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DOH opens super health center in Imus City

IMUS CITY, Cavite (PIA) — Residents of Imus City can now have improved access to healthcare services with the opening of the Department of Health's (DOH) Super Health Center in Barangay Carsadang Bago 1 in Imus, Cavite.

Health Secretary Teodoro Herbosa, who led the inauguration of the healthcare facility on Jan. 19, emphasized that the Super Health Center reflects the DOH's commitment to improving access to healthcare services and realizing Universal Health Care (UHC).

According to DOH, the Super Health Center offers various health services, including x-ray, an animal bite clinic, Tuberculosis Directly Observed Therapy

Short Course (TB-DOTS), dental, laboratory, pharmacy, immunization, family planning, and reproductive and wellness services.

Citing challenges in the implementation of UHC, Herbosa said the DOH needs the support of local officials to proactively implement health programs and improve the country's healthcare system.

"Mayor Advincula said that I am the supposed guardian of health in our



country. That is not easy. I need to help 130 million Filipinos, and I can't do that alone. We need

▶ DOH OPENS • 4

DEPT. OF AGRICULTURE ISINUSULONG ANG MAS MATAAS NA ONION PRODUCTION SA MAGALLANES:



Nitong January ibinida ng mga magsasaka sa bayan ng Magallanes ang kanilang aning sibuyas sa harvest festival na pinangunahan ng Office of the Municipal Agriculturist nitong Ika-18 ng Enero.

Katuwang ang Department of Agriculture at ng Office of the Provincial Agriculturist at bayan ng Magallanes sa pamumuno ni Mayor Jasmin Angelli Maligaya-Bautista layon nitong hikayatin ang mga lokal na magsasaka na magtanim ng sibuyas bilang tugon sa mataas na pangangailangan nito sa merkado.

Ayon sa DA Calabarzon, alinsunod ito sa direktiba ni Regional Director Milo delos Reyes na palakasin ang produksyon ng sibuyas sa rehiyon sa pamamagitan ng pagbibigay suporta sa mga lugar kung saan angkop ang pagtanim ng sibuyas. / via DA-Calabarzon



Guiral of Barangay Bancaan. Mula sa kaliwa Award winning Fashion Designer Mr. Jojie Lloren, Miss Universe Philippines 2021 Ms. Beatrice Luige Gomez, Binibining Pilipinas Universe 2011, 3rd Runner-up Miss Universe 2011, National Director of Miss Universe Philippines Ms. Shamcey Supsup-Lee, at ang nagbigay ng sigla at inspirasyon sa bayan ng Naic Ms. Jacinta Remulla. Sigurado na ang spot ni Miss Universe Philippines Naic - Mary Rose Guiral ng Barangay Bancaan sa Miss Universe Philippines 2024. (Marites L. Leonillo /Photo by: Vincent Octavio)

FREE ANTI-FLU DRIVE THRU VACCINATION PARA SA MGA RIDERS, DRIVERS, MARKET VENDORS, AT SKILLED WORKERS +

January 23, 2024 (8 am onwards) Drive-thru vaccination
at Liwasang Aguinaldo (Freedom Park)

Mayor Angelo Emilio Aguinaldo
Vice Mayor Junble Samala
Konsehal Armie Aginaldo

RATED TRIPLE A



Maraming salamat po sa mga kababayan nating nakiisa sa Free Anti-Flu Drive-thru Vaccination for Riders, Drivers, Market Vendors & Skilled Workers ng Kawit RHU! Abangan n'yo pa po ang mga susunod nating programang pangkalusugan! Maraming salamat din sa mga masisipag na kawani ng Kawit RHU na nangunguna sa mga #AlagangAngeloAguinaldo program natin para sa kalusugan ng ating mga kababayan! #RatedTripleA #PusoAtMalasakitParaSaAtingKawit

EDITORIAL

We need to prepare now for the next pandemic

THIS May, the World Health Organization (WHO) will seek approval for its global pandemic preparedness plan, a comprehensive strategy to strengthen international response to the next health catastrophe.

The plan has been two years in the making and decided on by WHO's member-states, as the world grappled with the Covid-19 pandemic.

Covid-19 would eventually afflict about 774 million people and claim 7 million lives.

The pandemic also "ripped apart our social, economic and political systems, and became a multitrillion-dollar problem," as one WHO official described it.

WHO Director General Tedros Adhanom Ghebreyesus has highlighted the urgency to approve the plan, believing it "will help to protect our children and grandchildren from future pandemics."

Tedros, however, is finding out there are obstacles that stand in the way of the plan's approval. Earlier this week, he said sharp differences among the member-states and "a torrent of fake news, lies and conspiracy theories" threatened to short-circuit efforts to push the plan forward.

For instance, European countries wanted more money invested in pandemic prevention, while Africa wanted more access to "countermeasures" such as vaccines and treatments, Tedros said.

He also denied claims that the accord would give the WHO the power to impose lockdowns and vaccine mandates.

"We cannot allow this historic agreement, this milestone in global health, to be sabotaged," Tedros said.

As early as 1999, the WHO had developed a six-phase framework for pandemic preparedness and response. It traces the spread of a virus from animals to humans, to "community-level outbreaks" and country-to-country transmission, and finally to a global contagion.

The level of preparedness and mitigation is cranked up at every phase, and the plan also incorporates a post-pandemic recovery effort.

The plan was updated in 2005, but it still proved woefully inadequate against the onslaught of Covid-19.

Perhaps the biggest flaw in WHO's response was the delay in declaring a pandemic. On Jan. 30, 2020,



the agency considered Covid-19 a public health emergency of international concern, its highest level of alert.

The WHO balked at declaring a pandemic because the term was not in the international health regulations, or IHR. It took two months before it acknowledged a global outbreak, and by that time, the virus was wreaking havoc across the world.

During a briefing on March 11, 2020, Tedros announced that there were more than 118,000 Covid cases and 4,291 fatalities in 114 countries.

Tedros said the WHO was "both deeply concerned both by the alarming levels of spread and severity, and by the alarming levels of inaction."

He noted that while some countries were struggling "with a lack of capacity" and "a lack of resources," there were also countries that were coping with "a lack of resolve" in fighting the pandemic.

WHO said its Covid-19 Strategic Preparedness and Response Plan for 2021 provides the guidelines "for coordinated action that we must take at national, regional and global levels to overcome the ongoing challenges in the response to Covid-19, address inequities and plot a course out of the pandemic."

Tedros, however, admits that an "extreme" amount

of work needs to be done before the plan is put to a vote at the World Health Assembly in March.

Disease X deadlier threat

He warned that failure to reach an agreement would be "a missed opportunity for which future generations may not forgive us."

There is, however, a more urgent reason for putting up an effective shield against another worldwide virus threat.

Last September, a British health expert warned about what the WHO has labeled as Disease X, which could be deadlier than Covid-19.

Little is known about Disease X, hence the designation. The WHO is still trying to determine whether it's a virus, bacterium or fungus.

The expert, Kate Bingham, said in a newspaper interview that the world must be ready to initiate mass vaccination campaigns and deliver doses quickly once Disease X strikes.

Bingham said global interconnectedness, mushrooming urban populations and deforestation have made it easier for viruses to mutate and survive.

Disease X may already be primed to be the next pandemic. That's a terrifying thought, because we are not fully prepared to deal with it.

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On January 12, 2024, the community of Barangay Lalaan 1 in Silang, witnessed a collective effort towards promoting health. The provincial government of Cavite's medical mission team, alongside local officials, led a mission that touched 463 lives with consultations and free medicines for all ages. Mayor Atty. Kevin Amutan Anarna, Vice Mayor Edward Carranza, and Sangguniang Bayan members stood in strong support, emphasizing the community spirit. Vice Governor Athena Bryana Tolentino added a comforting touch, sponsoring free lugaw for everyone involved. Beyond healthcare, it was a day in Silang where both leaders and residents exchanged warmth and expressions of care. (OPIO)

DOST plants R&D investments for the future of agro-industries in Mindanao

The Department of Science and Technology held the second leg of its 2024 Call Conference in Cagayan De Oro City for the Mindanao Cluster. In an effort to encourage local businesses, academic institutions, local government units and other related stakeholders to avail of research and development (R&D) funding, outputs of innovation centers in Mindanao were showcased.



"R&D holds the power to reshape our country's agribusiness landscape," said DOST Undersecretary Leah J. Buendia. "We can improve the way agriculture is practiced and support our farmers and local businesses in enhancing their productivity, sustainability and profitability."

In focus are Niche Centers in the Regions (NICER) for R&D Program funded innovation Centers in Mindanao. Through the program, qualified Higher Education Institutions (HEIs) in the regions are provided with R&D grants so they can undertake quality research directed at promoting regional development.

Capitalizing on the diversity and abundance of sea cucumbers in selected areas of Mindanao, DOST funded P72 million pesos

to Mindanao State University in Naawan to create the Sea Cucumber R&D Center. The innovation center focused on two economically viable and high value species – the white teatfish (*Holothuria fuscogilva*) and the sandfish (*Holothuria scabra*). The NICER program is developing hatcheries within coastal communities in Mindanao to provide alternative and sustainable sources and to ensure that the dwindling numbers of sea cucumbers in the wild will be undisturbed.

For seaweed R&D, DOST supported and funded the Seaweed Research and Development Center (SeaRDeC) NICER at the Mindanao State University Tawi-Tawi College of Technology and Oceanography. SeaRDeC

aims to increase seaweed production, improve the quality of raw dried seaweeds to meet the Philippine National Quality Standards for raw dried seaweeds, and promote a commercially sustainable cultivated seaweed industry.

Mindanao has two additional NICER Centers. The NICER on sustainable polymers, implemented by the Mindanao State University - Iligan Institute of Technology, is developing Coconut Monoglyceride-based (CMG) polyols. This technology is a component of polyurethane foams that have a variety of consumer and commercial potential. It can be used in furniture, automotive interiors, and packaging products. The Central Mindanao University (CMU) also implemented the



NICER on bamboo R&D center to provide leadership in advancing knowledge and sustainable management and utilization of bamboo resources in the country.

DOST also provides support to industries in Mindanao by ensuring their collaboration in research and development projects. The Light Edge Computer Vision Solution for Smart and Efficient Traffic Management (TrafficEZ) of the University of Science and Technology of Southern Philippines (USTP) under the DOST Collaborative Research and Development to Leverage Philippine Economy (CRADLE) Program aims to develop a smart traffic monitoring system using computer vision and edge computing that effectively detects traffic incidents and congestion, and mitigates network bottlenecks by efficiently using computing resources available at both edge nodes and the Traffic Management Center (TMC). This project is poised to improve quality of life by reducing traffic congestion, enhance road safety by reducing the number of accidents and improving overall public safety, and it can reduce idle time for vehicles, leading to a decrease in vehicle emissions, contributing to a cleaner air and a healthier environment.

DOST also supported the project "Energy Harvesting for Battery-less IoT Device Operation" of the Mindanao State University - Iligan Institute of Technology (MSU-IIT) which aims to design and develop integrated circuit methodologies for efficient multiple energy harvesting technologies used for battery-less IoT devices and other ultra-low power consumer electronics devices.

DOST ensures as well that outputs of R&D



projects reach the public through technology transfer and commercialization. It supported the CDO b.i.t.e.s. (Business Incubation Technology Entrepreneurship and Startups) of the USTP which aspires to be a regionally recognized technology business incubation that will serve budding entrepreneurs products and services and contribute to the development of the local economy. In 2023, CDObites assisted 22 entrepreneurs and startups in the region, forged nine partnerships, conducted 32 consultation and mentoring sessions, organized and participated in 56 events, and 26 collaborative programs.

DOST also provides support to MSMEs in Mindanao through the Small Enterprise Technology Upgrading Program (SETUP). Through this program, the different S&T interventions have been aggressively delivered. SETUP is a nationwide strategy to encourage and assist MSMEs as well as private and government institutions to implement technological innovations in order to enhance their competitiveness and support the economic

development in the countryside. The program enables beneficiaries to address their technical problems through technology transfer and technology interventions to improve product quality, develop human resources, minimize cost, enhance waste management, and other operation related activities.

A DOST SETUP beneficiary from Mindanao, Bestfriend Goodies, adopted 6 publicly-funded food technologies: the 1) Ready to Eat Arroz Caldo, 2) Ready to Eat Foods (Champ-O!, Mix-Mo!, Mung-Grow, Tinolang Manok), and the 3) Enhanced Nutribun.

DOST also developed the program entitled "Community Empowerment thru Science and Technology" (CEST Program). It aims to empower the poor and the marginalized sector and to improve the quality of living through science and technology.

Through regional offices, the journey from R&D stage up to the point where the developed technologies are commercialized and supported by DOST. For more information, interested parties may visit <https://dpmis.dost.gov.ph/>

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SILVERWORKS – SM CITY BACOR GOTCHA FOR VALENTINES! SM CITY BACOR, CAVITE - Want fun, exciting surprises that never go out of style? We GOTCHA! Visit the SilverWorks store at the Lower Ground Level of SM City Bacoor and grab the jewels you need for Valentines. New designs await you!

Statement of the National Security Adviser Secretary Eduardo M. Año on the recent OCTA Research survey results

We welcome the findings of the Tugon ng Masa Fourth Quarter survey conducted by OCTA Research, which sheds light on the sentiments of the Filipino people regarding the West Philippine Sea (WPS) issue.

The survey, conducted last month among 1,200 adult respondents, has revealed that a significant majority of 72% believe that the Marcos administration should assert the country's territorial rights in the WPS through military action, specifically through expanded naval patrols and troop presence in the area.

Consistent with the views of the people, we are prioritizing the modernization of the armed forces and the coast guard with the acquisition of the latest state-of-the-art assets in order to achieve credible defense. We have also stepped up maritime and

air patrols in the area as well as conducted maritime cooperation activities and exercises with the United States and with other countries in the future.

We acknowledge the importance of understanding the public sentiment and values the democratic process that allows the Filipino people to express their views on matters of national significance. We note that the WPS issue is of great concern to the public, as evidenced by the respondents' strong preference for a robust approach to safeguarding the country's territorial integrity.

It is essential to

recognize the diversity of opinions reflected in the survey, with 70% of respondents expressing the belief that the issue should also be addressed through diplomacy and other peaceful methods. We emphasize the importance of considering a comprehensive national strategy that encompasses both military and diplomatic efforts to secure and protect the nation's interests in the WPS.

We reiterate the commitment of the Marcos administration to prioritize the welfare and security of the Filipino people.

The government will carefully evaluate the survey results, taking into

account the multifaceted nature of the WPS issue, to formulate policies that align with the collective aspirations of the nation.

We encourage continued engagement and discourse on matters related to national security, emphasizing the

importance of unity in addressing challenges and securing a prosperous future for the Philippines. **(NSC)**

Amadeo...

(FROM PAGE 8)

Municipal Agriculturist, Celsa Honrada.

Amadeo coffee has been selected as one of the finest coffee beans, earning the prestigious 'AA' classification—an industry designation reserved for beans with a notably larger-than-normal size.

For generations, Amadeo coffee has not only perked up lazy mornings but, more importantly, helped families send their children to schools and realize their dreams.

Honrada said: "Our farmers were able to send their children to school thanks to coffee. Many of our residents here are professionals with different degrees and specialties thanks to their families who were coffee farmers. We can say that Amadeo was able to grow and develop thanks to coffee."

However, coffee production in the town met a scalding fate when Taal volcano erupted in 2020 immediately followed by the onset of the COVID-19 pandemic.

The Department of Agriculture (DA) reported that the volcanic eruption resulted in P577.59 million

in agricultural damage in the region, listing coffee as one of the most affected commodities.

The DA and its local counterparts were quick to assist the affected farmers, effectively salvaging an industry that almost got buried among the ashes.

"We assisted the local farmers during the pandemic and when the Taal volcano erupted in 2020. Along with the national government, the municipality provided agricultural intervention to the farmers, such as fertilizers and coffee seedlings to replace the ones killed by the ashfall," Honrada said.

To reinvigorate the resilient coffee production industry, Amadeo formulated a long-term plan that banked on encouraging the youth's interest in agriculture.

The Department of Education (DepEd) has been a supportive partner in the local government's drive to promote agriculture among the youth by incorporating related skills into their Technology and Livelihood Education (TLE) classes for Grade 12 students and

younger.

"Our schools have been teaching elementary students how to handle soil which can later on help them develop an interest in agriculture. Of course, children nowadays are more into computers, but through the Gulayan sa Paaralan, we are encouraging our kids to become interested in agriculture."

The municipality of Amadeo culminated its efforts in revitalizing public interest in agriculture and coffee production through the launch of the very first Mayabong Agri Trade Fair last January 15 to coincide with the town's founding anniversary.

A showcase of local products that exhibited the ingenuity and abundance of Amadeo through their impressive handicrafts and fresh produce, the Mayabong Agri Trade Fair highlighted the importance of agriculture and the coffee industry in their identity and growth as a town.

With its initial success and overwhelming support, the following years will see the Mayabong Agri Trade Fair growing bigger as a testament to the farmers' hard work that can be tasted from every cup of Amadeo coffee. **(PB/PIA-4A)**

pagpapatayo ng Super Health Center sa Bacoor City, Dasmariñas City, General Trias City, Carmona City, Tagaytay City, Imus City, Alfonso, Kawit, Magallanes, Tanza, General Mariano Alvarez, at Rosario. **#SenatorBongGo #MrMalasakit #BisyoAngMagSerbisyo**

Blessing...

(FROM PAGE 8)

"I am committed to supporting projects that enhance the well-being of Filipinos. This Super Health Center is a testament to our collaborative efforts with fellow legislators, LGUs

and DOH led by Secretary Herbosa, to improve health services across the nation," ayon pa kay Senator Kuya Bong Go.

Sa probinsya pa lang ng Cavite, matagumpay na napondohan na ang

Philippine Health Insurance Corporation

ADVISORY

No. 2024 - 0004

PhilHealth
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Reminder to Health Facilities Utilizing the iClinicSys

The Epidemiology Bureau of the Department of Health released an Advisory dated November 15, 2023, informing that the iClinicSys will be made temporarily unavailable until further notice. In this regard, all Health Facilities (HFs) utilizing iClinicSys in eClaims submission, with claims nearing 120 days may be manually submitted to the nearest PhilHealth Regional or Local Health Insurance Office.

The HFs shall present to PhilHealth the claim signature form (original copy for HF, 1 photocopy for PhilHealth). PhilHealth shall stamp both copies with "RECEIVED" indicating when and to whom the Claim Signature Form (CSF) was presented/submitted to. Once the iClinicSys is up and running, the HFs shall submit through eClaims, attaching the CSF stamped with the received date.

Further inquiries may be coursed through the PhilHealth Callback Channel at Callback Channel: 0917-898-7442 (PHIC) or any of the PhilHealth Regional and Local Health Insurance Offices.

For the information and guidance of all concerned.

(Sgd.) EMMANUEL R. LEDESMA, JR.

President and Chief Executive Officer (PCEO)

Date signed: January 15, 2024

DOH opens...

(FROM PAGE 1)

mayors like Mayor Advincula who are focused on health initiatives," said Herbosa.

Herbosa also lauded the Imus City government for prioritizing the health of its residents.

"We look at Imus, Cavite, as one of our most advanced LGUs in terms of UHC implementation and to take a more proactive role in implementing the department's initiatives as we envision UHC," the health chief added.

Imus City Mayor Alex Advincula thanked the

national government for the construction of the Super Health Center, emphasizing that it would help more residents get access to healthcare services.

He also expressed support for various health programs of the national government, stating that good health is an integral part of a person's life.

"We prioritize health programs because we believe that, regardless of skills, education, or wealth, if you are unhealthy, nothing will happen in your life. I believe that when the

body is healthy, we can accomplish more and we can contribute more to our beloved country," Advincula said.

With support from the Philippine Health Insurance Corporation (PhilHealth), the DOH also committed to providing special medical procedures and medicines needed by the city's residents.

Herbosa said the DOH is also working to establish 28 national ambulatory and urgent care centers nationwide, catering to an estimated 28 million of the most vulnerable Filipinos, by the year 2028. **(CH/PIA-4A)**

PBBM urges...

(FROM PAGE 8)

comrades-in-arms of the slain policemen to honor their memory "by never letting down the flag they fought for."

"Be worthy stewards of their devotion to duty, their fidelity to the oath, and their love of country.

Be the patriots and professionals who are driven by the same fearlessness and fortitude that the SAF 44 had shown," President Marcos said.

"My countrymen, the defiant stand of the Brave 44 still echoes today. It is a clarion call for unity and

action against the challenges we might face. Let our reverence for these men be always accompanied by a deeper reflection, so we too can summon the fight in ourselves to build a better future for our nation," he added.

The 44 SAF commandos were killed in a firefight with insurgents during a police operation in a remote village in Mamasapano in Maguindanao on January 25, 2015.

The SAF operation, codenamed "Oplan

Exodus," successfully neutralized Malaysian bomb maker and Jemaah Islamiyah leader Zulkifli Bin Hir, alias Marwan.

The retreating SAF troopers, however, were ambushed by guerillas from the Moro Islamic Liberation Front (MILF), Bangsamoro Islamic Freedom Fighters (BIFF), and other private armed groups, resulting in the deaths of 44 SAF policemen.

On February 21, 2017, President Rodrigo Duterte issued Proclamation No. 164, declaring January 25 of every year as the Day of National Remembrance for the SAF 44. **PND**

Bridging Gaps in Healthcare: PGC's Medical Mission in GMA Serves 562 Locals

The Office of the Provincial Governor's medical mission team in partnership with the Office of the Provincial Health Officer facilitated another health outreach event in Brgy. San Gabriel, Gen. Mariano Alvarez on January 17, 2024, highlighting the significance of collective action in addressing healthcare disparities.

The health mission aimed to provide accessible and free healthcare services to residents who face barriers to regular medical care. The CarSiGMA District Hospital and Gen. Emilio Aguinaldo Memorial Hospital medical team joined forces, to render services ranging from general check-ups to specialized treatments to a total of 562 residents.

The services provided during the mission were entirely free of charge as well as the prescription medicines and vitamins, which reflects the essence of public service and the tireless efforts of the provincial government in ensuring that no one is left behind when it comes to quality healthcare.

Fifth District Board Member Aidel Paul Belamide supported the event, signifying his dedication to the community's well-being and stressed the significance of teamwork between public officials and local healthcare initiatives. (OPIO)



110 'TSUPER HEROES' NG CARMONA, BINIGYANG PAGKILALA



Talaga namang 'Honesty is the Best Policy' sa lungsod ng Carmona patapos bigyang pagkilala ng lokal na pamahalaan ang 110 na miyembro ng mga Tricycle Operators and Driver's Association (TODA) noong Enero 16, 2024.

Sila ang mga tapat at natatanging tsuper na nagpamalalas ng kanilang katapatan at kabutihan sa mga commuter tulad ng pagbabalik ng mga naiwang gamit tulad ng cellphone o wallet.

Ayon sa pamahalaang lungsod, sila ang mga natatanging bida ng lansangan dahil sa kanilang kagitingan na sumasalamin sa kabutihan ng kanilang komunidad. | via Dr. Dahlia A. Loyola #TODATsuperHero



Panayam ni Dr. Soya Mori, mula sa Institute of Developing Economies, Japan External Trade Organization (IDE-JETRO), kina Kom. Benjamin M. Mendillo at Kom. Carmelita C. Abdurahman kasama ang Yunit ng FSL. Layunin ni Dr. Mori malaman ang kalagayan ng adbokasiya sa FSL at ang implementasyon ng RA. 11106 sa bansa.

PBBM hails Filipino para-athletes, awards incentives to medalists

President Ferdinand R. Marcos Jr. on Wednesday extolled Filipino para-athletes for exhibiting courage and determination to excel in sports and bringing honor and pride to the country.

This, as Marcos led the ceremonial awarding of incentives to 12 Filipino para-athletes who clinched medals in the 4th Asian Para Games held in Hangzhou, China last October 2023.

In a speech delivered at Malacañan Palace's Heroes Hall, Marcos said the incentives for the medalists are not just monetary tokens but are also "symbols of the love of your countrymen and their admiration for all the sacrifices that you have made for your country and for your countrymen."

"I am here today before you not just as your President, but as your fan because when it comes to supporting athletes [who] compete under our flag, I am the Cheerleader-in-Chief, self-appointed. It is just fitting that we are honoring our nation's para-athletes here in the Heroes Hall, for this is what best describes what you are and who you are," he said.

"It is only fitting that, apart from the thanks of a grateful nation, we also present you with incentives to help you along. At alam naman natin napakaraming pangangailangan kapag tayo'y lumalaban dito sa mga (And we all know that

you need assistance when competing in) international sports competition," Marcos added.

Marcos also expressed admiration for the para-athletes for not letting their disability discourage them from achieving their dreams.

He likened them to one of the country's heroes, Apolinario Mabini, saying they show an "image of what a dauntless Filipino should be."

"You have projected that adversity can be overcome, impairment can harness inspiration, and barriers can be bridges to triumphs," Marcos said.

"And that's what inspires all Filipinos, to see again our countrymen overcome the difficulties that you have been born with but nonetheless have overcome those difficulties to bring glory, not only to yourselves, not only to your families but to our country, and that is the greatest achievement of all, as far as I am concerned," he said.

Marcos also congratulated the coaches and families who give their full support for the para-athletes.

He also hailed the Philippine Sports Commission (PSC), which is celebrating its 34th

anniversary, for fulfilling its duty to promote and protect the welfare of the Filipino athletes.

However, Marcos said a good sports program "goes beyond trophy collecting" and the PSC and other sports associations should build a nation "where sports serve as an inclusive and unifying force."

"The overall objective is to promote sports down to the grassroots, not to merely create a talent farm for national teams but to use sports for nation-building," he said. "So, we must train, we must fund, and nurture our national sporting elite that is able to compete with the world's best so they can bring us pride and glory and inspiration. We can do that together with mass sports that build a robust national spirit that serves a common goal."

The 4th Asian Para Games is a multi-sport event held for Asian athletes with physical disabilities.

The country collected a total of 10 gold, four silver and five bronze medals, placing 9th in the overall medal tally.

The triumphant para-athletes received a total of PHP19.5 million worth of incentives. (PNA)



HONORING PARA-ATHLETES. President Ferdinand R. Marcos Jr. on Wednesday (Jan. 24, 2024) leads the ceremonial awarding of incentives to the Filipino medalists in the 4th Asian Para Games held in Hangzhou, China in October 2023. The awarding ceremony was held at the Heroes Hall of Malacañan Palace in Manila. (Photo from Malacañang Press Corps Pool)

Manila International Marathon set on Feb. 24

The prestigious Manila International Marathon will make a comeback at the Quirino Grandstand in Luneta Park on Feb. 24.



MANILA MARATHON. Manila International Marathon founding president and organizer Dino Jose (right) discusses the upcoming race during the Tabloids Organization in Philippine Sports, Inc. (TOPS) "Usapang Sports" forum at the Rizal Memorial Coliseum VIP room on Jan. 25, 2024. With him is TOPS secretary general Edwin Rollon. (PNA photo by Jean Malanum)

Former national athlete and founding president Dino Jose decided to revive the annual race, which was participated in by leading runners here and abroad.

"Gone were the days that a marathon event is popular in our country. When the inaugural edition was held in 1982, President Ferdinand Marcos Sr. was at the finish line and awarded the medal to the top finishers," he said during the Tabloids Organization in Philippine Sports, Inc. (TOPS) Usapang Sports forum at the Rizal Memorial Coliseum VIP room on Thursday.

"I stopped competing after migrating to the US, but my passion in running, especially in marathon has remained. Now that I am retired, my focus is to bring back the prestige of marathon in the country," said Jose, a product of the Project Gintong Alay

headed by Michael Keon in the 1980s. "It's said that for the longest time, our local runners have yet to break the two hours and 15 minutes mark."

The standing Philippine records in the 42km. marathon are 2:18.44 set by Eduardo Buenavista at the 2004 Beppu Oita Marathon in Japan, and 2:43.31 registered by Mary Joy Tabal at the 2016 Scotiabank Ottawa Marathon in Canada.

"Why is it hard to break the record? My answer is, there's no competitive event for our runners so their training and focus are limited. Now, we will start to make noise for marathon to regain its prominence," Jose said during the weekly session supported by the Philippine Sports Commission, Behrouz Persian Cuisine, and Pocari Sweat.

About 100 runners from Australia, Belgium, Japan, China, the USA, and France, led by Nasser Allali, third placer in the Spain Open in December, have signed up

for the tournament certified by the Association of International Marathons (AIMS).

"The presence of foreigners will give our athletes a big challenge so they can test how good they are. The locals will be inspired to do their best," Jose said, adding that the event offers a total cash prize of PHP250,000 with the men's champion getting PHP100,000.

Regarding the entry fees, he said government employees and members of the Armed Forces of the Philippines would get a 20 percent discount while those from non-government organizations would have a 50 percent discount.

Aside from the marathon, there are also races in the 21km., 10km., and 5km. categories. Registration is ongoing at any Chris Sports branch or online (manilamarathon.com). (PNA)

AFP inks MOU for 2024 ROTC Games

The Armed Forces of the Philippines (AFP) joined the signing of the Memorandum of Agreement for the 2024 Philippine Reserve Officers' Training Corps (ROTC) Games (PRG) during a ceremony at the General Headquarters in Camp Aguinaldo, Quezon City on Monday.

Representatives from the Department of National Defense (DND), Department of the Interior and Local Government (DILG), Commission on Higher Education (CHED), and the Philippine Sports Commission (PSC) also affixed their signatures on the MOA as partners of the tournament which carries the theme "Husay ng ROTC, Husay ng Kabataang Pilipino".

"The Philippine ROTC Games are more than just a sporting event. They offer our youth a platform to demonstrate their talents, gain connections, and embrace teamwork. These games provide valuable life lessons that will shape them into future leaders," AFP Chief of Staff Gen. Romeo Brawner Jr. said in a statement.

The Philippine ROTC Games, a brainchild of Senator Francis Tolentino,



aims to promote the ROTC program as well as to instill discipline, leadership, and camaraderie among participants from ROTC units who will be competing in various sports events.

Last year's inaugural staging featured arnis, athletics, basketball, boxing, e-sports, kickboxing and volleyball.

The qualifying legs were held in Iloilo City, Zamboanga City and Cavite, with the gold, silver and bronze

medalists advancing to the National Finals held in different venues in Metro Manila.

The three branches of the AFP, namely Army, Air Force and Navy, have its own separate competition participated by their respective cadets so that there are three golds, silver and bronzes at stake in each event.

There is also the Miss ROTC pageant which highlights the softer side of the Games and promotes women empowerment. (PNA)

BIDA Run highlights 'whole-of-society approach' in curbing illegal drugs in Imus

NANGUNA sa pagkasenador sina Erwin Tulfo ng ACT-CIS, dating senador Manny Pacquiao at SAGIP partylist representative Rodante Marcoleta sa isinagawang survey noong Diyembre 16-22.



Si Tulfo ng Anti-Crime and Terrorism Community Involvement and Support (ACT-CIS) Partylist at deputy majority leader ng House of Representatives ay nanguna sa Top 20 na itinala sa survey ng Publishers Association of the Philippines, Inc. o PAPI. Sinundan ito ni boxing icon Manny Pacquiao at ni Marcoleta ng Social Amelioration and Genuine Intervention on Poverty (SAGIP) partylist.

1,500 mula sa mga driver at Operators ng transport groups na Federation of Jeepney Operators and Drivers Association of the Philippines o FEJODAP, Samahan ng mga Tsuper at Operator sa Pilipinas (STOP) at Confederation of Passenger Transport in Central, Inc. (CPTCL).

Sa naturang survey ay sinundan naman sila nina Sen. Imee Marcossi at dating Sen. Tito Sotto. Pumang-anim naman si dating Pres. Rodrigo Duterte. Malayang

pinapili ang mga respondent sa mga pangalang tatakbo sa senado.

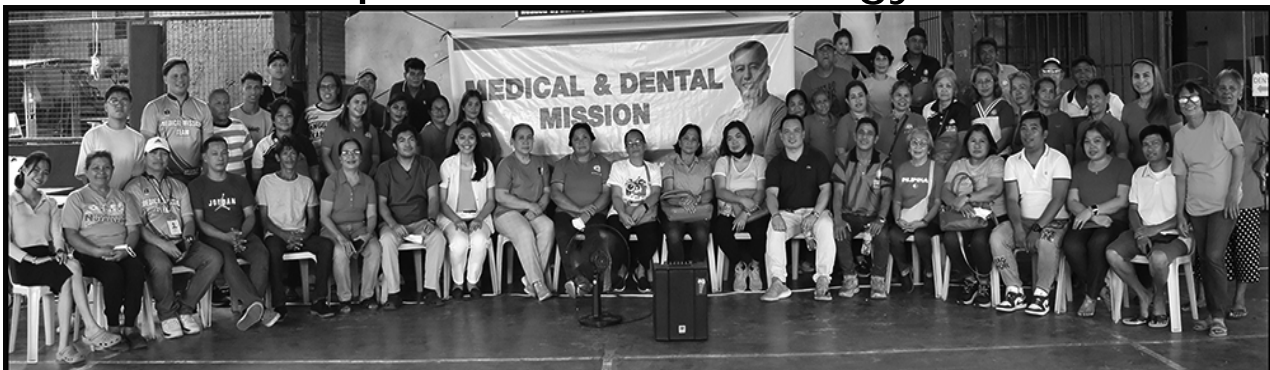
Sumunod sa talaan sina Senators Lito Lapid, Christopher Lawrence "Bong" Go, Ronald "Bato" Dela Rosa, Ramon "Bong" Revilla Jr. Sa ika-11 puwesto ay si dating vice president Leni Robredo na sinundan ni dating Senador Panfilo "Ping" Lacson.

Pang 13 naman si Sen. Pia Cayetano, Secretary Benhur Abalos ng Dept. of the Interior and Local

Government (DILG) at dating Manila City Mayor Francisco "Isko" Moreno para sa ika-15 puwesto.

Samantala, humabol sa ika-16 puwesto si Secretary Gilbert "Gibo" Teodoro ng Dept. of National Defense at sinundan ni dating Sen. Mar Roxas, Sen. Francis Tolentino, dating spokesman ni Pres. Duterte, Harry Roque at nasa ika-20 puwesto ay si dating Sen. Gregorio "Gringo" Honasan.

PGC's medical and mental mission brings healthcare hope to residents of Brgy. San Manuel II



In an effort to deliver vital healthcare services to the community, the provincial government of Cavite, led by the Office of the Provincial Governor and the Office of the Provincial

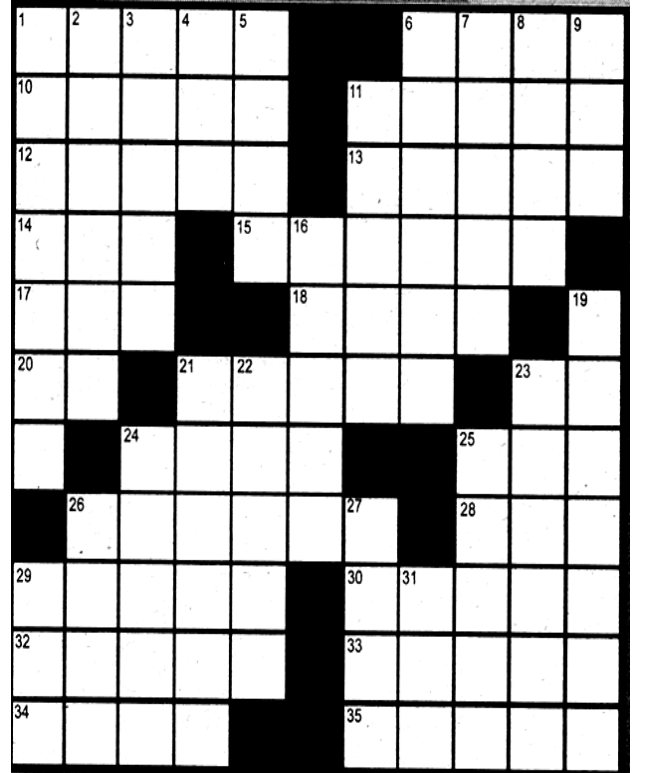
Health Officer, organized a medical and dental mission in Brgy. San Manuel II, City of Dasmariñas on January 23, 2024.

The medical and dental team from Gen. Emilio

Aguinaldo Memorial Hospital and CarSiGMA District Hospital, worked tirelessly to address a variety of healthcare needs of more than 700 individuals.

Barangay officials and community volunteers assisted and supported the health mission, making it a success and ensuring positive outcomes for the local residents. **(OPIO)**

PALAI SIPAN



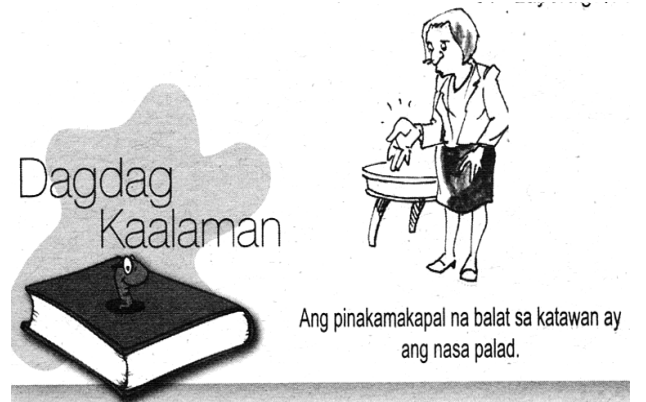
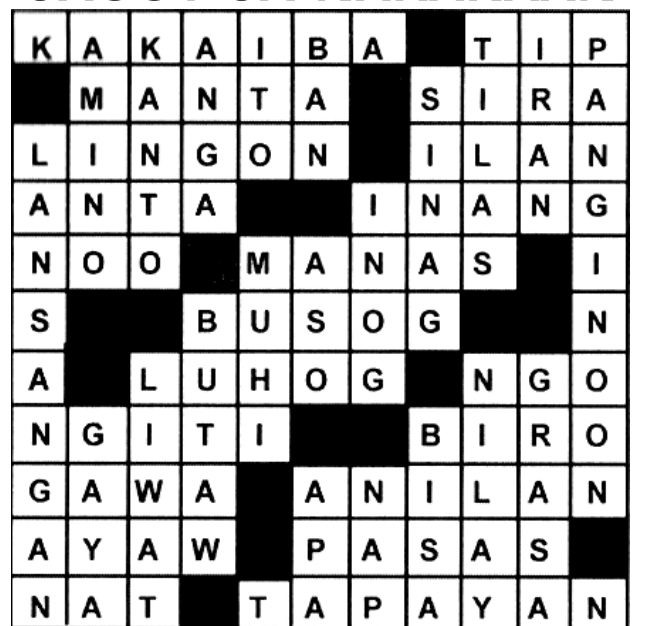
PAHALANG

- 1 Kakatwa
- 7 Pabuya sa waiter
- 10 Kumot na lana
- 11 wasak
- 12 Linga
- 13 Pananong pamilang
- 14 Masamang amoy o lasa
- 15 Nanay
- 16 Parte ng Mukha
- 17 Alsado
- 19 Hindi gutom
- 20 Pagsusumamo
- 21 Non-gov't. organization
- 23 Ngisi
- 25 Tukso
- 26 Yari
- 27 Pukyutan
- 29 Tanggi
- 30 Pinatuyong ubas
- 31 Natural: daglat
- 32 Sisidlang gawa sa luwad

PABABA

- 2 Uri ng acid
- 3 Punulukan
- 4 Walang alam
- 5 Nandito
- 6 Bawal: Ingles
- 7 Higad
- 8 Bansa sa Gitnang Silangan
- 9 Diyos
- 11 Silahis
- 12 Kalsada
- 15 Ikot
- 17 Poot
- 18 Usok
- 19 Ambag
- 20 Salin
- 21 Muni
- 22 Malapot na langis
- 24 Tulad
- 25 Epekto
- 27 Barkilyos
- 28 Palayaw ni Napoleon

SAGOT SA NAKARAAN



BLESSING AT INAGURASYON NG SUPER HEALTH CENTER SA IMUS CITY, CAVITE, PINURI NI SENATOR BONG GO



Pinuri ni Senator Bong Go, chairperson ng Senate Committee on Health and Demography, ang pagbubukas ng panibagong Super Health Center sa Imus City, Cavite nitong January 19. Dinaluhan ito nina Mayor AA Advincula, DOH Secretary Ted Herbosa at iba pang mga local at health officials.

Matatandaan na nauna nang binisita ni Senator Bong Go, adopted son ng CALABARZON, ang under construction pa na Imus Super Health Center noong February 2023. **► BLESSING • 4**



Amadeo bounces back to perk up its vibrant coffee culture

Amadeo coffee has been a staple at the Filipino breakfast table for generations. The town of Amadeo in Cavite has been a player in the local coffee industry since the 1880s.



This sleepy town just a few miles from Taal volcano boasts of sloping terrain, rich volcanic soil, and cool weather that is

perfect for growing coffee beans.

"We can plant coffee in our backyards, as long as there is enough space to

plant. We use them to intercrop with banana, and other types of vegetables," shared

► AMADEO • 4

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PBBM urges Filipinos to remember heroic sacrifices of SAF 44; continue working hard towards 'Bagong Pilipinas'

President Ferdinand R. Marcos Jr. urged Filipinos to continue working hard as part of their contributions to the "Bagong Pilipinas" envisioned by the administration, citing the gallant sacrifice of the Special Action Force (SAF) 44 policemen who died for the love of the country.



"Huwag nating pababayaang ang kapayapaan na kanilang ipinaglaban. Sa pagpupugay sa SAF 44, patuloy tayong magsikap tungo sa isang Bagong Pilipinas" President Marcos said during the remembrance of the heroic sacrifice of the SAF 44 at the Philippine National Police Academy (PNPA) in Silang Cavite.

The President led the wreath-laying ceremony in honor and remembrance of the 9th death anniversary of the 44 SAF policemen whose sacrifices remained in the hearts and minds of Filipinos.

The chief executive said the Filipino people can only

pay homage to the sacrifices of the SAF 44 by working tirelessly to realize their dreams for their family, their loved ones, for their comrades and for the people.

"It is now up to us, who lived, who benefitted from their full measure of devotion to duty, to build a kinder and gentler society, wherein those they have left behind can live in peace and prosperity. That is the mission they have left us to pursue when they did not return from their last patrol," Marcos said.

"In their last hours, in that place of honor, we can draw many important lessons. The lesson such as to put nation before self.

To display courage under fire. To resolve to forge ahead. To never give up. We would also be disrespecting their memory if we give quarters to those who terrorize our people," he added.

"We would be devaluing their valor if we cede our territory to those who trespass upon it."

The President said the people should also work hand in hand to achieve "the day when swords were pounded into plows."

President Marcos said he is hoping that the loved ones of the SAF 44 can find comfort in their heroic sacrifices nine years ago as he called on the

► PBBM URGES • 4



Hands-on tayo sa pagbibigay ng #RatedTripleA na serbisyo para sa ating mga kapwa Kawiteño! Kasama ang ating Social Welfare and Social Services Chairwoman, Mommy A, Konsi Armie Aguinaldo, bukas ang ating tanggapan sa mga lubhang nangangailangan ng tulong! #AlagangAngeloAguinaldo #PusoAtMalasakitParaSaAtingKawit