-described unit including all our Interests and participation, equally, Pursuant to Sec. 1 Rule 74 of the Revised Rules of Court; 5. THAT WE, JOY CALAJATAN SABINO married to Ronel Alcobar Sabino and JOAN CALAJATAN OROSCO, married to Jovie Orosco, hereby agreed as we hereby agree to waive our rights, interests and participations over the unit located at Lot 8, Block 10, Area B-1, DBB Dasmariñas City, Cavite, in favor of our mother, JOSEFINA T. CALAJATAN, widow, of legal age, Filipino citizen and a resident of Brgy. Ibayo Silangan, Naic, Cavite. This has been the subject of EXTRA-JUDICIAL SETTLEMENT OF ESTATE OF JOSE SUMAGAYSAY CALAJATAN duly executed on November 25, 2023 at Naic, Cavite by the HEIRS before Notary Public, ATTY. JOSE A. MENDOZA as per Doc. No. 313, Page No. 64, Book No. XXI, Series of 2023.

Publication: Sunday Tribune News Publishing
Dates: December 3, 10 & 17, 2023

EXTRA-JUDICIAL SETTLEMENT OF BANK DEPOSIT OF THE LATE JESUS JR. PACINAL SORIANO

NOTICE IS GIVEN THE PUBLIC THAT THE LATE JESUS JR. PACINAL SORIANO WHO DIED ON OCTOBER 29, 2023 IN NAIC, CAVITE WITHOUT ANY OBLIGATION TO ANY PERSON OR PERSONS AND WITHOUT ANY WILL; LEAVING A BANK DEPOSIT IN PHILIPPINE NATIONAL BANK, NAIC, CAVITE BRANCH, A PESO SAVINGS ACCOUNT UNDER ACCOUNT NO. 243710048432 AMOUNTING TO ONE HUNDRED THOUSAND ONE HUNDRED SIXTY ONE PESOS AND ELEVEN CENTAVOS (Php100.161.11) WAS EXTRA-JUDICIALLY SETTLED AMONG HIS HEIRS AS PER DOC. NO. 237, PAGE NO. 49, BOOK NO. XXI, SERIES OF 2023 BY ATTY. JOSE A. MENDOZA, NOTARY PUBLIC.

Publication: Sunday Tribune News Publishing
Dates: NOV. 26, DEC. 3 & 10, 2023

DOST-CALABARZON Marks 60 Years of Innovation, Gratitude, and Partnership

The Department of Science and Technology (DOST)-CALABARZON recently commemorated a significant milestone, celebrating the 60th Anniversary of DOST 4 with the theme "DOST 4's 60 Years of Iridescence: Illuminating the Path of Science, Technology, and Innovation." The event was held at the Lima Park Hotel last November 17th.



The event's objective is to show gratitude to the staff, project partners, laboratory clients, media collaborators, and SETUP adopters. Its purpose is to sincerely thank the invaluable partners whose significant contributions have propelled the organization's success over the years.

Ms. Emelita P. Bagsit, Regional Director of DOST-CALABARZON, opened the event by expressing gratitude and acknowledging the monumental journey of DOST-CALABARZON over the past six decades.

The program continued with a series of recognitions. Francisco R. Barquilla III, Assistant Regional Director for Technical Operations, presents awards to Project Partners and Collaborators, highlighting their role in the organization's success. Following this, Agnes G. Morales, Testing and Calibration Laboratory Center Manager acknowledged and awarded Loyal Laboratory Customers for their support. Ms. Krizzia Mei Esperanza of the Public Affairs, Relations, and

Communications Unit Head presented the Gawad Tambuli Award, and Ms. Lyn A. Fernandez, Assistant Regional Director for Finance and Administrative Services, presented Certificates of Ownership to Graduated SETUP Adopters.

The event aims to nurture existing partnerships and forge new ones to ensure continual support and collaboration in science and technology. The main goal is to showcase DOST-CALABARZON's important accomplishments and their significant impacts on the



community, all thanks to the strong support and collaboration of these respected partners.

The program continued in the afternoon to honor and award loyal employees for their dedication and significant contributions to the growth and success of DOST-CALABARZON. The

celebration served as a testament to six decades of remarkable achievements, sincere appreciation, and the power of collaboration in advancing science and technology.

Note to editors: DOST-CALABARZON is one of the regional offices of the Department of Science and

Technology and is located at Jamboree Road, Brgy. Timugan, Los Baños, Laguna. For more information, you may visit us on Facebook at [facebook.com/dostcalabarzon](https://www.facebook.com/dostcalabarzon) or website www.region4a.dost.gov.ph. You may also reach us at parcu@ro4a.dost.gov.ph.
(By Harley G. Margallo)

A TIME TO CELEBRATE CHRISTMAS TRADITIONS WITH OUR HOME

Make every celebration even the simplest of get-togethers more meaningful and festive this holiday with Our Home.



Celebrate Christmas traditions and create new memories in this vintage red themed living room where you can settle in and lounge around with your family and friends. Styled for entertaining while at the same time giving off a warm, cozy and homey feel.



A soft spot for everyone. Holiday cushions to hug in red palette and different textures are a great addition to a sofa and stylishly add a festive look in your room.

At Our Home, the celebration is given a stylish look with furniture and furnishings, accents and accessories that are designed for entertaining while at the same time giving off a warm, cozy and homey feel.

Red is always a color associated with Christmas and at Our Home, Christmas and the color red when combined, spells a sophisticated yet subtle

mix on how to celebrate the season in style. Be inspired with Our Home's Vintage Red theme this holiday. Vintage pieces from the Art Deco Period as well as from the Mid-Century Styles are given a current and trendy application when paired with contemporary pieces that evoke a sense of nostalgia while at the same time allude to a cosmopolitan atmosphere

in the home. Textures and colors vary; plush and tactile fabrics in pillows and upholstery are paired with the softness and smoothness of leather with marble accents in gray and white, creating a mix that exudes a certain ode to the classic lines of the 50s and 60s but given an avant-garde treatment. Christmas décor and accoutrements are also in



Tree decorating becomes more personal and stylish when balls, garlands, berries, hollies and even flowers punctuate the traditional tree.

Gather around the table for a great and memorable conversations this holiday.

the same palette - in its feel and in its look. Christmas trees are subtly adorned in white, red and silver for that ode to the Christmas color but at the same time styled minimally to pay homage to its vintage inspirations. Even Christmas characters from the vintage era come alive; Santa Claus, Rudolph and Frosty are all in

attendance lending an old-world charm to an otherwise totally current ambiance. Be creative in mixing the new and the now with the classic and the chic.

This Christmas, celebrate the season with a stylish flair yet a subtle hint to the vintage. Only at OUR HOME... Great Designs... Great Prices.

Visit Our Home stores <https://ourhome.ph/pages/branches> for our full Holiday Collection and get yours now. You can also shop online through www.ourhome.ph. Shop for style the way you want with your personal shopper right in the comfort of your home with Call to Deliver 0917-831-5260.

Students encouraged to take up sports-related courses



PANAGHISGOT 2023. Sports and fitness practitioners, coordinators, directors, and program heads in Mindanao convened for the "Panaghisgot 2023" in Davao City on Saturday (Nov. 25, 2023) to collaborate on strategic actions that would contribute to sustainable sports development programs for Mindanao. The University of the Philippines-Mindanao is seeking partners that can help the institution offer opportunities to students in courses related to sports. (Photo courtesy of UPMin)

Aside from popular college courses, the University of the Philippines Mindanao (UPMin) encourages students to pursue sports degrees for its burgeoning prominence.

In an interview on Tuesday, Dr. Jezreel Abarca, chairperson of the UPMin Department of Human Kinetics, said sports science offers a wide variety of careers that they can pursue, such as working with programs at the professional, collegiate, and high school levels.

"We aim to produce globally competitive graduates with intercultural skills who are responsive to the need of Mindanao in promoting sports and human movement sciences through an evidence-based approach in

instruction, research, extension, and public service," Abarca said.

Sports-related academic programs aim to equip graduates with the ability to apply concepts of exercise physiology and human bioenergetics in the context of sports performance, physical activity, and injury prevention, she said.

"The students are also taught the socio-cultural aspects of sport and exercise to produce well-rounded practitioners," she added.

Dr. Lyre Anni Murao, UPMin chancellor, said instituting sports programs

provide opportunities for students to explore their careers in sports.

Sports is an option for students, not just traditional career paths like engineering or medicine. Our program allows them to experience sports and include it in their career path," Murao said.

Sports and fitness practitioners, coordinators, directors, and program heads in Mindanao convened over the weekend to collaborate on strategic actions that would contribute to sustainable sports development programs for Mindanao. (PNA)

Benguet capital to witness mixed martial arts, kickboxing bouts

Ten mixed martial arts bouts and three kickboxing matches will be held during Team Lakay's "Benguet Explosion Martial Arts Tournament" on Dec. 9 at the Wangal Sports Complex in the Benguet's capital, La Trinidad.



BIG DAY. The "Benguet Explosion Martial Arts Tournament on Dec. 9, 2023 at the Wangal Sports Complex in La Trinidad, Benguet will show action to 10 mixed martial arts bouts and three kickboxing matches allowing local followers to experience watching an international caliber match in the Team's home base. The bouts are part of the 123rd Foundation anniversary of the province, Team Lakay Coach Mark Sangiao said the sporting event would serve as an avenue for exposure for new players. (PNA photo from Team Lakay Facebook page)

"We have athletes from different parts of the country, as far as the South, and from various martial arts clubs and gyms who will be in the octagon for all of us to see first-hand," Team Lakay Coach Mark Sangiao said in a phone interview on Wednesday.

The tournament is part of the official activities and the culminating event of the 123rd Benguet Foundation anniversary through Adivay Festival that had its main day last November 23.

In a press release, Team Lakay said Jean Claude Saclag, a multi-gold medalist at the Southeast Asian Games, will headline the event in a high-stakes bantamweight fight against Ronald Regaldao.

ONE Warrior Series - Philippines champion Adonis Sevileno will face Reden Manguiat while Nahuel Gandolfi will fight

against Rone Deliu.

Joris Jonker and Mark Obrero will engage in a thrilling catchweight bout while Conan Dela Peña will be facing off Neptali Ticar.

For the undercard matches, the players are John Ira Barrinetos versus Duane Pascua, Ezra Saclag against Wilmer Salpad, Firoz Khan against Eugene Tablinga, and a featherweight battle between Jed Sayud and Daryle Wadasen.

Adding a kickboxing flair to the night, Gamebar Angcaway will face Christian Gutierrez, Jyrisce Gean Legaspi will take on Judah Paul Saingan and lady fighters Jerlyn Kingad and Jhen Buzon will have their part.

Sangiao said there will be two professional matches that will be sanctioned by the Games and Amusement Board "and definitely a treat to our people here in our region."

"This is for entertainment but the most vital point of this event is for our starting athletes from different regions and clubs all over the country to have an avenue for exposure before they go out internationally to represent our country. This is their training ground before the global stages," he said.

Team Lakay, which has a gym in La Trinidad, recently held the free "Future Champion Kids Training" program that was participated in by 15 young athletes. The training is the team's investment in the grassroots for a future crop of world-class athletes.

Among its successful players are Eduard "Landslide" Foliday, Joshua "The Passion" Pacio, Kevin "The Silencer" Belington, and Honorio "The Rock" Banario. (PNA)

Gymnast Lagman captures 2nd all-around title

Sabrina Richelle Lagman displayed her awesome form to capture the all-around title in the High Performance 1 category of the 2023 Learn and Train Sports Academy (LTSA) Invitational held at the SM Southmall, Las Piñas from Nov. 25-26.



YOUNG STAR. Sabrina Richelle Lagman holds her all-around champion trophy during the awarding ceremony of the Learn and Train Sports Academy (LTSA) Invitational women's artistic gymnastics competition at the SM Southmall in Las Piñas from Nov. 25-26, 2023. She had a total of 32.550 points. (Contributed photo)

She tallied 32.550 points to claim victory over Julianna Lexie Racoma (31.650), Cami Fider (30.950), Amara Brielle Co (29.750), Mirelle Otayza (29.700) and Chalsea Belle Loiose Tuazon (4.550).

Lagman ruled the uneven bars, scoring 7.100 points to prevail over Fider (6.600), Racoma (6.400), Co (5.050) and Otayza (4.750).

She also registered the highest score of 8.500 on the balance beam, besting Otayza (7.850), Racoma (7.750), Fider (7.350)

and Co (7.250).

In the floor exercise, Lagman (8.650) placed fourth behind Fider (8.850), Co (8.800) and Otayza (8.750). Racoma was fifth with 8.600.

She was also fourth in the vault with 8.300 points. Racoma (8.900) was first followed by Co (8.650) and Otayza (8.350). Fider (8.150) and Tuazon (4.550) were fifth and sixth, respectively.

"I did my best for my daddy," the seven-year-old gymnast said in an interview on Thursday.

The Grade 2 student from Assumption College in Makati dedicated her

trophy to father Mike, who was confined in the hospital during her competition.

It was the second all-around title for Lagman after dominating the 6-year-old and under category last year at the MVP Sports Foundation Gymnastics Center in Intramuros, Manila.

The LTSA, which organized the tournament in cooperation with the Gymnastics Association of the Philippines, aims to develop gymnasts for the national team. (PNA)

SM Foundation lauds 397 college scholar-graduates A Celebration of Triumph: SMFI Presents 397 college scholar-graduates

The SM Foundation (SMFI) celebrated the graduation of its 397 scholars from the class of 2023, including 8 summa cum laude, 72 cum laude, 55 magna cum laude, and 26 academic distinction awardees.



Held at the SMX Convention Center in Pasay City, the presentation of graduates served as a mark of the significant milestone in the scholars' academic journeys and a testament to their resilience and determination to uplift their families and illuminate a path for future generations.

The inspiring event was joined by scholars' families, esteemed partners, and the SM Foundation's heads, including the foundation's Executive Director for Education Programs, Carmen Linda Atayde.

In her address, Atayde emphasized the transformative power of education: "Behind these impressive statistics lie

stories of triumph over challenges, stories of dreams pursued against all odds.

These scholars, hailing from humble backgrounds, have shown that with opportunity and hard work, one can break the intergenerational cycle of poverty."

Atayde also recognized the support of mentors, educators, and the Sy family, noting how their efforts have paved the way for success, not only for today's graduates but also for the communities they represent.

Echoing the vision of the SM group's founder, Tatang Henry Sy Sr., SMFI Executive Director Debbie Sy also emphasized the importance of education as a tool for social mobility

and poverty alleviation.

"As we stand here today, let us remember the vision of Tatang, who believed deeply in the power of education to break the shackles of poverty," she said.

Addressing the scholars, Sy reminded the SM scholars of their role as catalysts for change in their communities: "You are the living proof of the transformative power of education. The SM Foundation Scholarship Program's goal is not just academic success but to break the intergenerational cycle of poverty."

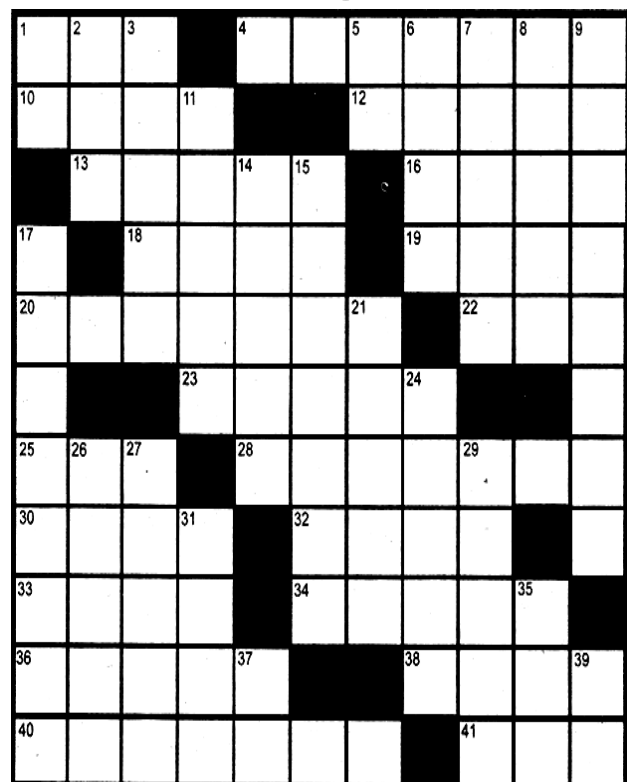
"Now, armed with knowledge, be agents of social good in your communities. Your journey doesn't end here;

it's a new beginning, and we can't wait to witness the positive impact you'll create," she capped.

The SM Foundation's Scholarship Program, established in 1993, has provided financial and holistic support to over 8,000 college and technical-vocational scholars, empowering them to pursue their academic aspirations and contribute to the betterment of their families.

This cements the SM group's commitment to social good in the last 40 years, ensuring that deserving students, especially from low-income communities, have access to quality education and the opportunity to break the cycle of poverty.

PALAI SIPAN



PAHALANG

- 1 Mr. Lozada
- 4 Magat _____
- 10 Total
- 12 Oro ___ Mata
- 13 Paghapdi ng mata dahil sa sabon
- 16 ___ Sunday
- 18 Kapisanan
- 19 United ___ Emirates
- 20 Samahan
- 22 Solo
- 23 Pag-ipit sa leeg
- 22 Solo
- 25 Guest Relations Officer
- 28 Hahalimuyak
- 30 Pawikan
- 32 Ms. Anabelle
- 33 Palayaw panlalaki
- 34 Kaibigang babae
- 36 Tatag
- 38 Likha
- 40 Hindi akma
- 41 Tycoon na Lucio

PABABA

- 1 Integreted School
- 2 Ms. Ledesma
- 3 Pangalang pambabae
- 5 Liberal Party
- 6 kudyapi
- 7 Puwede
- 8 Mapa ng daigdig
- 9 Uri ng isda
- 11 Bansag
- 14 Lusaw
- 15 Takip sa mukha
- 17 Daanan ng tao sa tabi ng kalye
- 21 Maghihintay
- 24 Ginaw
- 26 Pangalawang panlalaki
- 27 Halamang medisinal
- 29 ___ Salamat
- 31 Senator Cayetano
- 35 Habag
- 37 Yeng Guiao
- 39 Hulapi

Parents and Scholars Orientation

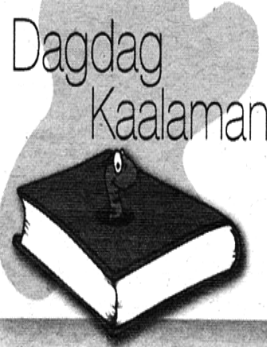


In a bid to empower young minds and pave the way for a brighter future, the Provincial Government of Cavite through the Office of the Provincial Public Employment Services Manager together with the Overseas Workers Welfare Administration (OWWA), hosted the "Parents and Scholars Orientation" on November 23, 2023 at SM City Trece Martires, Cavite. With a total of 44 eager scholars and their equally engaged guardians, the event promises to be a pivotal moment for those seeking educational and career guidance.

OWWA representative Jennifer E. Jumbas, took the stage with her valuable insights which delved on career pathways to success. Adding to the discourse, Mr. Alvin S. Mojica, Provincial Administrator for Community Affairs and Ms. Rizalie P. Enero, Cavite Provincial PESO Manager, shed light on the government's role in community development and the significance of education in this process.

The orientation served as a platform where scholars and guardians can learn, connect, and envision a future filled with opportunities. With the knowledge and experience shared by the speakers, attendees were equipped with the information and motivation needed to navigate the academic and professional landscapes. (OPIO)

SAGOT SA NAKARAAN



Kahit dwarf planet ang Pluto, ito ay may mga moon-Charon, Nix, Hydra, Kerbero at Styx.

Empowering Possibilities: Persons with Disabilities (PWDs) Entrepreneurs, Overcoming Challenges and Achieving Success

The Adaptive Technology for Rehabilitation, Integration, and Empowerment of Visually Impaired, Inc. (ATRIEV) in partnership with the Office of the Provincial Persons with Disability Affairs Officer facilitated "The Power of Perseverance: The Rise of PWD Entrepreneurs", an entrepreneurship event for PWDs held at Tagaytay Summit Ridge Hotel on November 23, 2024. The event marked a significant stride towards inclusivity, recognizing the untapped potential within the PWD community and providing a platform for them to thrive as entrepreneurs.



Provincial Administrator for Community Affairs, Mr. Alvin S. Mojica, graced the event on behalf of Governor Jonvic Remulla. With sincerity and commitment, he conveyed the provincial government's steadfast support to the initiatives and programs aimed at

empowering individuals with disabilities.

One of the highlights of the program was the sharing of success stories by accomplished PWD entrepreneurs. The stories not only served as a source of inspiration but also demonstrated the diverse range of businesses that

can be successfully managed by individuals with different abilities. From technology start-ups to artisanal crafts, the entrepreneurs showcased the limitless possibilities within the PWD community.

Networking played a **► EMPOWERING • 4**

Mobile Modular Food Processor launched in Iloilo City



ILOILO CITY: The Department of Science and Technology (DOST) proudly launched the Mobile Modular Food Processing Facility (MMFPF) on November 23, 2023. This first MMFPF truck, labeled as FoodTRIP, aims to cater to the food processing needs of various provinces in the country. This facility can also serve as a food processing training and demo facility for agriculture and fishery commodities that will help farmers' dilemma on surplus and food loss. The said MMFPF truck will be stationed at Capiz State University's Dayao Campus. For Western Visayas, DOST will first launch a frying module that features pre-processing, conventional frying, vacuum frying, and packaging technologies. Moreover, the agency will not just launch one truck; the other four trucks will be deployed to MIMAROPA, Zamboanga, and Northern Mindanao. The activity was attended by various local industries, regional offices, SUCs, cooperatives, and other STI partners. #OneDOST4U

SUNDAY TRIBUNE

NEWS PUBLISHING

VOLUME II • NO. 18 • DECEMBER 3 - 9, 2023 • P10.00

SPEAKER ROMUALDEZ: SERBISYO CARAVAN TO BRING P500 M WORTH OF PROGRAMS CASH AID TO ISABELA PROVINCE



THE Bagong Pilipinas Serbisyo Fair (BPSF) of President Ferdinand "Bongbong" Marcos Jr. was launched Saturday in the Province of Isabela, bringing a total of P500 million worth of programs and cash assistance to the citizens of the province from November 25 to 26.

Speaker Ferdinand Martin G. Romualdez, who represented President Marcos, said the BPSF in Isabela will be the first in Region II and the eighth installment of the serbisyo caravan.

"Ang administrasyon ng ating mahal na Pangulong Ferdinand Marcos Jr. ay handang tumulong sa lahat ng nangangarap at kumikilos para sa mas magandang buhay," said Speaker Romualdez, who graced the affair hosted by Deputy Speaker Antonio "Tony" T. Albano together with Isabela Governor Rodolfo "Rodito" T. Albano III, and Ilagan City Mayor Josemarie "Jay" L. Diaz. **► SPEAKER • 4**

**Tara KawEAT
sa Las Tiendas!**

Starting December 1 to 30, 2023
Freedom Park, Kawit, Cavite

MAYOR
AGUINALDO

[f](#) [t](#) [@](#) @mayoraguinaldo

#TaraSaKawit na at mag KawEAT sa Las Tiendas! Good news po sa mga kapwa foodies natin diyan! Muling magbubukas ang Las Tiendas Food Bazaar and Acoustic Night sa Freedom Park simula December 1 at magtatagal buong buwan. Isama ang family, friends, at loved ones at i-enjoy natin ang good food at magagandang pailaw sa Aguinaldo Shrine! #RatedTripleA #PusoAtMalasakitParaSaAtingKawit #MayorAguinaldo