

# SUNDAY TRIBUNE

NEWS PUBLISHING

News Worth Knowing

VOLUME II • NO. 50

JULY 14 - 20, 2024

P10.00

## ALAGANG MPT SOUTH: Operation Tuli Brings Medical Service to Hundreds of Children

MPT South has successfully completed a series of Alagang MPT South: Operation Tuli, a medical outreach program providing free circumcision for kids in collaboration with local government units and partner institutions as part of the company's effort to contribute to community development in its host communities.

From June 10-26, MPT South organized three runs of the Operation Tuli, serving a total of 848 beneficiaries.

**June 10 – Imus City Leg:** In collaboration with City Government of Imus through its City Health Office, Office of the Congressman of Cavite 3rd District and Cavite Naval Hospital, a total of 266 kids were able to avail of the free circumcision program.

**June 14- General Trias City Leg:** For its second leg, MPT South partnered with the City Government of General Trias through its City Health Office and still with Cavite Naval Hospital for the benefit of 466 kids.

**June 26- Paranaque City Leg:** The final leg of the program was held at Bulungan Wet Market in Paranaque in partnership with City Government of Paranaque through its City Health Office, Manila Naval Hospital and Philippine Nursing Students' Association, catering a total of 133 kids.

"We are confident that through MPT South's continued effort countless individuals will be able to access this life-changing procedure and associated health benefits. We are truly inspired by the company's pursuit of improving lives of the communities they serve" expressed Dr. Jonathan Dr. Jonathan Porto Luseco, City Health Officer of General Trias City.

"Our Alagang MPT South: Operation Tuli shows our commitment to contribute to community development to help enhance the lives of the communities that we serve. We are proud and grateful to our partners to bring this essential health **ALAGANG MPT • 4**



Damang-dama na po talaga ang Pistang Kawiteño sa ating bayan kasabay ng ating pakikiisa sa Karakol sa Dagat ngayong taon. Dalangin natin sa ating Panginoon, at sa patnubay ng ating patrona, Sta. Maria Magdalena, ang patuloy na biyaya sa ating yamang-tubig at masaganang huli sa ating mga mamamalakaya. #TaraSaKawit #RatedTripleA #PusoAtMalasakitParaSaAtingKawit #MayorAguinaldo

### Camarines Sur Communities Safer with DOST's Mobile Command and Control Vehicle for Disaster Preparedness and Response

The Department of Science and Technology (DOST) successfully turned over a state-of-the-art Mobile Command and Control Vehicle (MoCCoV) to the Provincial Local Government Unit of Camarines Sur (PLGU-Camarines Sur).



This initiative, part of the Community Empowerment Through Science and Technology (CEST) program, was commemorated through a ceremonial gathering in Cadlan, Pili, Camarines Sur. This investment is particularly significant given Camarines Sur's vulnerability to a range of hazards, including typhoons, flooding, landslides, storm surges, and even volcanic activity from Mount Isarog.

The event was attended by prominent figures from both PLGU-Camarines Sur and DOST. Notably present were Governor Vincenzo Renato Luigi R. Villafuerte, Vice Governor Salvio Patrick Fortuno Jr., members of the Sangguniang Panlalawigan, PLGU-Camarines Sur's Environment, Disaster Management and Emergency Response Office (EDMERO), and representatives from various local government units.

The Office of the Civil Defense-5 (OCD-5) was represented by Mr. Jeric Dela Rosa. DOST Secretary Dr. Renato U. Solidum Jr., DOST- Assistant Secretary for Technology Transfers, Communications and Commercialization **CAMARINES SUR • 4**

# DTI-Laguna Joins in the Tindahan Mo, eLevel Up Mo A DTI Sari-Sari Store Advancement Program Launching

Victoria, Laguna — The Department of Trade and Industry - Laguna Provincial Office (DTI-Laguna) successfully joined in the official launching of the Sari-Sari Store Advancement Program in conjunction with Module 1: Tindahan Mo, e-Level Up Mo recently. This significant event marked the beginning of a comprehensive program designed to empower sari-sari store owners through digital transformation, financial literacy, sustainable practices, and consumer protection.



The program's launch was attended by 259 sari-sari store owners and microentrepreneurs from various parts of Laguna through the 8 Negosyo Centers that facilitated it onsite: Victoria, Alaminos, Calauan, Liliw, Santa Cruz, Pagsanjan, Santa Maria, and Mabitac. The event aimed to provide these local business owners with the knowledge and tools needed to thrive in today's competitive marketplace, reflecting DTI's commitment to fostering economic growth and empowering micro, small, and medium enterprises in the region.

Mr. Mark Ruiz, Founder and President of Hapinoy, was one of the keynote speakers. He discussed

the business opportunities available to sari-sari store owners through Hapinoy's services, which include cash prizes, exclusive training sessions, and strategies to adapt to market changes driven by the pandemic, competition from convenience stores, and inflation. Ruiz emphasized that the changes in the market bring new opportunities and that, by embracing digitalization, store owners can stay competitive and meet consumer demands effectively.

Additionally, Ms. Cheerie Magallen and Mr. Coco Cabauatan of Packworks introduced "The Pack: SuperStore" app, highlighting its capabilities in inventory

management, bookkeeping, data collection, and access to financial products and supply ordering at lower costs. They stressed the app's role in enhancing operational efficiency for sari-sari stores.

Ms. Josephine Virrey

next provided additional insights on registering businesses with DTI, underscoring the importance of formalizing business operations to access various support programs and services offered by the government. Registering your business opens numerous opportunities and support mechanisms to help your business

grow. The participants actively engaged in the event, raising pertinent questions and sharing their experiences. The interactive nature of the seminar facilitated a productive exchange of ideas and best practices among the attendees.

In conclusion, the "Tindahan Mo, e-Level Up Mo" program marks a

significant step towards empowering sari-sari store owners by providing them with the knowledge and tools necessary for success. DTI-Laguna, through its Negosyo Centers, remains dedicated to organizing similar events in the future to support the entrepreneurs further (LAPostrado, DTI-Laguna).

## SUNDAY TRIBUNE NEWS PUBLISHING

### EDITORIAL BOARD

**ARNEL P. REYES**  
Publisher/Editor-in-Chief

**IRENE SOLIS**  
Circulation Manager

**JR BEJASA**  
Layout Artist

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 Telephone No.: (046) 484-7556 E-mail Add: sundaytribunenewspublishing@gmail.com

### SUBSCRIPTION RATE

6 Months ..... P250.00 One Year .....P500.00

### 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's Free Circumcision Program for Young Boys of Tanza: In another round of the operation tuli program with the theme "Magpatuli, para Pogi," held in Barangay Bagtas, Tanza, Cavite, on June 28, 2024, a significant milestone in community healthcare was achieved, benefiting a total of 238 young males. The event was a resounding success, owing to the collaborative efforts of local officials and various stakeholders. The event was spearheaded by the GEAMH Medical Team in collaboration with the Rural Health Unit of Tanza. Their concerted efforts ensured a smooth and effective operation, transforming the lives of young males in Bagtas as they transition to manhood. The Office of the Provincial Governor's medical mission team played a crucial role by distributing essential medicines and antibiotics, which will aid in faster healing and recovery for the beneficiaries. Barangay Chairperson Engr. Manuel "Boyot" Mintu, along with barangay officials, and medical practitioners, worked tirelessly to organize and execute this vital healthcare initiative. The event also received significant assistance from the Philippine Eagles, Fraternal Order, showcasing the spirit of community and cooperation. (OPIO)

# Disaster resilience a way of life - DOST secretary Solidum



SCIENCE and Technology Secretary Renato U. Solidum Jr. has highlighted the advantage of transforming the Filipino context of resilience in building climate and disaster strategies to address the continuing threats of natural hazards.



Solidum, during the opening ceremony of the of the "2024 Handa Pilipinas: Innovations in Disaster Resilience" Luzon Leg held on 3 July 2024 at the Plaza del Norte Hotel and Convention Center in Laoag City, noted that "the frequent exposure to hazards in the Philippines suggests that we should transform the Filipino mindset and culture of resilience."

"Resilience should allow the Filipinos to adopt, resist, transform, and recover from the effects of the hazard in a timely and efficient manner," he said, adding: "Resilience is moving beyond merely surviving the impacts of disasters.

But instead making resilience a way of life, embedded in our households, schools, communities, businesses, economy, and governance."

He pointed out that it is not enough that Filipinos continue to have a pleasant disposition even in the face of destruction or damage.

"In most cases, Filipinos are portrayed smiling after any disaster. Mahilig magpapakita ang mga Filipino kahit mayroong baha pero nakangiti pa

rin... this is associated with accepting the worst conditions. However, these norms are a deterrent to achieving resiliency as this leads to lowering the standards for the quality of life that we are supposed to have," he added.

Solidum said the Handa Pilipinas campaign seeks to boost the resiliency of local governments through access to the latest technologies developed by the Department of Science and Technology (DOST) and its partner organizations and presents various forums on disaster mitigation, and locally developed and market-ready technologies for disaster preparedness, response, and recovery.

The campaign likewise aims to elevate the awareness of stakeholders about the technologies that can be utilized to enhance the capabilities of local DRRM offices and equip every corner of the country - from the smallest barangay to the largest city - with the necessary technologies, tools, and knowledge to effectively mitigate, prepare for, and respond to hazards.

"Handa na po ang

Pilipinas sa maliliit na trahedya. Local government kayang-kaya. But we are not prepared for large-scale events. We are there preparing but we still need to do more, that is why we have the Handa Pilipinas campaign," Solidum said.

The celebration began with a ribbon-cutting ceremony graced by DOST Secretary Dr. Renato U. Solidum Jr., DOST Undersecretary for Regional Operations Engr. Sancho A. Maborang, DOST Undersecretary for Research & Development Dr. Leah J. Buendia, and Hon. Rafael Chua Medina, representing Sen. Imee R. Marcos, DOST-TAPI Director, Atty. Marion Ivy D. Decena, DOST 1 Regional Director, Dr. Teresita A. Tabaog, and Mayor Michael Marcos Keon along with various DOST & local executives. This momentous occasion set the stage for a series of transformative dialogues and showcases.

Undersecretary Maborang's welcoming remarks ignited a spirit of collaboration and innovation among the participants. He emphasized the power of technology to enhance

well-being, foster economic prosperity, and strengthen resilience in communities across



well-being, foster economic prosperity, and strengthen resilience in communities across

Region 1. This sentiment was echoed by DOST-TAPI Director Atty. Marion Ivy D. Decena encouraged all

attendees to push the boundaries of scientific inquiry for a better tomorrow.

## Misamis Oriental plans to harness over 1.2GW of clean energy for 100% renewables

**Villanueva, Misamis Oriental**—The provincial government of Misamis Oriental (PGMO) formalized its plans to transition to tripling renewable energy by 2030. Misamis Oriental provincial governor Peter M. Unabia made the announcement at the signing of the memorandum of understanding today with the Philippine Movement for Climate Justice (PM CJ), University of Science and Technology of Southern Philippines (USTP), and the Institute of Power Sector Economics (IPSEc).

Through this partnership, the PGMO plans to unleash the province's renewable energy potential estimated at 1,214.48 MW. This is more than triple of the province's peak demand.

The partnership will also endeavor towards the formation of the Technical Working Group and the Renewable Energy Roadmap. The roadmap will serve as the basis for potential investments in the province on renewable energy projects.

Gov. Unabia emphasized the urgency of this transition to renewable energy: "Catastrophe struck parts of Mindanao earlier this year, with one region experiencing drought and the other battered by floods and landslides. These are consequences

of the climate crisis, global warming brought on largely by our continued reliance on fossil fuels. Misamis Oriental is not exempt from this threat."

"I am proud to say that we are prioritizing the welfare of our citizens by choosing renewables," he added.

"This is also an opportunity to empower local communities and businesses to embrace the choice that is good for them in the long run," said Engr. David Tauli, director and treasurer of IPSEc. "We already have the technology to make clean and affordable energy accessible to citizens of Misamis Oriental, and we will utilize all those resources through this partnership."

Clint Django Pacana of the Think Tank Agropolis stressed "The island of Mindanao comparatively sits on the abundance of

renewables. Tapping into this now, will solve the age-old problem of expensive electricity and the externalities associated with the use of fossil fuels.

Ian Rivera, National Coordinator of PM CJ, praised the province's consistent support for RE. "Gov. Unabia has been an ardent promoter of renewable energy. It is heartening to see this support materialize in energy development plans for the province, even more so as it aligns with the COP28 agreement to triple renewables by 2030. We are already in a climate crisis, and Misamis Oriental shows that we can fight it."

The PGMO and its partners will undertake the formation of the technical working group in the coming days.

Camarines Sur... (FROM PAGE 1)

Napoleon K. Juanillo, Jr., DOST-Bicol Director Rommel R. Serrano, Provincial Science and Technology Office-Camarines Sur (PSTO-Camarines Sur) Director Patrociño N. Felizmenio, and representatives from various DOST agencies also graced the occasion. The ceremony commenced with messages of gratitude for the collaborative effort and a shared commitment to empowering the province's disaster response capabilities. Vice Governor Fortuno Jr. emphasized the importance of this initiative, acknowledging the Philippines' vulnerability to natural disasters while highlighting the resilience of Bicolanos. He expressed confidence

that the MoCCoV would significantly enhance Camarines Sur's ability to combat these challenges. Mr. Dela Rosa from OCD-5 echoed the Vice Governor's sentiments, recognizing the continuous process of disaster resilience and thanking DOST for their contribution. DOST Secretary Solidum delivered the keynote address, emphasizing the importance of physical resilience in addition to mental preparedness. He outlined four pillars that the province could benefit from: (1) promotion of human well-being, (2) wealth creation, (3) wealth protection, and (4) sustainability. He underscored the critical role of collaboration and science and

technology in empowering communities and further emphasized the importance of sustainability, highlighting DOST's Smart and Sustainable Communities Program as a way to realize these four pillars. The MoCCoV is the first of its kind in the Bicol region, equipped with cutting-edge communication, surveillance, rescue, and medical technologies. Camarines Sur's proactive approach to disaster response and preparedness makes it well-positioned to utilize this advanced vehicle. While Governor Villafuerte expressed hope that the MoCCoV would never need to be used, he underscored the importance of preparedness and assured that the province was ready to assist others in



need. DOST-Bicol Director Serrano concluded the ceremony by acknowledging the collective effort that led to the project's success. The MoCCoV initiative exemplifies DOST's dedication to enhancing disaster preparedness and response across the Philippines. Through collaborative partnerships and innovative technologies, DOST continues to empower communities and safeguard lives and livelihoods. The MoCCoV project stands as a testament to the effectiveness of such initiatives, showcasing the transformative power of science and technology in building a more resilient nation. (Jay Ray M. Masayda / S & T Promotion)

Alagang MPT... (FROM PAGE 1)

service to alignment communities of CAVITEX and CALAX", said MPT South Vice President for Communication and Stakeholder Management, Ms. Arlette Capistrano. Aside from annual medical mission programs, MPT South also conducts Linis Barangay, a cleaning and greening initiative for its host communities; Drayberks Road Safety Caravan, a road safety

education program; and the distribution of Bayani Ka Road Safety Activity books for children, among other initiatives. MPT South is a subsidiary of Metro Pacific Tollways Corporation (MPTC). Metro Pacific Tollways Corporation (MPTC) is in the business of developing and operating toll roads in the Philippines, Indonesia, and Vietnam. It is the biggest

toll road developer in the Philippines, with a current portfolio of tollways that includes the North Luzon Expressway (NLEX), Subic-Clark-Tarlac Expressway (SCTEX), Manila-Cavite Toll Expressway (CAVITEX), Cavite-Laguna Expressway (CALAX), Cebu-Cordova Link Expressway (CCLEX), and NLEX Connector Road (NLEX Connector). For questions about this press release, please contact corpcomm@mptsouth.com.



SuperMoms... (FROM PAGE 8)

insights into her life as a mom influencer, focusing on how to stay mentally resilient while juggling various roles. Each event in the Wellness Meetup is designed to provide SuperMoms with a supportive environment where they can connect, learn, and be inspired by real-life stories and trustworthy advice from fellow parents. Participants will have the opportunity to listen to

expert talks and network with fellow SuperMoms. These events are supported by community partner theAsianparent and is made possible by brand partners Watsons and Brownies Unlimited. About SuperMoms Club: The SM SuperMoms Club is a Facebook community dedicated to supporting and empowering moms across the Philippines. Through various on-ground events, online workshops, and

online-to-offline initiatives, the club aims to provide resources and support to celebrate the super in every mom. Join us for the SM SuperMoms Club's Wellness Meetup and be part of a transformative journey towards better mental health and wellness. Together, we can empower SuperMoms to be their best selves! Join the SM SuperMoms Club today to find out more: <https://www.facebook.com/groups/SMSuperMomsClub/>



SuperMoms Patti Grandidge Herrera, and Juana Manahan-Yupangco, Dimples Romana at the SM SuperMoms Club Meetup in July 2022 ▶ CELEBRATING • 5

# DOST-Cavite holds successful Metrology Awareness Seminar

Last July 2, the Department of Science and Technology (DOST)-Cavite, with the Regional Metrology Laboratory (RML) of DOST-CALABARZON, conducted a Metrology Awareness Seminar at the New Bacoor Government Center, Bacoor City, Cavite.

One hundred participants attended the seminar which aimed to enhance the understanding and awareness of metrology and emphasize its importance in ensuring accurate and reliable measurements.

Atty. Edith Napalan from the Bacoor City Treasurer's Office welcomed the participants and delivered an inspiring opening message where she highlighted the significance

238:1989 standards. His comprehensive presentation covered the principles and procedures involved in ensuring the accuracy and reliability of weighing instruments.

The session was further enriched by a live demonstration of verification processes conducted by Mr. Regoroso, alongside Engr. Rogerson Esmeria, Lab Head, and Mr. Jan Arry Masa, Project Technical Assistant IV of RML.



participants with the fundamental knowledge and skills on measurement standards, traceability, calibration, and uncertainty in the fields of mass metrology.

2. Identifying and using reference materials to ensure good quality, accurate, and traceable measurement results.

3. Demonstrating the verification of at least one weight-measuring device and tools used in monitoring the accuracy of weighing scales in public markets.

The Metrology Awareness Seminar stands as a testament to DOST-CALABARZON's dedication to enhancing public awareness and competence in metrology, ensuring that communities are well-equipped to uphold standards of accuracy and reliability in various sectors.

The seminar concluded with closing remarks and the awarding of certificates by Ms. Verjo Angelie M. Sisante, SRS II of DOST-Cavite. (By **Angeline Enriquez**)

of metrology in various sectors and its impact on everyday life.

Ms. Angeline Enriquez, a Government Internship Program (GIP) intern from DOST-Cavite, introduced the main speaker, Engr. Julius P. Regoroso, Senior Research Specialist II from RML. Engr. Regoroso discussed the history of mass metrology, tracing its evolution and highlighting its critical role in trade and industry.

Mr. Regoroso delved into the verification of non-automatic weighing instruments (NAWI) based on OIML R76 and PNS

Participants were given a firsthand look at the meticulous procedures involved in verifying weight-measuring devices.

An open forum and consultation session was facilitated where participants engaged with the speakers to seek clarifications and discuss specific concerns related to metrology. The interactive session fostered a deeper understanding and appreciation of the subject matter.

Through this seminar, DOST-CALABARZON

aimed to promote a deeper understanding of metrology among local government units and other stakeholders by equipping participants with the knowledge and skills necessary to perform accurate and reliable measurements. DOST underscored its commitment to fostering a culture of accuracy, reliability, and standardization in scientific and technological practices.

The seminar achieved significant outcomes, including:

1. Familiarize

on the goal of reducing all forms of malnutrition across all life stages by the year 2028.

Representatives from different LGUs of Rizal also participated in the event together with other national government agencies stationed in the province. Likewise, the Communicators' Network for Nutrition in Region IV-A (CNN 4A) headed by its president, Mr. Daniel Castro, also extended its full support to the activity. (OPIO)

## 2024 Nutrition... (FROM PAGE 8)

Governor Nina Ricci Ynares, Vice Governor Reynaldo San Juan, Jr., delivered the message urging stakeholders to work closely together citing that achieving good nutrition is a challenging endeavor, and promoted the Philippine Plan of Action (PPAN) as the guiding framework for nutrition programs.

DILG-Rizal Provincial Director Lionel Dalope led

the Pledge of Commitment to the PPAN 2023-2028 and the subsequent signing at the commitment wall together with the other guests.

Ms. Lourdes Bulante-Orongan, OIC-Regional Nutrition Program Coordinator of the National Nutrition Council-Calabarzon discussed the salient provisions of the PPAN 2023-2028 anchored

PhilHealth Regional Office IV-A  
**ADVISORY**  
No. 2024- 0017

### Reminder for PhilHealth Konsulta Providers

To efficiently facilitate the processing and timely payment of capitation through the Auto-Credit Payment Scheme (ACPS), accredited Konsulta Package Providers (KPPs) are reminded to encode health data prior to request for generation of the Statement of Accounts Payable (SAP) to LHIOs.

Although check payment is allowed per PhilHealth Circular 2024-002 to give KPPs time to set up ACPS, compliance of the newly accredited KPPs will not exceed three months.

Likewise, this is to reiterate that PhilHealth Konsulta Encoders should be guided by the following to avoid delay in the payment of capitation:

- Submit complete documents during the creation of My PhilHealth Portal account.
- Documents for PIN registration of member and undeclared dependents should be submitted to the LHIO or the KPP group chat for processing.
- To register through the My PhilHealth Portal, member should already have PIN. If the PIN is not available, search PIN in HCI Portal (Member Inquiry) or contact PhilHealth Konsulta point person through LHIO for dependent's PIN.
- Ensure to provide complete data as needed during Account Creation of eKonsulta Encoders.
- During the generation of XML Report, make sure that file will not exceed 2MB. Should there be errors, screenshot then send to the KPP group chat.

Complete and detailed guide/reference will be sent to the KPPs for their guidance.

**EDWIN M. ORIÑA, MD**  
Acting Regional Vice President

Date signed:   JUN 21 2024

# Palaro 2024 sees integration of technology, social media - Marcos

President Ferdinand Marcos Jr. on Tuesday said the Palarong Pambansa 2024 sees the integration of technology and social media livestreaming to provide up-to-date results and data for Filipinos' consumption.

In his speech during the formal opening of the multi-sport event at Cebu City Sports Center, Marcos said the integration of technology "will not only connect the games to the families and fans around the world but also provide valuable data that we can use to improve performance in future competitions."

"Let this weeklong competition showcase not only the mental and physical fortitude of our athletes, but also the fortitude and strength of the Filipino heart and Filipino spirit," Marcos said.

The President

encouraged the athletes, made up of grade school and secondary students, to make the national games a training ground and demonstrate the unwavering spirit, talent and dedication of all young Filipinos.

The Palaro, Marcos said, is more than just an interschool and inter-regional competition.

"It is also a platform where we discover, where we develop and hone our future professional athletes, Olympiads, and servant leaders," he added, urging the student-athletes to become record-holders and champions.

According to the

President, this year's edition of Palaro is particularly special because it marks many firsts.

"For one, we welcome the debut participation of athletes from the National Academy of Sports and the Philippine overseas schools. Dancesport will become a regular feature of this game," he said, citing Cebu as one of the most active in the dancesport competition.

Acting Mayor Raymond Alvin Garcia said the Palaro has fostered unity among local government units, citing Cebu province's assistance to the city government's hosting. (PNA)



**PALARONG PAMBANSA 2024.** President Ferdinand Marcos Jr. and Cebu City Acting Mayor Raymond Alvin Garcia greet the athletes at the Cebu City Sports Center for the formal opening ceremony of Palarong Pambansa on Tuesday (July 9, 2024). Marcos, who led the ceremonial lighting of the torch, said technology and social media play a big part in generating up-to-date results. (Photo courtesy of Cebu City-PIO)

## All eyes on NU spikers in SSL National Invitationals

National University is expected to display its awesome form when it faces Enderun College in the Shakey's Super League (SSL) National Invitationals at the Ninoy Aquino Stadium on Wednesday.



**SUPER LEAGUE.** Spavi president and CEO Vic Gregorio (center) discusses the upcoming Shakey's Super League (SSL) National Invitationals in a press conference at the Shakey's Malate in Manila on Tuesday (July 9, 2024). The tournament will start on Wednesday. (PNA photo by Jess M. Escarso Jr.)

The Lady Bulldogs, who won the UAAP Season 86 title over the University of Santo Tomas Golden Tigresses last May, will meet the Lady Titans at noon under Pool A.

Other matches pit University of San Carlos against Letran at 9 a.m. (Pool D), UST against University of Batangas at 2 p.m. (Pool B) and University of Southern Philippines Foundation against Far Eastern University at 4 p.m. (Pool C).

Philippine Sports Commission chairperson Richard "Dickie" Bachmann and commissioner Matthew "Fritz" Gaston will grace the simple opening ceremony at 11 a.m.

NU will be spearheaded by Alas Pilipinas mainstays Bella Belen and

Arah Panique, with support coming from Vange Alinsug, Sheena Toring, Camille Lamina, Chams Maaya and libero Shaira Jardio. UAAP Finals MVP Alyssa Solomon is not in the roster due to injury.

Belen and Panique will only see action for two games as the national team will attend a training camp in Japan.

Enderun, the reigning National Athletic Association of Schools, Colleges and Universities (NAASCU) champion, will parade outside hitters Erika Deloria and Shane Carmona, opposite Aurea Alvero, middleblockers Michaela Ma and Zenneth Perolino, setter Rhean Almendralejo and libero Stephanie Joice Barilla.

"This is a good opportunity to show our skills. We know that NU is

a strong team, so we have to do our best," said assistant coach Aries Lim, who represented head coach Ariel Dela Cruz during the press conference at Shakey's Malate on Tuesday.

Also present were ACES chairman and CEO Philip Ella Juico, Shakey's chief operating officer Jorge Concepcion, Spavi president and CEO Vic Gregorio, Smart Sports manager Bajjie del Rosario and 12 Media Company CEO Patricia Bermudez.

The other participating teams are Xavier University-Northern Mindanao Selection in Pool A, Team SOCCSKSARGEN (Southern Mindanao Selection) in Pool B, NCAA champion College of Saint Benilde in Pool D and NCAA third placer Lyceum

## Paris-bound athletics team in final stage of training

Pole vaulter Ernest John Obiena and hurdlers Lauren Hoffman and John Cabang-Tolentino are now in the final stages of their training in Europe, all geared up for the Paris Olympic Games that officially kicks off July 26.



**World No. 2 pole vaulter Ernest John Obiena (Facebook)**

Obiena is attending training camp in Italy with Ukrainian coach Vitaly Petrov, Dr. Antonio Guglieta (osteopath) and Dr. Sheryl Casuga (sports psychologist).

Tolentino, currently in Spain with his coach, and Fil-American Hoffman will join the Philippine delegation at the Metz training facility in France either on July 23 or 24.

"We're positive about our chances. I don't want to put pressure on these guys. But we know they've been training hard for them to reach this stage," Philippine

Athletics Track and Field Association (Patafa) secretary general said Jasper Tanhueco during the Philippine Sportswriters Association (PSA) Forum at Rizal Memorial Coliseum in Manila on Tuesday.

"We just need to believe in our athletes. We're confident they will perform at the highest level. They're not there to participate but hopefully win medals for our country," he added.

Tanhueco said there's no official word yet when the Philippine delegation will be completed in Paris. The world No. 2 Obiena

will compete in the preliminary stage on Aug. 3 at Stade de France. The finals will be on Aug. 5.

The track and field heats are scheduled on Aug. 4, with Hoffman to see action in the women's 400-m hurdles at 12:30 p.m. (6:30 p.m., PH time), and Tolentino in the men's 110-meter at 11 a.m. (5 p.m., PH time).

Miguel White was the last Filipino to win a track and field medal in the Olympics when he got the men's 400m hurdles bronze in Berlin (1936). (PNA)

of the Philippines University in Pool C.

Tournament format calls for all teams playing in a single round-robin group stage where the top two teams in each pool will advance to the

crossover knockout quarterfinals.

The semifinals will also be played in a do-or-die affair.

The gold medal and the bronze medal matches are both best-of-three series.

In case the title showdown ends in two games and the battle for third pairing is tied after Game 2, the bronze medal winner will be decided using the FIVB tiebreak. (PNA)

# Kahanga-hangang pag-unlad ng Iloilo City

Tumatayo ang Iloilo City bilang maningning na halimbawa ng pag-unlad, na pinalalakas ng pangako ng tuloy-tuloy na pag-aseenso at pagpapalakas sa mga komunidad.



(Iloilo City's Mayor Jerry Treñas oversees a site inspection of the Uswag Dialysis Center in Barangay San Isidro to ensure it progresses smoothly, aiming to promptly offer free services to residents.)

Sa nakalipas na anim na taon, nakamit ng Iloilo City ang ilang mga pagkilala sa ilalim ng pamumuno ni Mayor Treñas, na nakatuon sa mga pagkilos na magtataguyod ng paglago ng ekonomiya, pagpapayabong ng kultura, at tuloy-tuloy na pagpapayaman ng ating kalikasan.

Sa mga pagkilos na ito, hindi lang napataas ang antas ng siyudad, kundi napaganda rin ang buhay ng mga residente nito.

Nakakuha ang Iloilo City ng mga parangal, gaya ng pagiging Creative City of Gastronomy ng UNESCO, na bahagi ng mayamang kaalaman nito sa pagluluto at kultura. Nagwagi rin ang makabagong I-Bike Program ng lungsod sa prestihiyosong 2022 Galing Pook Award, na nagbibigay diin sa dedikasyon nito sa urban mobility.

"Ang Iloilo City ay higit pa sa isang lugar; ito ay isang komunidad kung saan nagtatagpo ang pagbabago at tradisyon," wika ni Mayor Treñas.

"Ang aming mga tagumpay ay sumasalamin sa aming sama-samang hangarin sa pagbuo ng isang lungsod na nabubuhay sa pagiging pagkamalikhain, inclusivity at sustainability."

Bilang pagkilala sa pagsusulong ng pinalakas na klima para sa pagnenegosyo, nakuha rin ng lungsod ang 2023 Most Business-Friendly Local Government Unit (LGU) award mula sa Philippine Chamber of Commerce and Industry (PCCI). Tampok sa parangal na ito ang pagsisikap ng lungsod na suportahan ang mga lokal na negosyo at pag-akit ng mga negosyante na magdadagdag sa sigla ng ekonomiya.

Mahalaga rin sa plano ni Mayor Treñas ang pagpapalago ng imprastraktura para sa kinabukasan ng Iloilo City. Makikita ang katuparan ng pangakong ito sa pagbuhay sa Central at Terminal Markets sa pamamagitan ng public-private partnership sa SM Prime Holdings.

Nagkakahalaga ng P1.5 bilyon hanggang P2.5 bilyon, layon ng proyekto na gawing moderno ang ang mga pasilidad ng pamilihan, at bigyan ng magandang espasyo ang mga lokal na negosyante na makatutulong sa kanila para umunlad at maitampok ang kanilang mga produkto.

"Nakikita natin ang mga palengkeng ito hindi lang bilang economic hubs kundi mga community center na nagtataguyod ng lokal na kultura at pagnenegosyo," pagbibigay-diin ni Mayor Treñas. "Sa pamamagitan ng pagpapasigla sa mga espasyong ito, gumagawa kami ng pagkakataon para sa aming mga vendor na mapalago ang kanilang mga negosyo nang tuluy-tuloy."

Kinatigan ni Steven Tan, Presidente ng SM Supermalls, ang pananaw na ito ni Mayor Treñas, sa pagbibigay diin sa papel ng SM sa pagsuporta sa mga lokal na komunidad at pagsusulong ng tuloy-tuloy na pag-aseenso sa

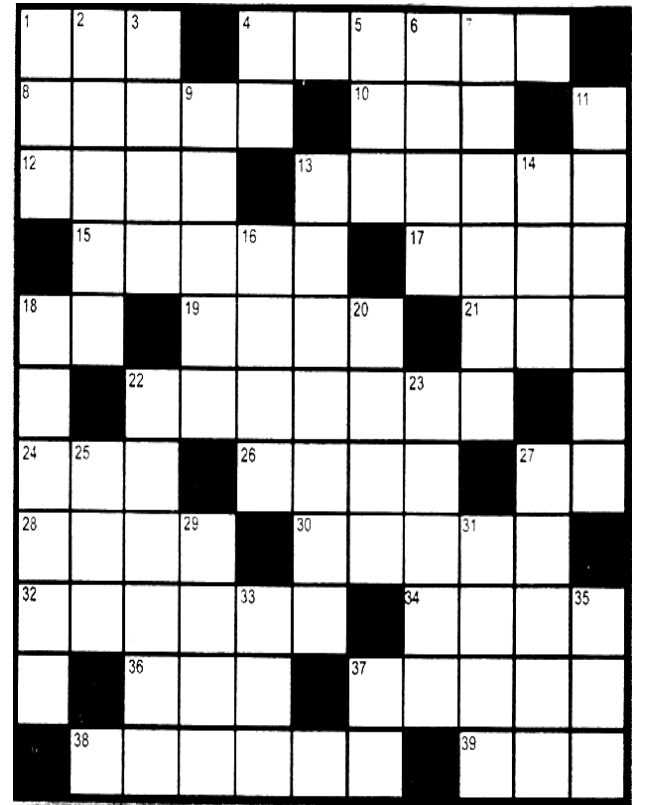
pamamagitan ng pamumuhunan sa imprastraktura.

Sa hinaharap, sinabi ni Trenas na matibay ang kanyang hangarin na isulong ang pakay na tuloy-tuloy na pag-unlad para sa Iloilo City. "Ang aming pokus ay nakatuon sa pagbuo ng isang lungsod na pinapaigting pa ang mga pagbabago, pinapanatili ang mga pamana ng kultura, at pinahuhusay ang kalidad ng buhay para sa lahat ng Ilonggo," wika niya.

Para sa mga update sa mga pagkilos ng Iloilo City at mga proyekto para sa mga komunidad, sundan ang @SMSupermalls sa social media o bisitahin ang [www.smsupermalls.com](http://www.smsupermalls.com).

Samahan kami sa pagdiriwang sa paglalakbay ng Iloilo City tungo sa tuloy-tuloy at inklusibong kinabukasan. Sama-sama nating bigyang kapangyarihan ang mga komunidad at pangalagaan ang pamana ng kultura para sa mga susunod na henerasyon.

## PALAIPIPAN



### PAHALANG

- 1 Tunog ng busina
- 4 Pusang-gubat
- 8 Antabay
- 10 Mr. Hope
- 12 Libot
- 13 Pabitbit
- 15 Yunit ng haba
- 17 Tauhan sa kasal
- 18 Notang musikal
- 19 Peste sa palayan
- 21 Usok
- 22 Awit ng pag-ibig
- 24 Inam
- 26 Gulok
- 27 Simbolo ng radium
- 28 Gusto
- 30 Pangilin
- 32 Irasan
- 34 Pinagkukunan ng pawid
- 36 Diumano
- 37 Hakbang
- 38 Komposisyong musikal
- 39 Amerika

### PABABA

- 1 Supot
- 2 Kabilang panig
- 3 Panghalo ng semento
- 4 Simbolo ng silver
- 5 Pobre
- 6 Uso
- 7 Ituktok
- 9 Ordinaryong Darna
- 11 Payroll: Tagalog
- 13 Awang
- 14 Piñas
- 16 Pulgada
- 18 Tuunan
- 20 Lamanloob
- 22 Anak ng kabayo
- 23 Bintang
- 25 Petrolyo
- 27 Uri ng bulaklak
- 29 Mantsa sa balat
- 31 Salitang pandamdang
- 33 Habag
- 35 Diwata
- 37 \_\_\_ Loma

## SAGOT SA NAKARAAN



Dagdag Kaalaman

Ayon sa New York Times, mas madalas na ang mga panganay na anak ay may mas mataas na IQ kumpara sa mga kapatid niya.

# 2024 Nutrition Month



Cavite province, represented by the Nutrition Cluster of the Office of the Provincial Health Officer, and members of the Provincial Nutrition Committee joined the regional launching of the 2024 Nutrition Month celebration hosted by the local government of Rodriguez, Rizal on July 1, 2024. Bannering the theme, "Sa PAPAN: Sama-sama sa Nutrisiyong sapat Para sa Lahat", the event draw participation and support from the local officials of Rizal LGUs and stakeholders across the region.

The 50th-year commemoration of nutrition month kicked off with a parade of nutrition floats participated by different barangays of Rodriguez promoting healthy diet with locally-sourced nutritious food as float decoration.

Rodriguez Mayor, Gen. Ronnie S. Evangelista (Ret) welcomed all the participants and guests who joined the opening salvo of the celebration. In his message, he underscored that nutrition interventions require collaborative efforts from all stakeholders.

► 2024 NUTRITION • 5

## SuperMoms Club Presents the Wellness Meetup to Celebrate the Super in Every Mom

SM Supermalls is thrilled to announce the SM SuperMoms Club's highly anticipated Wellness Meetup, set to take place across four SM malls nationwide. This exciting series of #SuperMomsClubMeetup events is dedicated to celebrating and empowering moms through mental health wellness, featuring esteemed celebrity SuperMoms who will share their personal journeys and insights on motherhood and mental well-being, seasoned experts who will provide valuable insights on stress management and healthy self-care habits, and entertaining raffle giveaways for all our SuperMoms in attendance.



Join us for an enriching experience at the following events, which center on "Empowering SuperMoms Through Mental Health Wellness."

1. July 6 - SM City Santa Rosa \* VIP SuperMombassador: Winwyn Marquez \* Time: 2:00 PM - 4:00 PM

\* Highlights: Winwyn Marquez will share her experiences and strategies on balancing motherhood with her career, along with practical tips on maintaining mental health

and wellness.

2. July 13 - SM City Telabastagan \* VIP SuperMombassador: Bettina Carlos \* Time: 2:00 PM - 4:00 PM

\* Highlights: Bettina Carlos will discuss her journey as an actress and mompreneur and offer valuable advice on managing stress and fostering a positive mindset.

3. July 20 - SM City Davao \* VIP SuperMombassadors: Andrea Taylor and Jehza

Huelar \* Time: 2:00 PM - 4:00 PM

\* Highlights: Andrea Taylor and Jehza Huelar will engage in a candid conversation about their experiences in motherhood, mental health challenges, and the importance of self-care.

4. July 27 - SM Seaside Cebu \* VIP SuperMombassador: Vern Enciso-Lim \* Time: 2:00 PM - 4:00 PM

\* Highlights: Vern Enciso-Lim will provide

► SUPERMOMS • 4

# SUNDAY TRIBUNE

NEWS PUBLISHING

News Worth Knowing

VOLUME II • NO. 50 • JULY 14 - 20, 2024 • P10.00

## DOST ISABELA INTRODUCES THE CARRAGEENAN TECHNOLOGY AS PLANT GROWTH PROMOTER TO AGRARIAN REFORM BENEFICIARIES OF DAR

San Guillermo, Isabela- The DOST-Provincial Science and Technology Office (PSTO)- Isabela in collaboration with the Department of Agrarian Reform (DAR) conducted a seminar for the Agrarian Reform Beneficiaries (ARBs) on Carrageenan Technology as Plant Growth Promoter for the agricultural productivity of Estrella Danggayan Agrarian Reform Cooperative (EDARC) on July 05, 2024.



PSTO ISABELA NEWS

### DOST ISABELA INTRODUCE THE CARRAGEENAN TECHNOLOGY AS PLANT GROWTH PROMOTER TO AGRARIAN REFORM BENEFICIARIES OF DAR

JULY 05, 2024 | ESTRELLA, SAN GUILLERMO, ISABELA

Isabela.dost2.ph | DOST PSTO Isabela | dostpstcisabela02@gmail.com

Mr. Angelo V. Capurian, Project Technical Assistant staff of PSTO Isabela, served as the resource speaker to introduce the Carrageenan Technology to the members of EDAR Cooperative.

The Carrageenan Plant Growth Promoter is an agricultural technology developed by the DOST-Philippine Nuclear Research Institute (DOST-PNRI) that has been shown to improve plant growth and induce plant defense mechanisms, thereby improving agricultural yield and reducing loss due to infestation. The CPGP is currently registered as an inorganic fertilizer by the Fertilizer and Pesticide Authority, with the PNRI as the licensed manufacturer.

Furthermore, DOST plans, programs and services were also discussed with the members, especially on the Small Enterprise Technology Upgrading Program (SETUP).

A total of 42 participants attended the activity and acquired the knowledge of the Carrageenan Plant Growth Promoter as one of their inputs in agricultural production.



RATED TRIPLE A PUSO AT MALASAKIT PARA SA ATING KAWIT

## MUNICIPAL GOVERNMENT OF KAWIT CITIZEN'S CHARTER

Scan the QR to view:



Para sa mas maayos at may puso't malasakit na pagbibigay ng #RatedTripleA na pagseserbisyo.

MAYOR AGUINALDO

@mayoraguinaldo

PSA: Kawiteños can now access Kawit Citizen's Charter online by scanning the QR code below. This contains necessary information regarding the local government services to the constituents or clients. (Kawit PIO)