

PhilHealth will expand free medicines program

The Philippine Health Insurance Corporation (PhilHealth) will expand its free medicines program by adding five more medicines soon.

PhilHealth president and chief executive officer Emmanuel R. Ledesma Jr.

said Thursday 27 other medicines were initially included in the 21 free medicines under the PhilHealth Guaranteed and Accessible Medications for Outpatient Treatment or GAMOT.

The free medicines are

part of the Konsulta Package, which also provides free consultations, health screening and assessment, and 15 laboratory tests.

"PhilHealth's Konsulta Package is the answer to

persisting health conditions and emerging diseases that could possibly lead to financial exhaustion should they be left unattended," Ledesma said.

PhilHealth acting vice president of Corporate

Affairs Rey Baleña said the additional medicines will be undergoing pilot tests in the second half of the year.

Konsulta Package focuses on primary healthcare and is offered by over 2,600 hospitals

nationwide.

"After the pilot tests, we are set to roll out the additional medicines nationwide," Baleña said.

He said the state agency allocated P30 billion to the Konsulta

► **PHILHEALTH • 4**

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PGC continues to ensure the healthy status of Caviteños



For the health and well-being of all Caviteños at all ages, another round of Medical and Dental Mission was carried out to bring vital healthcare services to the locals of Brgy. Julugan, Tanza, on May 09, 2024.

The Provincial Government of Cavite (PGC), in collaboration with the Local Government Unit of Tanza, provided free medical check-ups, and dental care through tooth extraction for better oral health. These services were performed by the volunteer medical practitioners from the Office of the Provincial Health Officer (OPHO) and Tanza Municipal Health Office, benefitting a total of 439 patients – 380 for medical and 59 in dental, with free prescribed medicines, insect repellent and vitamin supplements. Aside from these, HIV testing was also offered.

Tanza Vice Mayor Archangelo Matro, Sangguniang Bayan members and Punong Barangays of Julugan were actively present at the venue, expressing their gratitude to the medical mission team for their utmost dedication in improving the health and alleviating the lives of the locals. (OPIO)

Career Caravan brings employment opportunities to Magallanes residents

On May 15, 2024, the Office of the Provincial Public Employment Manager (OPPEM) and the SK Provincial Federation organized a successful Cavite Career Caravan in Magallanes, Cavite.

Hundreds of Magallanes availed the essential services provided by various national agencies, including Philippine Statistics Authority, PhilHealth, Pag-ibig, NBI and Overseas Workers Welfare Association (OWWA) which aimed at facilitating their employment readiness.

The caravan offered a range of services including document processing, employment application assistance, and other pre-requisites necessary for



securing jobs. The collaboration between the OPPEM and the

Provincial Federation ensured that the event was well-organized and

accessible to all attendees. Mayor Jasmin Maligaya-

► **CAREER • 4**

DepEd vows reduced learning disruptions with school buildings resiliency project

The Department of Education (DepEd) said Thursday it is set to implement the P30.56 billion Infrastructure for Safer and Resilient Schools (ISRS) Project, not only to ensure the recovery of disaster-affected schools, but also to reduce the disruption in the delivery of education services to learners.

This came after the National Economic and Development Authority (NEDA) Board, chaired by President Ferdinand Marcos Jr., on Wednesday approved the multi-billion peso project to rehabilitate and reconstruct the school facilities outside Metro Manila which were damaged by calamities from 2019 to 2023.

The DepEd said that the ISRS Project, which will be implemented from 2025 to 2029, is a "critical part" of the MATATAG agenda of Vice President and Education Secretary Sara Duterte.

According to the agency, the project is expected to benefit 4,756 school buildings, 13,101 classrooms, and around 741,038 learners in 1,282 target school beneficiaries.

The Presidential Communications Office (PCO) earlier said that of the total P30.56 billion project cost, P27.50 billion will be funded by loan proceeds, while the remaining P3.06 billion will be financed by the national government.

The project will be composed of four components:

► **DEPED VOWS • 4**

Empowering PWD Entrepreneurs Roundtable Discussion successfully held in Quezon City

The Empowering PWD Entrepreneurs Roundtable Discussion was successfully held on May 14, 2024 at the Privato Hotel, Quezon City bringing together stakeholders dedicated to fostering the growth and empowerment of persons with disabilities (PWD) in the entrepreneurial sector. More than 50 participants, including government and NGO representatives, private sector leaders, and PWD entrepreneurs shared their invaluable insights and ideas towards the advocacy.

The event, organized with the aim of addressing the unique challenges and opportunities faced by PWD entrepreneurs, saw participation from key government agencies such as the National Council on Disability Affairs (NCDA), Department of Trade and Industry (DTI), Department of Science and Technology (DOST), Technical Education and Skills Development Authority (TESDA), Department of Social Welfare and Development (DSWD), and Small Business Corporation. Additionally, representatives from the local government units of Naga City, Cavite, Quezon City, Mandaue City, and Parang, Maguindanao were present.

Private sector participants included PLDT-Smart, Go Negosyo, business incubators, financial institutions, and NGOs such as Voice Philippines, NORFIL Foundation, ELKS Foundation, and ATRIEV. These stakeholders gathered to explore and recommend concrete steps to enhance PWD entrepreneurship, particularly focusing on improving access to government programs and

services, and fostering effective partnerships between the government, private sector, and NGOs.

Mr. Jose Rañola, President of ATRIEV, welcomed the attendees with an inspiring speech that set the tone for a day of productive dialogue and collaboration. The event featured a panel discussion on "Challenges and Opportunities in PWD Entrepreneurship," moderated by Miss Carol Catacutan.

Esteemed panelists included PWD entrepreneurs, PDAO Naga City, PLDT Luzon, DTI, and DSWD, who discussed critical issues such as access to training, finance, markets, and technologies for PWDs.

Breakout sessions delved deeper into specific topics, including improving access to government programs and services, and building robust pathways for public-private-NGO partnerships. These discussions were instrumental in formulating actionable plans to support the needs of PWD entrepreneurs.

A notable highlight of the event was the commitment to ongoing collaboration and support for PWD entrepreneurs,



facilitated by Ms. Daisy Dawn Macahilo, Program Manager of Voice Philippines. This commitment underscores the collective effort to create a more inclusive and supportive environment for PWDs in the entrepreneurial landscape across the Philippines. (OPIO)



PGC medical mission team hits the road to Urdaneta. The Provincial Government of Cavite partnered with Magallanes Rural Health Unit in the conduct of Medical and Dental Mission in Brgy. Urdaneta, Magallanes, on May 10, 2024. Despite the intense heat, the mission team from the Office of the Provincial Governor and the Office of the Provincial Health Officer (OPHO) actively served the residents by providing needed health services like medical and dental consultations, tooth extraction, ECG, and X-ray. In addition to these, medicines, vitamins, and mosquito repellent lotion were given out for free. During the outreach program, 243 patients received medical check-up, while 56 had undergone tooth extraction rendered by OPHO health professionals and Magallanes RHU team. Moreover, 25 residents availed X-ray and ECG tests. With the help of Punong Barangay Aniano Licasiano, barangay officials and volunteers, the medical and dental mission was successfully conducted. (OPIO)



TUPAD ORIENTATION PARA SA 253 BENEFICIARIES NG CITY OF CARMONA: Binisita po natin ngayong araw ang isinagawang Orientation at Contract & DTR Signing ng 253 na beneficiaries ng Tulong Panghanapbuhay sa ating Disadvantaged/Displaced Workers (TUPAD) na pawang mga taga-City of Carmona. Ito ay sa pangunguna ng Office of the City Public Employment Service Manager at sa pakikipagtulungan ng partnership with Department of Labor and Employment (DOLE) - Cavite. Ang mga nasabing beneficiaries ay sasailalim sa 10-Day Community Clean-Up sa ating lungsod bilang community service. Nawa ay makatulong po ang programang ito sa inyong pang-araw araw na pamumuhay. #DOLETUPAD #TUPAD #CityOfCarmona #LungsodNgCarmona #LGUCarmona #BayanMunaLagi #DapatAngatLahat

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DTI Laguna, IPO orient tsinelas manufacturers on Intellectual Properties

Liliw, Laguna — In partnership with the Intellectual Property Office of the Philippines (IPOP), the Department of Trade and Industry - Laguna, through Negosyo Center Liliw and the Municipal Cooperative Development Office/LEDIPO of Liliw, organized a seminar for tsinelas manufacturers entitled "IPO Philippines: Basic Orientation on Intellectual Properties" held at the Liliw Municipal Conference Room, Gat Tayaw St., Brgy. Pagasa, Liliw, Laguna, on May 10, 2024.



Mr. Joel C. Caalamán, IP Field Specialist of IPSO Calabarzon, provided the participants with basic knowledge about the different types of intellectual property such as patents, trademarks, copyrights, and trade secrets. Also, he discussed tips on how to protect their intellectual property and safeguard their innovations, branding,

creative works, and confidential information from theft or misuse by competitors.

After the discussion, Ms. Leanne A. Placente from the Municipal Cooperative Development Office/LEDIPO of Liliw, facilitated the Q&A session wherein the attendees raised their questions. Some of the queries raised included

clarification on what is the difference between DTI Registration and IPO Registration. The DTI Negosyo Center Business Counselor based in Liliw, Laguna, further explained that the DTI registration (Business Name Certificate) only prevents others from using your business name based on your territorial scope but

the IPO Registration prevents others from using your business name and brand name nationally.

After the seminar, the participants learned the importance of IPO Registration in their

businesses especially in terms of long-term success and business sustainability (TMSulte, DTI-Laguna).

Watch IF and SM Exclusive – Haikyuu!! The Dumpster Battle at SM Cinema this weekend!

Dive into a cinematic adventure at SM Cinema with a thrilling movie marathon featuring these new and exciting films:



IF (IMAGINARY FRIENDS)

Gear up as you take a look back at childhood and memories on a mind-bending journey that challenges reality with IF (Imaginary Friends) starring full-star casts Cailey Fleming, Ryan Reynolds, Steve Carell, Awkwafina, John Krasinski, and Emily Blunt. Written and directed by Hollywood actor and filmmaker John Krasinski himself, this movie revolves around a girl who discovered her ability to see all

imaginary friends who were left behind their grown-up friends. Aiming to reconnect forgotten IFs with new friends, she embarks on a magical journey where imagination gets real and exciting.

HAIKYU!! THE DUMPSTER BATTLE

Find out who's really on top with the Philippine premiere of the biggest Anime movie of the year 'Haikyuu!! The Dumpster Battle' screening exclusively at SM Cinema. Join and witness the exhilarating world of volleyball meets fierce rivalry in an epic



showdown between Karasuno and Nekoma, both avoiding an immediate game over – the beginning of their teams' end.

Whether you're craving the latest blockbuster, a heartwarming family film, or a thrilling adventure, SM Cinema got something for everyone. Grab your popcorns from Snack Time, find your favorite spot, and let the movies transport you to new worlds. Let the magic unfold on the big screen.

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Tayo po ay nagkaroon ng Kanal at iLOG (KALOG) Clean-Up Drive sa Saradpon, Brgy. Pag-Asa 3 at Tokwahan, Brgy. Medicion II-B kaninang umaga kasama ang ilan sa ating mga konsehal. Naging posible po ang programang ito sa pangunguna ng River Rangers ng City Environment And Natural Resources Office (CENRO) katulong ang City Engineering Office. Nawa'y patuloy po tayong magkaisa tungo sa ikagaganda at ikalilinis ng mga kanal at ilog dito sa ating lungsod upang makaiwas po sa pagbaha. #AAngatAngImus #AlagangAdvincula

DOST-Cavite introduces dual drum composting system

The Department of Science and Technology (DOST) Industrial Technology Development Institute (ITDI) has unveiled a pioneering solution for efficient organic waste management called the Dual Drum Composter.

In a phone interview on Friday, Anna Marie Daigan, senior science research specialist at DOST's Cavite Field Office, said the dual drum composting system will be heavily promoted by her office in the province.

Engineered to optimize microbial activity and expedite the decomposition process, the technology produces high-quality compost in a short time, ranging from a few weeks to several

months, depending on environmental factors and waste composition, she said.

She said widespread adoption of this innovative waste management system in local government units (LGUs) will reduce the environmental footprint of waste disposal while promoting resource efficiency and resilience in Cavite.

"The implementation of dual drum composting by

the DOST underscores the government's unwavering commitment to sustainable development and environmental stewardship," Daigan told the Philippine News Agency.

Beyond its environmental benefits, dual drum composting offers economic advantages, particularly for agricultural communities.

By locally producing organic compost,

farmers can reduce their reliance on chemical fertilizers, lowering production costs and enhancing crop yields.

Daigan said the technology is readily available through accredited manufacturers and can be customized to meet the specific needs of homeowners engaged in urban gardening initiatives, offering a cost-effective solution for organic waste management. (PNA)



DUAL DRUM COMPOSTER. The Department of Science and Technology (DOST) is helping Cavite communities minimize their environmental footprint by introducing a device that turns garbage into fertilizer. Anna Marie Daigan, senior science research specialist at DOST's Cavite Field Office, said on Friday (May 10, 2024) this technology produces high-quality compost in a short time. (Photo courtesy of DOST Industrial Technology Development Institute)

PGCEA holds General Assembly for Collective Negotiation Agreement preparation



On May 7, 2024, the Provincial Government of Cavite Employees Association (PGCEA) convened its General Assembly at the Provincial Capitol Grounds in Trece Martires City in preparation of the Collective Negotiation Agreement (CNA), highlighting the commitment of the association and its members to address crucial issues and advocate for the welfare of government employees.

PGCEA officers headed by Ms. Michelle Osorio presented and discussed in detail the content of the CNA during the assembly. It encompassed a wide range of provisions aimed at enhancing working conditions, securing fair compensation and other benefits, and fostering professional development opportunities for PGC employees.

Members actively engaged in the assembly by exercising their right to vote on the provisions outlined in the Collective Negotiation Agreement (CNA). The voting process allowed each member to express their support or reservations regarding specific clauses, terms, and conditions proposed within the CNA.

The participation of members in the voting process signified their involvement and stake in shaping the final agreement that would impact their working conditions, benefits, and overall welfare as government employees.

It provided an avenue for democratic decision-making within the association, ensuring that the collective interests and preferences of the workforce were taken into consideration during the negotiation and ratification of the CNA.

As the assembly concluded, participants expressed optimism and solidarity in working towards a mutually beneficial Collective Negotiation Agreement. The event exemplified the proactive stance of PGC workforce in pursuing meaningful reforms and ensuring the well-being of its employees. (OPIO)

Team PH... (FROM PAGE 8)

young leaders in Asia to come together, learn from one another and work together for the shared future of the peoples in the region.

The annual youth

festival features thematic forum, cultural presentations, field trips to ancient and tourism sites and factory visits.

Lambino said aside from the 5 young Filipinos, who

will be hosted by the Guangxi Autonomous Region, the APCU officers and business entrepreneurs joining are all paying for their own travel.

Last year, the youth festival was held successfully in Hubei Province.

Career... (FROM PAGE 1)

Bautista expressed her heartfelt gratitude to the provincial government for their continuous efforts in bringing essential services closer to the residents of Magallanes. "This initiative significantly eases the burden on our constituents by providing them with the necessary support and resources to enhance their employment prospects,"

she said.

The Cavite Career Caravan is part of the provincial government's ongoing commitment to improving employment opportunities and support for the residents of Cavite. By facilitating access to these crucial services, the event plays a pivotal role in boosting local employment and

supporting community development.

The positive response from the community reflects the importance and impact of such initiatives. With the success of the Career Caravan in Magallanes, the OPPEM and the SK Provincial Federation continue to demonstrate their dedication to serving the people of Cavite and fostering a brighter future for all. (OPIO)

PhilHealth... (FROM PAGE 1)

Package this year.

Ledesma announced the addition of the five medicines at the signing of the MoU between the PhilHealth and the Philippine Information Agency, the

government's media.

Through the MoU, he expects more Filipinos and medical professionals, especially in the provinces, to learn about the Konsulta Package and other

PhilHealth programs, such as the Breast Cancer Package.

PhilHealth has expanded the rates of benefits coverage to 30 percent. Ledesma had said the agency is studying ways to further increase it to 50 percent. (Kathryn Jose)

DepEd Vows... (FROM PAGE 1)

relatively simple works for school infrastructure recovery; relatively complex works for school infrastructure recovery;

project management, monitoring and evaluation; and contingent emergency response.

The DepEd said the

project will also include the improvement and strengthening of procedures and tools, as well as training DepEd units to ensure the sustainability of the project outcomes. — RSJ, GMA Integrated News

National Scientists and Academicians inspire CDO high schoolers at the DOST-NAST ScienTeach Symposium

About 150 CDO Grade 11 and Grade 12 highschoolers had a once-in-a-lifetime opportunity of interacting with National Scientist Lourdes J. Cruz and several academicians from the National Academy of Science and Technology Philippines (NAST PHL) during the SCIENTEACH: Symposium for the Youth on May 07, 2024 at Mallberry Suites Hotel, Cagayan de Oro City with the support of the Department of Education Region 10 and hosted by the Department of Science and Technology Region 10.



DEPARTMENT OF SCIENCE AND TECHNOLOGY Region 10

SCIENTEACH is a forum where our country's National Scientists, Academicians, and NAST awardees share their experiences with the youth. This activity is done in selected places all over the country.

The symposium aims explicitly to promote science and technology, bring our local scientists closer to the youth, and inspire young learners to pursue a career in science.

Present during the symposium as speakers were National Scientist Lourdes J. Cruz,

Academician Jose Maria P. Balmaceda, Academician Gil S. Jacinto, Academician Aura C. Matias, Academician Maribel G. Nonato, and Academician Elmer P. Dadios.

In his opening message, the President of NAST PHL and chair of the Health



Sciences Division, Academician Jaime C. Montoya, said, "I sincerely wish that this symposium will be a great avenue to share knowledge, experience, and for you to feel the excitement in pursuing science."

The lucky high schoolers were from eleven high schools in the city, namely Gusa Regional Science High School - X Misamis Oriental General Comprehensive High School, Bugo National High School, Cagayan de Oro National High School, Agusan National High School, Bulua National High School, Mambuaya National High School, Carmen National High School, Lumbia National High School, Pedro "Oloy" N. Roa National High School, and Kauswagan National High School.

Dr. Federico P. Martin, Assistant Regional Director of Department of Education 10 (DepEd 10), representing Regional Director Dr. Arturo B. Bayocot, CESO III, said in his message, "This is good, what DOST has done for our learners. It would certainly be memorable for these learners as an encouragement to become scientists. What we need today are workers in the field of science."

During the symposium's morning session, DOST-10 Regional Director Engr. Romela N. Ratilla shared with the students the DOST programs for students that they can avail of while pursuing their careers in science, technology, engineering, and mathematics.

Among them are the scholarship opportunities, including DOST undergraduate scholarships, the RA 7687, and Merit Scholarships that they can apply for and take the qualifying exam in their 12th grade of Senior High School. They can also apply for the Junior Level Science Scholarship (JLSS) in their 2nd-year

college, provided they are regular incoming 3rd year.

Currently, Northern Mindanao has a total of 1,452 ongoing undergraduate scholars who are studying in various universities and colleges in the region. National Scientist Dr. Lourdes J. Cruz's message is that chemistry is fun. She shared her experiences in studying conotoxins from the venom of Conus marine snails that can act as biological probes in analyzing the activities of our brains.

Academician Jose Maria P. Balmaceda talked about the applications of theoretical mathematics in his exciting talk "Curious Curves: The Joys of Math." Students were educated and entertained by his catchy phrases, such as "Okay lang na hindi straight," while he shared his joy in studying the curves we can find in nature and their applications.

Academician Gil Jacinto shared how he became an oceanographer while completing a degree in chemistry. He encouraged the students to take up marine science and become oceanographers, as there are only five of them in the Philippines, and our country is archipelagic, with 70% water. Researchers can do many things in ocean research, marine diversity, and climate change.

Students who plan to pursue an engineering degree were also inspired by Academician Aura C. Matias when she shared her profession as an Industrial Engineer. She highlighted that an Industrial Engineer is vital and works constantly behind every industry.

Academician Maribel G. Nonato, like NS Cruz and Acad. Jacinto shared her work in chemistry with the students, particularly in natural products. She shared with the high schoolers her research on

the Phytochemistry and Biological Activities of Philippine-grown species of the Genus Pandanus and its metabolites as potential for medicinal applications.

Lastly, Academician Elmer P. Dadios, a pioneer in robotics, actively shared with the listeners his works on Robotics at De La Salle University and how amusing it is to study Artificial Intelligence and Robotics. He highlighted that most of their work is a product of having fun developing robots.

"During the event, I was mesmerized, amazed, and inspired by the National Scientist Lourdes J. Cruz when I asked her, 'What is the first step of becoming a National Scientist?' She told me, 'You should not fear trying,'" said Sam David Anthony C. Casino, a Grade 11 Lumbia National High School student.

Students actively participated and enjoyed the activity. The students asked intelligent questions even during lunch time, took pictures with the scientists, and requested autographs.

SCIENTEACH is an activity organized by NAST PHL to inspire and encourage students to pursue careers in science, technology, Engineering, and Mathematics (STEM). NAST is an attached agency of DOST that has an advisory function to the President of the Philippines. National Scientists and Academicians all over the country are organized into six divisions. NAST's current Executive Director is Dr. Luningning Samarita-Domingo, and the NAST PHL President is Academician Jaime C. Montoya.

In his closing message, Academician Jose Maria P. Balmaceda informed the students that more SCIENTEACH events will happen in the future. **(Joshua Robin/DOST 10) #ScienceForThePeople #OneDOST4U**

Mangroves temporarily spared as public scoping for Suroyan Project is cancelled

Ormoc, Leyte—The public scoping for the Ormoc Estuary Park, also known as Suroyan Project, has been cancelled for failure to comply with jurisdictional requirements. The public scoping was held on May 09, 2024 at the Barangay Gym of Brgy. Naungan, Ormoc City.

Groups that pushed for the cancellation include the Philippine Movement for Climate Justice (PM CJ), Sanlakas, Save Ormoc Bay Aggrupation (SOBA), Partido ng Lakas ng Masa (PLM), Oriang, and local fisherfolk organizations including NEFCOFA.

The proponent, Premium Lands Corporation, was reportedly unable to provide the project description for scoping (PDS), among other conditions needed such as the presentation of their Environmental Compliance Certificate and conduct of an Information and Education campaign months prior to the public scoping.

The Ormoc Estuary Park is part of the Ormoc Mega City, which will displace and disrupt an estimated 935 hectares of mangroves, including 191 hectares under the jurisdiction of DENR's

Community Based Forest Management Agreement (CBMFA). This will affect at least 50 mangrove planter organizations, 500+ fisherfolk across three barangays (Lao, Naungan, and San Juan) of Ormoc Mega City, and around 3,000 families.

"We push back against these public scopings because they keep repeating the same mistake of ignoring requirements and railroading their projects," said Fara Diva Gamalo, Eastern Visayas Chapter Convenor of PM CJ. "The Suroyan Project affects thousands of locals. These locals need to be consulted about a construction that would put their lives and livelihood in danger."

Mangroves are essential for coastal communities because they are natural defenses against waves and storms.

They also function as homes for fish, enriching the marine ecosystem and

providing livelihood opportunities to locals.

Estela Vasquez, Visayas Coordinator of PM CJ, brought up the recent El Niño to show the urgency of the situation.

"We are in a climate emergency, and we just experienced one of its effects during the recent heat waves. More than ever, it is important to protect the mangrove forest and our biodiversity hotspots."

She emphasized: "Projects should be contextualized in the Local Climate Change Adaptation Plan (LCCAP), not just for recreation and commercial purposes."

Groups have demanded that the proponents and the Environmental Management Bureau (EMB) consult with the affected communities more closely for the protection of these natural resources.

Grospe rules men's high jump in PH Athletics Championships

Despite a recent injury, Leonard Grospe lived up to his billing as the country's top male high jumper, winning the event in 2.18 meters in the International Container Terminal Services, Inc. (ICTSI) Philippine Athletics Championships at PhilSports in Pasig City late Friday.

Pasig City's Kent Brian Celeste (2.11m) finished second, followed by teammate Ernie Calipay (2.09m).

"I am so happy that I reached that height and hit the silver medal standard in the SEA (Southeast Asian) Games," Grospe said in an interview Saturday.

He got injured while competing at the Singapore Open last month. He placed third (2.14m) behind Chinese Taipei's Fu Chao-Hsuan (2.22m) and Tsai Wei-Chih (2.18m).

"I feel very proud that I'm still at my peak. Even if my left ankle is painful, I was able to perform," Grospe, the pride of Mapua University, said.

The 6-foot-1 Grospe holds the Philippine record of 2.20m, which he established at the Philippine National Games in the same venue last year.

He broke the 17-year-old mark of 2.17m set by his coach, Sean Guevarra.

In the Under-20 category, Ateneo de Manila University's Airex Gabriel Villanueva topped the men's shot put for his second gold medal.

The 19-year-old from Bacolod City, Negros Occidental won in 14.05 meters, beating teammate Nicolas Marco Nieto (12.94) and Santa Rosa City, Laguna's Lander Josh Arban (12:55).

Villanueva's first gold came from discus throw (42.96m) on Thursday. Perpetual Help's Bernard Generosa Jr. (40.04m) got the silver while University of Baguio's Denver Tacay (39.41) took the bronze.

"I am thankful for winning again," the 5-foot-10 Villanueva said.

He trained under Romanito Maravilla Sr. National High School athletics coach Miguel Luis

Arca in Bacolod City. He bagged two golds (discus throw and shot put) at the 2023 Palarong Pambansa in Marikina.

Meanwhile, Hansen Yap Soon Fu of Sabah Athletics Association clocked 10.37 seconds to claim the gold medal in the men's Open 100m.

Anfernee Lopena of Philippine Navy (10.51s) and Pengiran Aidil bin Hajam of Sabah Athletics Association (10.52s) settled for the silver and bronze, respectively.

Thailand's Sawitree Kaewsukri (51.50m), Sabah Athletics Association's Aillna Thipong Ak Laga (46.27m) and University of Santo Tomas' Joana Marie Bandal (40.13m) were the top three finishers in the women's hammer throw of the tournament supported by the Philippine Sports Commission. (PNA)



Leonard Grospe (PNA photo by Jean Malanum)

Negros Occidental regional meet medalists get P1.5-M cash incentives

BACOLOD CITY – Student-athletes from the host province Negros Occidental who won medals in the just-held Western Visayas Regional Athletic Association (WVRAA) Meet 2024 received a total of PHP1.5 million in cash incentives from the provincial government on Monday.



MEDALISTS. Negros Occidental Governor Eugenio Jose Lacson (center) and DepEd-Negros Occidental Schools Governance and Operations Division chief Romeo Sison Sr. (left) with the most bemedaled athletes and their coaches in the just-concluded Western Visayas Regional Athletic Association Meet 2024. On Monday (May 13, 2024), Lacson distributed cash incentives worth PHP1.5 million to student-athletes from Negros Occidental in rites held at the Capitol Social Hall in Bacolod City. (Photo courtesy of PIO Negros Occidental)

Governor Eugenio Jose Lacson, who led the distribution rites at the Capitol Social Hall here, lauded the young athletes for their dedication, hard work, and perseverance, saying that "each medal is a testament to their extraordinary abilities and unwavering spirit."

"The incentives you are receiving today are a symbol of appreciation, not the reason for or the end goal of why you compete. Beyond monetary rewards, sports competitions offer a platform to showcase your skills," he

said. A gold medal is equivalent to PHP1,500; silver, PHP1,000; and bronze, PHP700.

Finishing first runner-up overall behind Iloilo, Negros Occidental bagged 64 gold, 64 silver, and 49 bronze medals in the elementary division; and 88 gold, 86 silver and 73 bronze medals in the secondary division.

The governor also gave cash incentives to the coaches, assistant coaches, trainers, and chaperones, whom he recognized for "playing pivotal roles in the success of the athletes."

Schools Governance

and Operations Division chief Romeo Sison Sr. of the Department of Education-Division of Negros Occidental witnessed the distribution of cash incentives.

"To those who will represent Negros Occidental and Western Visayas in the upcoming Palarong Pambansa, carry with you the same determination and passion or even greater than what led you to victory in WVRAA," Lacson said.

This year's Palarong Pambansa will be held in Cebu City on July 6 to 17. (PNA)

COPA junior swim tourney set May 17-19

The Congress of the Philippine Aquatics, Inc. (COPA) will hold the National Capital Region "One For All – All For One" Championships at the Teofilo Idefonso Swimming Center inside the Rizal Memorial Sports Complex in Malate, Manila on May 17-19.



TOP JUNIOR SWIMMER. Nicola Diamante competes at the COPA Reunion Swim Challenge Leg 3 on Oct. 22, 2022. She is among the favorites to win in the COPA National Capital Region "One For All – All For One" Championships scheduled at the Teofilo Idefonso Swimming Center inside the Rizal Memorial Sports Complex in Malate, Manila on May 17-19, 2024. (Contributed photo)

Teams and students from public schools can join the Philippine Aquatics, Inc. or PAI-sanctioned tournament for free.

"This is part of a series of COPA competitions aimed at fostering camaraderie and boosting the swimmer's development at the grassroots level. But of course, expect tough competition as some of our Palarong Pambansa qualifiers are confirmed to join the event," said Batangas 1st District Congressman Eric Buhain, COPA co-founder and PAI secretary-general.

"The tournament will also help the swimmers prepare for the national

tryouts on Aug. 15-18 to select members of the team for the Southeast Asian Age Group Championship in Bangkok this December."

Part of the proceeds of the three-day event, featuring boys and girls aged 6-under, and 7 to 18 and over, will go to the family of the late swimming coach Elcid Evangelista.

Swimmers to watch are multi-titled and Palarong Pambansa-bound Nicola Diamante from RSS Dolphins in Paranaque, Asian Age-Group Championships campaigner Patricia Mae Santor from the University of Santos, along with Rio Balbuena, Jada Cruz,

Amber Arano, Kristoffe David, and Audrina Victor from the famed Ilustre East Swimming Club mentored by national coach Ramil Ilustre.

COPA co-founder Chito Rivera said those who would join the PAI tryouts for the 25-meter competition scheduled on Aug. 19-21 would be eligible to represent the country in four international tournaments – the World Cup in Shanghai, China (Oct. 18-20); Korea World Cup in Incheon, South Korea (Oct. 24-26); Singapore World Cup (Oct. 31-Nov. 2); and the World Championships in Budapest, Hungary (Dec. 10-15). (PNA)

DOST trains Jessa's Peanut Butter on Food Safety

The Department of Science and Technology (DOST)-Batangas trained the personnel of Jessa's Peanut Butter on food safety hazards (FSH) and current good manufacturing practices (cGMP) at their production plant in Banaba South, Batangas City, May 06.



The training aimed to enhance the company's understanding of proper food handling to ensure the safety and quality of their products for consumers. Both production and non-production personnel participated in the training, ensuring everyone in the company is well-informed and equipped with the necessary knowledge to maintain high standards of food safety.

The discussion on FSH included an overview of physical, biological, and chemical hazards, their impact on food processing, and the measures to control these

risks. Meanwhile, the session on current good manufacturing practices (cGMP) addressed a comprehensive range of topics, including GMP organization, staff education and training, premises, plant construction and design, equipment, sanitation and hygiene, supervision, sanitary facilities, maintenance and sanitation, process control, chemical control, quality management, testing of reprocessed products, testing of returned goods, laboratory facilities and control, documentation,

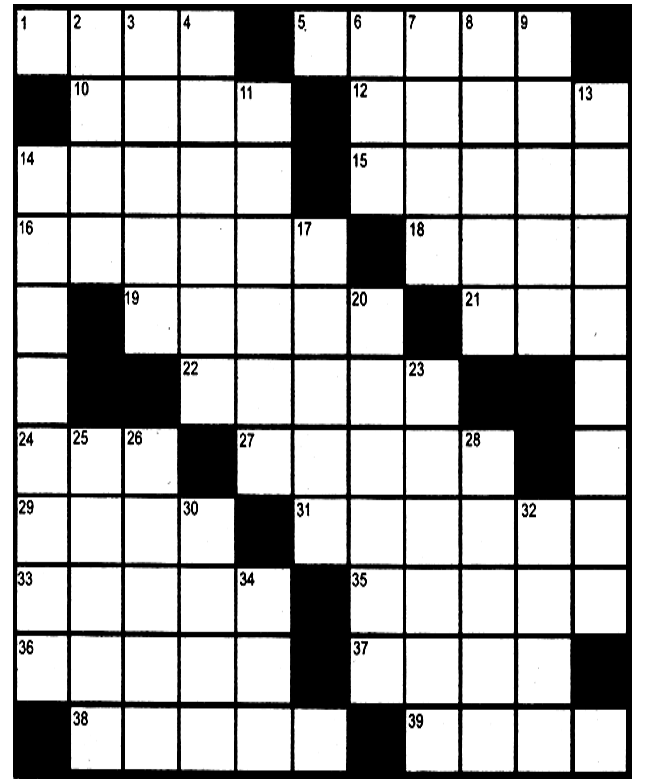
quality audits, warehouse and distribution, receiving and shipping, recall and traceability, sample retention, and subcontracting of manufacturing. Throughout the discussions, the emphasis on continuous improvement and adherence to regulatory requirements was highlighted as critical components of maintaining a safe and efficient food production environment. It was also stressed that regular monitoring and evaluation of all aspects of the operation are essential

to ensuring compliance with food safety standards. Participants also engaged in workshop activities focused on handwashing techniques and identifying physical and biological hazards, aimed at improving their understanding and practical application of food safety principles. Ms. Renalee M. Leyesa and Ms. Jessica G. Navarro, both members of the DOST-CALABARZON Food Safety Team (FST), served as resource speakers for the training. *(By John Maico Hernandez)*



The Association for Philippines-China Understanding (APCU) holds a Press Briefing for members of the Cebu City Media May 16 on its project the Awards for Promoting Philippines-China Understanding (APPCU), now on its 4th year giving recognition to Filipinos with outstanding work in building friendship between the two nations.

PALAIPIAN



PAHALANG

- 1 Parte ng bibig
- 5 Pasal
- 10 Pangalang pambabae
- 12 Pagsakit ng tiyan
- 14 Maliit na bahagi ng bukid
- 15 Paalam sa Hawaii
- 16 Uri ng kuhol
- 18 Pag-unat pagkagising
- 19 Basura
- 21 Nimpa
- 22 Tuyot
- 24 Anak sa Bicol
- 27 Tibay
- 29 ___ de coco
- 31 Malinamnam
- 33 Malapot na langis
- 35 Tulin
- 36 Tatanggi
- 37 Supling
- 38 Batugan

39 Luto sa toge at hipon

- PABABA**
- 2 Kalahating dosena
- 3 Lamat
- 4 Niyapos
- 6 Iyak ng sanggol
- 7 Maanghang na bunga
- 8 Ms. Alegre
- 9 Siwalat
- 11 Palaganapin
- 13 Kung nasaan ang Lipa
- 14 Kung nasaan ang Porac
- 17 Lasap
- 20 Lulusog
- 23 Utak
- 25 Kilatis ng ginto
- 26 Ipusta
- 28 Tuwa
- 30 Mithi
- 32 Parte ng braso
- 34 Lunos

SAGOT SA NAKARAAN



Dagdag Kaalaman

Ang Time magazine na unang lumabas noong 1923 ang kauna-unahang weekly magazine sa Amerika.

DOST brings 'Starbooks' to Region 2

THE Department of Science and Technology Region 2 and the Office of the 4th Legislative District of Isabela bring STARBOOKS to various schools in different municipalities of Isabela. These municipalities include Jones, Cordon, Dinapigue, Santiago, San Isidro, and San Agustin.



Santiago City, Isabela STARBOOKS: DOST 02 in Bridging Educational Gaps with Accessible Resources

The two-day activity encompasses learning experience to both learners and educators of various participating schools within the 4th District of Isabela. Carl Joshua Reyes conducted a comprehensive orientation of STARBOOKS contents, features, as well as troubleshooting for teachers to effectively implement and utilize the project's goals and objectives in their respective schools.

Meanwhile, Engr. John Benidic de Asis and Patrick Jayson Cristobal steered the 1st STARBOOKS Quiz Show; a SCIMATH Battle for students of elementary and secondary level. The quiz show aims to raise interest of students on Science, Technology, Engineering and Mathematics (STEM) and pursue education on science and mathematics-based courses.

The activity was led by Rowena Guzman, SRS II and Lucio G. Calimag, Provincial Director of PSTO Isabela under the leadership of Dr. Virginia G. Bilgera, Regional Director for DOST Region 02. By enriching the educational landscape with cutting-edge technology and knowledge dissemination, the installation and orientation of STARBOOKS in the schools of the 4th District of Isabela emphasize a commitment to development of a brighter future instilled with boundless learning opportunities among students.



We are proud of our MDRRMO invited by Cavite Provincial Police to share knowledge on water rescue and emergency response! We value such activities that give us a chance to share knowledge and skills so that we can be more effective in taking care of the safety of our countrymen especially in times of disaster or any emergency. #AksyongAngeloAguinaldo #RatedTripleA #PusoAtMalasakitParaSaAtingKawit #MayorAguinaldo

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Team PH to call for peace in Asia during ASEAN-China Youth Festival

The Philippines is sending a five-member delegation to the 10th ASEAN-China Youth Exchange Festival in Nanning, Guangxi next week with a mission to call for peace in the region and the world.



Young Filipino leaders escorted by APCU Chair Emeritus Former President Gloria Macapagal Arroyo and APCU Chair Raul Lambino during a trip last year to China enjoying the famous Great Wall in Beijing.

Association for Philippines-China Understanding (APCU) Chairman Raul Lambino said Team Philippines will propose during the Young Leaders Forum the building of a network of young Asians to promote peace and the building of friendship and cooperation among all nations.

The future belongs to our children and we want our young people to live in a peaceful and harmonious societies free from war and violence in all of Asia and the whole world, he said.

The participation of Team Philippines in the 5-day event from May 20-24 was facilitated by APCU which will also simultaneously be sending a delegation to explore more people-to-people ties with China and the other ASEAN member nations.

Lambino described the youth festival as a good occasion for **TEAM PH • 4**



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