

# SUNDAY TRIBUNE

NEWS PUBLISHING

News Worth Knowing

VOLUME III • NO. 14

NOVEMBER 03 - 09, 2024

P10.00

## Cavite Province Named "Most Business-Friendly LGU" at the 50th Philippine Business-Friendly Conference and Expo

The Office of the Provincial Health Officer organized the Post World Organ Donation Day event, themed "Kabahaging BUHAY: Kabitenyo Bayanihan, Handog Gintong Buhay." on October 16, 2024 at the Cavite Collaboration Center for Public Health, organized by the Office of the Provincial Health Officer. The event was a beacon of hope and generosity as it raised awareness about the



Department of Health's organ donation program to inspire more people to become life-saving donors.

Key stakeholders and Barangay Health Workers (BHWs) in the province participated in meaningful discussions about organ donation.

Ms. Evangeline Caidoy, Health Education Promotion Officer II from DOH's Center for Health Development CaLaBarZon, took center stage with her enlightening talk on

► **CAVITE** • 3

### COURTESY CALL OF VICE PRESIDENT SARA DUTERTE AND MONGOLIAN DEPUTY PRIME MINISTER H.E. SAINBUYAN AMARSAIKHAN

Vice President Sara Duterte welcomed Mongolian Deputy Prime Minister H.E. Sainbuyan Amarsaikhan at the Office of the Vice President, Mandaluyong City.



This visit coincides with the arrival of the Deputy Prime Minister in the Philippines to participate in the 2024 Asia-Pacific Ministerial Conference on Disaster Risk Reduction.

► **COURTESY CALL** • 3

### DepEd, Canva PH sign pact for interactive learning

The Department of Education (DepEd) has partnered with Canva Philippines for free access and training for public school teachers nationwide that will aid them with tools to provide a more interactive learning experience for students.

DepEd Secretary Sonny Angara formalized the partnership for Canva for Education on Wednesday in a signing ceremony in Pasig City, attended by Australian Ambassador to the Philippines Hae Kyong Yu PSM, Canva Philippines Country Lead Yani Hornilla-Donato, and Canva Philippines Marketing and Content & Discovery Lead Maisie Littaua.

The initiative aims to equip teachers with user-friendly tools that promote creativity and collaboration in the classroom and integrate digital design into Philippine education. "The President himself said in his SONA that classrooms should be incubators of creativity and innovation. With this partnership, we're building those incubators, one design at a time," Angara said.

provides a comprehensive suite of digital tools and resources that may be accessed for free by K-12 educators and students, allowing them to create visually engaging materials.

Teachers can access thousands of templates, interactive presentation tools, and other resources designed to support effective teaching and learning.

Canva for Education

► **DEPED** • 3



**INTERACTIVE LEARNING.** The Department of Education (DepEd) on Wednesday (Oct. 30, 2024) signs a partnership with Canva Philippines for free access and training for public school teachers nationwide. The initiative aims to equip teachers with user-friendly tools that promote creativity and collaboration in the classroom and integrate digital design into Philippine education. (Photo courtesy of DepEd)

# Governor Tolentino visits STS Kristine victims in Gentry



On October 25, 2024, Governor Athena Bryana D. Tolentino visited Barangays Tejero and Bacao in Gen. Trias City to personally extend support to families impacted by severe tropical storm Kristine.

The governor, along with local officials led by Gen. Trias City Mayor Luis Jonjon Ferrer, Vice Mayor Jonas Glyn Labuguen, and 6th District Board Members Morit Sison and Kerby

Salazar, facilitated the distribution of emergency food packs and essential supplies to affected residents in evacuation centers and temporary shelters.

Governor Tolentino spent time with families to assess their current situation and address their most urgent needs. She assured the residents of the provincial government's commitment to their safety and well-being.

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Sunday Tribune News Publishing is a weekly newspaper of general circulation in the Province of Cavite with Editorial and Business address at 155 Brgy. Panamitan Kawit, Cavite 4104. CP No. 0917-109-9191 Telephone No.: (046) 484-7556 E-mailAdd: sundaytribunenewspublishing@gmail.com

MEMBER: **PAPI** Publishers Association of the Philippines, Inc.

### SUBSCRIPTION RATE

6 Months ..... P260.00 One Year .....P520.00

### ADVERTISING RATE

Commercial — P200/col.cm

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Cavite provincial government facilitated the last leg of distribution of the financial assistance to oil spill-affected fisher folk and families in the municipality of Rosario in the program held at SM City Rosario on October 26, 2024. Vice Mayor Bamm Gonzales welcomed the team from the PGC and the other officials to their municipality on behalf of Mayor Voltaire Ricafrente. She expressed her appreciation for the support provided to their constituents who were affected by the oil spill. Board Members Romel Enriquez and Ram Revilla graced the event and reiterated their commitment to the welfare of the people especially from the first district. BM Revilla also extended the gratitude to President Bongbong Marcos for the assistance being distributed to the beneficiaries. He remarked that it exemplifies the unity of the national and local government to respond to the needs of the people in times of crisis. (E. Reyes)

Cavite...

(FROM PAGE 1)

"Kidney Transplant Myths and Reality", wherein she addressed common misconceptions about organ donation, helping the audience better understand the medical, social, and ethical dimensions of kidney transplants. Ms. Caidoy also took the opportunity to announce the upcoming Organ Donation Symposium of DOH CaLaBaRZon on October 29, 2024, which will provide attendees the

chance to engage directly with professionals, ask questions, and deepen their understanding of organ donation.

The event also featured testimonials from both sides of the organ donation journey. Ms. Rosita D. Ramos, an organ donor, shared her inspiring story. In contrast, Mr. Andrew Louie Cabrera, RN, an organ recipient, spoke about his life-changing experience and the second chance he received thanks

to a generous donor. Their personal stories served as a powerful reminder of the life-altering impact of organ donation.

Through the initiative, OPHO continues to emphasize the importance of organ donation, fostering a community that values selflessness and the power of giving the ultimate gift—life.

As Caviteños come together in bayanihan, they stand united in promoting health, hope, and the golden opportunity of organ donation. (R. Tanael)



Courtesy Call...

(FROM PAGE 1)

This also coincides with the celebration of the 50th Anniversary of Diplomatic Relations between the Philippines and Mongolia, a milestone that highlights the long-standing friendship and bilateral

cooperation of the two countries.

In their meeting, they discussed disaster risk reduction and identifying the threats posed by climate change and natural disasters that

could affect the Philippines and Mongolia.

They stressed the critical role of preparedness and collaboration in responding to significant threats to the security and well-being of the two countries. (OVP FB Page)

DOST NCR...

(FROM PAGE 8)

Dr. Renato U. Solidum Jr., Secretary of the Department of Science and Technology, delivered the keynote, reflecting on Typhoon Kristine's recent impact and advocating for a redefined resilience through S&T. Dr. Solidum highlighted the role of local government units (LGUs) in adopting technology to enhance sustainable practices and green development. "Development is a continued series of

structural transformations," he noted, adding that RSTW's focus on green technologies is a call to action to incorporate these advancements into enterprises, communities, and homes.

The event also featured several notable activities, including the signing of memoranda of understanding (MOUs) between DOST NCR and partners such as PIA-NCR, TESDA-RTC NCR, and The

Filipinos Word, aimed at fostering STI-driven partnerships. The ceremonial launch of DOST NCR's STI Plan for Quezon City further underscored the collaborative efforts toward sustainable urban transformation.

With interactive exhibits, forums, and contests, this year's RSTW invites participants and stakeholders to experience the potential of science and technology in creating a green, resilient, and inclusive future for the metropolis. (Nelson S. Santos)



MPTC...

(FROM PAGE 8)

To ensure smooth travel experience of motorists — emergency and medical incident response teams will be deployed strategically within the expressways. MPTC will also offer free towing service for Class 1 vehicles up to the nearest exit from 6 AM of October 31 to 6 AM of November 4.

Roadworks and lane closures in MPTC expressways will be suspended from October 30 to November 4 — except for emergency safety repairs.

**Plan trip ahead, travel on non-peak hours if possible**

Motorists are encouraged to plan their trips and may use the MPT DriveHub app which provides traffic updates, toll fee calculator, reloading facility for RFID accounts, and emergency roadside assistance.

Since high traffic volume is anticipated in its major expressways like NLEX, the public is advised of heavy northbound traffic on October 31 from 6 AM to 10 PM and November 1 from 5 AM to 2 PM. For Manila-bound travelers, expect high traffic volume on November 2, 3 PM to 10 PM, and November 3, 2 PM to November 4, 8 AM.

As part of the MVP Group's commitment to further provide comfort to motorists during the busy Undas period, Maynilad will provide bottles of drinking water to be distributed to travelers at the SMSK motorist camps, ensuring they stay hydrated throughout their journey.

Meanwhile, mWell — Philippines' first fully

integrated health and wellness mega app — will set up booths in rest and refuel areas along the expressways, offering health consultations to motorists in need of medical advice or assistance during their travel.

Smart will also provide free internet access and charging stations in selected areas for motorists to stay connected and keep their devices powered up while on the road.

**Be expressway-ready**

In addition to being physically and mentally prepared, ensuring your vehicle is in good condition, and observing road safety practices — a working RFID sticker will make your journey smoother.

With the busy holiday season ahead, MPTC encourages the motoring public to have their old RFID stickers replaced at the nearest Easytrip station or Customer Service Centers to avoid inconvenience while on the road.

"We encourage motorists to be expressway-ready by ensuring that they have sufficient load in their RFID accounts for a hassle-free journey. Let's drive responsibly so we can all arrive at our destinations safely, and spend more time with our loved ones," said MPTC President and CEO Rogelio L. Singson.

For regular updates and road safety tips, check out MPTC expressways' official Facebook accounts, @NLEXexpressways, @OfficialCALAX, and @CCLEXexpressway; along with its 24/7 hotline

at 1-35000.

**About Metro Pacific Tollways Corporation:**

Metro Pacific Tollways Corporation (MPTC) is in the business of developing and operating toll roads in the Philippines, Indonesia, and Vietnam. It is the most significant toll road developer in the Philippines, with a current portfolio of tollways that includes the North Luzon Expressway (NLEX), Subic-Clark-Tarlac Expressway (SCTEX), Cavite-Laguna Expressway (CALAX), Manila-Cavite Toll Expressway (CAVITEX), Cebu-Cordova Link Expressway (CCLEX), and NLEX Connector Road (NLEX Connector).

MPTC also has investments in Indonesia via PT Nusantara, whose operations comprise toll roads, ports, water, and energy generation and distribution, and in Vietnam's CII Bridges & Roads

Investment Joint Stock Company, which is primarily engaged in the construction, development, and operations of urban infrastructure.

MPTC recently accelerated its digital transformation and expanded its business offerings via its two new business units — MPT Digital Inc. and MPT Mobility.

MPTC is the tollways infrastructure unit of Metro Pacific Investments Corp. MPIC is one of three key Philippines units of Hong Kong-based First Pacific Co. Ltd.

For further inquiries, please contact: Jann Medina jmedina@mptc.com.ph Media Relations Metro Pacific Tollways Corporation

DepEd...

(FROM PAGE 1)

Yu meanwhile commended Angara's quick action in formalizing the collaboration which she called a milestone in Philippine-Australian relations.

The ambassador also noted that Canva's founder, Melanie Perkins,

has Filipino roots, making the partnership even more meaningful.

The Canva for Classroom initiative is set to launch in November and aims to bring interactive and creative learning tools to classrooms nationwide.

To access Canva for Education for free, teachers and staff can log in at [www.canva.com](http://www.canva.com) using their DepEd email address. Information about the initiative may be accessed through the dedicated DepEd Resource Hub in Canva at <http://canvaph.com/dep-ed-resourcehub>. (PNA)

DOF respects...

(FROM PAGE 8)

including unpaid allowances for health workers during the pandemic, this year's Salary Standardization VI for government employees, the updated Armed Forces of the Philippines modernization program, the Philippine Multisectoral Nutrition

Project, the Philippine Rural Development Project, the Mindanao Inclusive Agriculture Development Project, and several major infrastructure initiatives under the Build Better More program.

The Office of the Solicitor General (OSG) said the government will

comply with the TRO.

"It appears that the TRO is limited to PhilHealth funds only. We will respect the TRO," Solicitor General Menardo Guevarra told reporters.

He said the OSG is preparing to defend the government's position during the scheduled oral arguments on the case on Jan. 14. (with a report from Benjamin Pulta/PNA)



Doris Yin

## How to Find Our Inner Peace

Dear Global Pioneers, Today, I want to share the importance of finding inner peace. Recently, I've noticed a growing level of stress and anxiety in many people, which often affects our relationships with family, friends, and colleagues. These emotions create obstacles in our lives, leading us to spend time and energy trying to repair the damage caused by emotional reactions—damage that can sometimes be beyond repair.

Inner peace is a valuable state that embodies the tranquility and calmness of

the mind. Yet, in our complex lives, we are often troubled by worries, stress, and anxiety, making the pursuit of true peace seem distant. However, achieving inner peace is not only possible but essential to our well-being and to the success of the Pi Network and GCV community. It is crucial for GCV Ambassadors and leaders to foster effective communication, avoid conflicts, and control emotional reactions in order to build a successful GCV system.

### My Personal Journey to Inner Peace

Over 20 years ago, I struggled with a bad temper and emotional instability, causing much unhappiness and anxiety. Through practicing Confucianism, Buddhism, and Taoism for nearly two decades, I have slowly cultivated inner peace. I studied and recited ancient texts, such as the "Disciple Rules," "Three Character Classic," and the "Diamond Sutra," applying their wisdom to my daily life. I also found peace through meditation, yoga, and self-care.

Here are some methods that have helped me, which I hope will benefit you too:

1. Meditation and Breathing: Meditation helps you connect with your inner self. Find a quiet place, focus on your breathing, and clear your mind of distractions. This practice helps calm the mind and reduce stress. If you find yourself emotional, take a moment to pause, breathe deeply, and avoid reacting immediately.

2. Self-reflection and Acceptance: Inner peace comes from harmony within. Reflect on your thoughts and emotions, and accept yourself for who you are. Forgive yourself and others, and let go of grudges. This self-compassion helps release negativity and

brings inner calm.

3. Connection with Nature: Spending time in nature is a powerful way to achieve peace. Whether it's walking in a park, listening to the ocean, or spending time with a pet, nature has a calming effect. Try to step away from social media and stressful news, especially fake news related to Pi Network, which can cause unnecessary anxiety.

4. Flow Experience: Engage in activities that bring you joy and fully absorb your attention, such as art, music, or sports. When you are in a state of flow, time seems to disappear, and you experience peace and satisfaction. Personally, I've found fulfillment in Pi Network GCV education, and this focus brings me joy.

5. Focusing on the Present Moment: Inner peace lies in the present. The past is gone, and the future is uncertain, so focus on the here and now. As the "Diamond Sutra" teaches, the past, present, and future are unattainable. Let go of attachment to time and allow your thoughts to flow without clinging to them.

### Building Peaceful Relationships

In our Pi Network community, we must focus on building positive relationships and avoid conflicts. Kindness, patience, and respect should guide our interactions with others. Avoid gossip, harsh words, and judgment. Instead, work on planting positive seeds in our relationships, as these will eventually blossom into fruitful outcomes. Even if some people no longer support GCV, we should respect their choices and continue our work with grace.

### Conclusion: A Journey to Inner Peace

Achieving true peace is a lifelong journey. It requires practice, patience, and self-exploration. Through meditation, reflection, connection with nature, and focusing on the present, we can find inner peace and contentment. This peace will not only improve our personal well-being but also strengthen our family, work, and Pi Network GCV community.

Let's hold hands as a global Pi family, appreciating each other and supporting each other on this journey. From Pi Network, we will not only gain wealth but also wisdom and inner peace.

Special thanks to Ms. Lumari, Ms. Nonny, Mr. Patrick, and Mr. Bao for their invaluable contributions to GCV. Their hard work and leadership have laid the foundation for our success.

I hope everyone enjoys their journey in Pi Network, finding peace in both their hearts and minds. **(With gratitude, Doris Yin - Founder, Global GCV Movement)**

## Calling All Merchants: Join the Pi Revolution at PiFest 2024!

### LUMARI RERORTS



Ms. Lumari

The time has come for merchants across the globe to take center stage in the rapidly expanding Pi Network community. PiFest 2024 is calling on all Pi merchants to seize this incredible opportunity to showcase your business, attract new customers, and be part of a revolutionary shift in global commerce. Whether you're a small local shop, an up-and-coming digital service, or an established brand, this is your chance to make a lasting impact and lead the charge in the Pi economy.

PiFest 2024 is more than just a shopping festival—it's a celebration of the Global Consensus Value (GCV) and the flourishing Pi Network economy. Merchants from around the world will come together to sell their goods and services using Pi, presenting a unique shopping experience that highlights the power of Pi as a form of payment. As Pi continues to gain momentum, this event will serve as a bold statement of how decentralized commerce is transforming the global marketplace.

Participating in PiFest offers merchants an unrivaled opportunity to elevate their business. This is more than just a chance to make sales; it's about being part of a global movement that is reshaping the future of trade and business transactions. By accepting Pi as payment, you're positioning your business as a forward-thinking, innovative player in the evolving digital economy.

Here's what you can expect as a participating merchant at PiFest 2024:

- Increased Visibility: Your business will be promoted on the \*Map of Pi\*, a central hub that connects Pi pioneers from all corners of the world to participating merchants. This visibility ensures that your brand will reach thousands of potential new customers, both locally and globally.

- Engagement with a Global Audience: The Pi community spans across continents, creating a diverse and enthusiastic customer base that's eager to support merchants who accept Pi. By joining PiFest, you'll be part of a global event that's designed to connect you directly with this passionate audience.

- Boost Sales with Pi Payments: As Pi continues to gain recognition, more and more consumers are eager to use their Pi holdings to make purchases. By accepting Pi during PiFest, you're opening your business to a new wave of customers eager to spend their Pi in exchange for valuable products and services.

### Why You Should Register Your Business on the Map of Pi

The Map of Pi is more than a directory—it's the beating heart of the Pi merchant ecosystem. When you register your business, you become part of an exclusive community of merchants recognized for accepting Pi payments. This registration allows your business to be highlighted during PiFest 2024, ensuring maximum exposure.

Registering your business on the Map of Pi comes with several key benefits:

- Inclusion in PiFest 2024 Promotions: PiFest is a global event, and as a registered merchant, your business will be featured in promotional activities, helping you stand out in the growing marketplace.

- Connect with the Global Pi Community: Your registration ensures that Pi pioneers worldwide can easily find your business and shop with you during PiFest—and

beyond.

- Unlock Future Opportunities: By taking part in this year's event, you position your business for future Pi-related opportunities as the network grows and becomes more integrated into global commerce.

From November 29 to December 5, PiFest 2024 will present a diverse range of products and services, all available for purchase using Pi. The event will cater to every type of shopper, from those seeking one-of-a-kind handcrafted goods to those looking for practical everyday items, digital services, or special promotions from well-known brands. Whether your business sells local artisanal products or cutting-edge digital solutions, PiFest offers you the chance to connect with a vast network of Pi pioneers eager to explore what your brand has to offer.

This shopping festival is designed to break boundaries and show the world how innovative, inclusive, and impactful the Pi Network has become. It's a reflection of the entrepreneurial spirit that drives our community forward, with businesses big and small playing an essential role in shaping the future of Pi commerce.

PiFest 2024 is our moment to show the world what we, as a community, have achieved. The strength of the Pi Network lies in its pioneers—the merchants and businesses that accept Pi as payment and help build a decentralized, empowered future. By joining PiFest, you are not only promoting your products but also proving the potential of the Pi ecosystem to disrupt and enhance global commerce.

This festival isn't just about transactions; it's about innovation, unity, and forward-thinking solutions. Your participation will help demonstrate that the Pi Network is a powerful economic force, capable of transforming how people and businesses interact.

As Pi continues its rapid growth, there has never been a better time for merchants to get involved. The Pi Network is evolving quickly, and merchants who join PiFest 2024 will have the opportunity to position themselves at the forefront of this evolution. By accepting Pi payments, you're showcasing your willingness to embrace change, drive innovation, and connect with the next generation of consumers.

Imagine being one of the pioneers who helped establish the foundation of a global digital economy—an economy built on trust, collaboration, and decentralized power. PiFest 2024 is your gateway to that future, and we invite you to be part of this historic moment.

It's simple! To register your business for PiFest 2024, head over to the \*Map of Pi\* and complete the registration form. By doing so, you'll ensure that your business is listed and ready to participate in this global event. You'll gain visibility, attract new customers, and be part of a vibrant, innovative community that's reshaping the world of commerce.

Once registered, your business will be featured in PiFest promotions, allowing you to reach even more customers as the excitement builds toward the event.

Together, we can make PiFest 2024 an extraordinary success. Let's showcase the innovation, passion, and entrepreneurial spirit that define the Pi Network community. Whether you're a merchant looking to boost sales, a pioneer excited to shop with Pi, or a business owner ready to join the digital revolution—this event is for you.

The Pi revolution is happening now. Don't miss your chance to be a part of it. Register your business today, and let's make PiFest 2024 a global celebration of innovation, community, and the future of commerce.

Join the movement. Be part of the revolution. **(Lumari - Executive Director, GCVCT)**

# Paano Maiiwasan ang Dengue Pagkatapos ng Bagyo?




## Ano ang Dengue?

Ang dengue ay isang sakit na dulot ng kagat ng lamok na Aedes Aegypti, na karaniwang nangingitlog sa mga stagnant (nakatigil) at malinis na tubig.

**SIMTOMAS:**



LAGNAT



PANANAKIT NG ULO



PANANAKIT NG KALAMNAN AT KASUKASUAN




PANGHIHINA

## Paano Maiiwasan ang Dengue?

Gamitin at Sundin ang 5S Strategy Kontra Dengue

### Seek Early Consultation

Kung nakakaranas ng mga sintomas ng dengue katulad ng **Lagnat, Pananakit ng ulo, Pananakit ng kalamnan at kasukasuan at Panghihina**. Agad na magpakonsulta sa doktor o pinakamalapit na Barangay Health Station.



### Sustain Hydration

Pagpapanatili ng pag-inom ng sapat na tubig ng hindi bababa sa walong (8) baso kada araw ay malaki ang maitutulong upang maiiwasan ang komplikasyon ng sakit at mapalakas ang resistensya habang nagpapagaling.



### Support Fogging during Outbreak

Makipagtulungan sa mga awtoridad at ahensiya ng pamahalaan kapag may isinasagawang fogging o misting sa inyong barangay upang mapuksa ang mga lamok.



### Search and Destroy


Hanapin at tanggalin ang mga lugar na pinamumugaran ng lamok, tulad ng mga nakatiwangwang na tubig sa mga paso, mga alulod sa bahay, lagayan ng tubig gaya ng drum, timba o batya, mga gulong, lata, at bote.



✉ kawitruhu@gmail.com  
tabonrhu@yahoo.com
📘 kawitruhuofficial
📷 @kawit\_RHU
☎ 431-9941 / 09164702070

### Self-Protection

Gumamit ng mga insect repellent at magsuot ng mahahabang damit, lalo na kung lalabas ng bahay o nasa lugar na maraming lamok.



Discover the Magic of Christmas at

# SANTA'S SHOP



Come and join us on  
November 6, 2024  
5:00 PM | Level 2 Event Center

**SM CITY TRECE MARTIRES**  
smcitytrecemartires (046) 514-0422 to 23

Step into the Magic of Christmas at Santa's Shop! Join us as we kick off the holiday season on November 6, 2024, at 5PM, SM City Trece Martires! Whether you're on Santa's nice list or just looking for some holiday cheer, Santa's Shop has something for everyone.

## Job Opportunity

PhilHealth Regional Office IVA  
Lucena Grand Central Terminal,  
Brgy. Ilayang Dupay, Lucena City  
(Human Resource Unit)

PhilHealth Regional Office IVA (PRO IVA) invites qualified applicants to apply for the following vacant Job Order Contractor positions:

### MEDICAL SPECIALIST III (MEDICAL EVALUATOR)

**Job Grade:** 12  
**Daily Rate:** P 4,579.97  
**No. of Vacant Position and Area of Assignment:** 1 position / PhilHealth Regional Office, Lucena City-Health Care Delivery Management Division

**Minimum Qualification Standard (QS):**  
Education: Doctor of Medicine  
Work Experience: 2 Years of Relevant Experience  
Training: 8 Hours of Relevant Training  
Eligibility: RA 1080 (Medicine)

**Duties and Responsibilities:**

- Responsible for medical evaluation of claims.
- Review of the medical aspect of claims forwarded for reconsideration.
- Perform other related tasks as may be assigned.

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### MEDICAL SPECIALIST III

**Job Grade:** 12  
**Daily Rate:** P 4,579.97  
**No. of Vacant Position and Area of Assignment:** 1 position / PhilHealth Regional Office, Lucena City Legal Office

**Minimum Qualification Standard (QS):**  
Education: Doctor of Medicine  
Work Experience: 2 Years of Relevant Experience  
Training: 8 Hours of Relevant Training  
Eligibility: RA 1080 (Medicine)

**Duties and Responsibilities:**

- Evaluate the claims under investigation and issue corresponding Medical Evaluation Report;
- Determine whether or not the diagnosis stated in the claims filed by the Health Care Providers (HCPs) are in proper order. The medical evaluation shall be used as evidence in filing cases against HCPs, its officers, and personnel;
- Appear as expert witness for the Corporation in proceedings against HCPs;
- Conduct of hospital inspections and domiciliary visitation; and
- Perform other related duties and responsibilities that may be assigned or required.

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### SOCIAL INSURANCE ASSISTANT I/ PhilHealth Accounts Information Management Specialist (PAIMS)

**Job Grade:** 6  
**Daily Rate:** P 1,215.71  
**No. of Vacant Position and Area of Assignment:** 1 position / Local Health Insurance Office Trece Martires City

**Minimum Qualification Standard (QS):**  
Education: Completion of Two Years Studies in College  
Work Experience: 1 Year of Relevant Experience  
Training: 4 Hours of Relevant Training  
Eligibility: None Required

**Duties and Responsibilities:**

- Augments the existing Collection/LHIO;
- Handles the account management and monitoring relative to collection functions of Direct and Indirect Contributors and Overseas Filipinos;
- Accounts Management:
  - Government and Micro Accounts
  - Self-Paying and Professional Members Accounts
  - Migrant Workers Accounts
- Perform other related tasks as may be assigned from time to time.

PhilHealth recognizes the right to equal opportunity in the workplace. Thus, all qualified applicants will be considered for employment without regard to age, ethnicity, religion, sex, civil status, national origin, disability status, political affiliation, or any other similar factors/personal circumstances which run counter to the principles of merit and fitness and equal employment opportunity.

Deadline of receiving of applications is until **November 8, 2024**

# PH crowned 2nd best team in Asia Pacific Trail Running Championships

The Philippines emerged the second best team overall in the 1st Asia Pacific Trail Running Championships held in Ulju, South Korea on Oct. 23 to 27.

Johnray Onifa led the Filipino trail runners with a gold medal he won in the men's 40-kilometer short trail category in three hours and 47 minutes.

"I am happy to bring home the gold medal and proud to represent the Philippines and hear national anthem playing during the awarding," Onifa said.

With Onifa's golden finish, the Philippines bagged silver medal in the men's short trail event together with Randolph Gonzales who finish 6th, Romnick Tongkaling (12th), and Godwin Mirar (17th) behind champion

Japan.

The Philippines' long trail (80 km) team, composed of Larry Apolinario who finished 6th place, Arnie Macarenas (9th), Rhys Pawid (23rd), Roberto Cain (30th), and Paul Brillantes (32nd), also finished second behind Australia.

The Philippines women's team, composed of Elizabeth Dangadang (6th) and Angelie Cabalo (16th), finished fourth in the short trail event.

The country's long trail women's team, composed of Christabel Martes (11th), Trisha Reyes (16th), Noemi

Fernandez (21st), and Angelica Alejo (26th), also finished fourth behind Japan, Australia and Hong Kong.

In her Facebook post, Philippine Trail Running Association (Philtra) vice president and secretary general Tin Ferrera congratulated the team members and thanked Martes, who also served as head coach of the Philippine team.

Philtra's participation was supported by the Philippine Sports Commission and Philippine Airlines as its official carrier. **(with Alona Cochon/PNA)**



**SECOND BEST TEAM.** The Philippines emerges the second best team overall in the 1st Asia Pacific Trail Running Championships in Ulju, South Korea on Oct. 23-27, 2024. Johnray Onifa led the Filipino trail runners with a gold medal he won in the men's 40-kilometer short trail category. (Photo courtesy of Philtra)

## It's all systems go for Dragon Boat World Championships

PUERTO PRINCESA CITY – It's all systems go for the International Canoe Federation (ICF) Dragon Boat World Championships, which start at the Baywalk here Thursday.



**ALL SET.** The World Dragon Boat Championships is scheduled on Oct. 31 to Nov. 3 in Puerto Princesa, Palawan. Present during the event launching at the HUE Hotel on Wednesday (Oct. 30, 2024) were (from left) International Canoe Federation (ICF) Dragon Boat Committee chairman Dr. Wai-Hung Luk, Puerto Princesa City Mayor Lucilo Bayron, Philippine Canoe Kayak & Dragon Federation (PCKDF) president Leonora Escollante, and ICF president Thomas Konietzko. (Contributed photo)

A total of 1,400 athletes will compete in the four-day tournament featuring 52 events.

Host Philippines has the biggest number of entries with 200, followed by India (140), Thailand (87), Singapore (74), Iran (63), Ukraine (30), USA (30), and China (18).

Also participating in the tournament, which serves as a qualifying competition for the 2025 World Games in Chengdu, China, are Bulgaria, Cambodia, Canada, Chinese Taipei, Czech Republic, France, Germany, Hong Kong, Indonesia, Hungary, Macau, Malaysia, Myanmar, Poland, Russia, Spain, South Korea, and Sweden.

"This tournament is very important as it

serves as qualifying for the World Games next year and it also promotes the sport in the Philippines," International Canoe Federation (ICF) president Thomas Konietzko said during a press conference at the HUE Hotel on Wednesday.

ICF Dragon Boat Committee chairman Dr. Wai-Hung Luk, Philippine Canoe Kayak & Dragon Federation (PCKDF) president Leonora Escollante, Mayor Lucilo Bayron, and the members of Team Philippines also attended the press conference.

The Philippines is the first country in Southeast Asia to host the World Championships in dragon boat. It has staged the Asian Championships in

2016.

"It is an honor for Puerto Princesa to host this world-class competition. We thank the ICF and the PCKDF for trusting us," Bayron said.

After the World Championships, the city will host the Batang Pinoy National Finals next month and the BIMP-EAGA Friendship Games in December.

"We are on the right track to focus on sports tourism," Bayron said.

Escollante said the Filipino paddlers have been training here since Sept. 26 and they have a good chance.

"They are familiar with the race course and I know they will do their best in the competition," she said. **(PNA)**

## PBA to donate Governors finals Game 1 earnings to 'Kristine' victims

**THE Philippine Basketball Association (PBA) will donate to victims of Severe Tropical Storm Kristine all proceeds of the Governors' Cup finals opener between Barangay Ginebra and TNT.**

The PBA Board announced during a press conference in Taguig City Thursday that all Game 1 earnings will go to the calamity victims.

Game 1 is slated at Ynares Center in Antipolo City on Oct. 27.

"You can see what happened sa bansa natin, 'yung mga kababayan natin nasalanta (in our country, our compatriots were devastated)," league board vice chair Alfrancis Chua, also sports director of San Miguel Corporation and governor of Barangay Ginebra, told the media in Taguig City.

"Ngayon nandito tayo (We are here) preparing for Sunday's game and them, they're preparing there kung may matitirhan pa sila or may makakain pa (if they still have a place to go back to or food to eat)." Board chair Ricky Vargas of Meralco said all Game 1 earnings will be coursed by the PBA through the Alagang Kapatid Foundation Inc., the corporate social responsibility organization of TV5 Network Inc.

"They (foundation) will report how they used the proceeds that was given to them by the PBA," Vargas said.

Chua also called on other groups or individuals who are willing to join the league



**Philippine Basketball Association Governors' Cup champion's trophy (PBA Images)**

in their donation plans.

TNT and Barangay Ginebra did not make any of the two finals (Philippine Cup and Commissioner's Cup) of the previous season.

The Governors' Cup was scrapped last year due to the country's FIBA World Cup hosting.

"It's going to be really disappointing for us as an organization if we don't win this. And if we do win this, we're gonna be ecstatic," Ginebra coach Tim Cone said during the same press conference.

The defending champion Tropang Giga won their last championship during the 2023 edition of this conference, when they

beat the Kings in six games.

Twice they reached the quarterfinals last season.

The Kings were champion in the 2023 Commissioner's Cup, beating guest team Bay Area Dragons in seven games.

Last season, they made the semifinals back-to-back but lost both times, including a sudden-death Game 7, against eventual Philippine Cup champion Meralco.

"I think our players are ready. I'm sure that TNT is ready," TNT coach Chot Reyes said. "Can't wait to get it on." (PR)

# SM City Rosario and SM Cares Support Families Affected by Typhoon Kristine

More than 3,000 Kalinga packs were distributed in total by SM City Rosario to families affected by Typhoon Kristine across several towns, including Noveleta, Cavite, through SM Cares' Operations Tulong Express program. In addition to Noveleta, Kalinga packs were also provided to families in Cavite City, Kawit, and Rosario, Cavite. This generous effort highlights SM's commitment to supporting communities in times of crisis and helping families rebuild their lives.



The Operations Tulong Express program by SM Cares aims to reach out to communities in need by providing Kalinga packs filled with essential goods for families and individuals affected by recent calamities.



The woman from Kawit, Cavite, receives a Kalinga pack handed to her by the Mall Manager of SM City Rosario.



Nanay from Rosario, Cavite, takes home not just the Kalinga pack, but also the hope and joy that Operation Tulong Express initiative brings to her community.

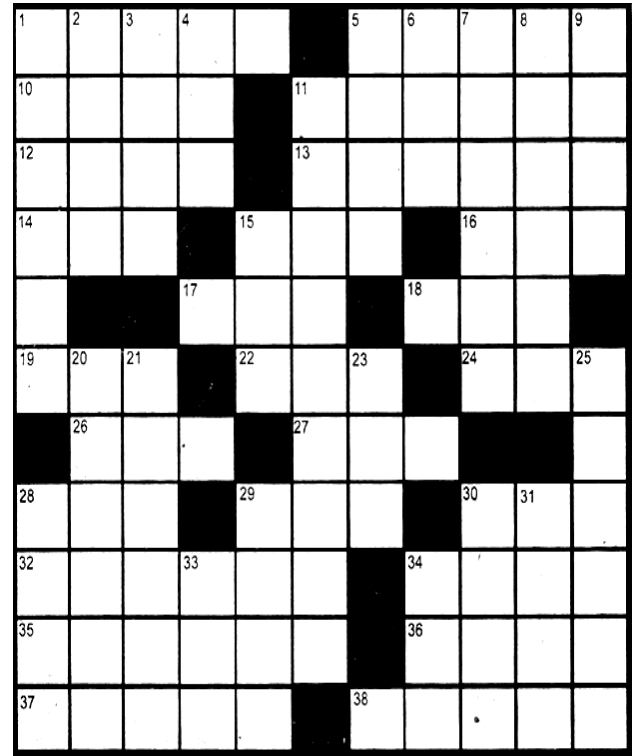


A Kalinga pack is being handed by an SM City Rosario employee to a woman residing in Cavite City.



Anumang maging panahon, hangga't may pagkakataon ay ipapadama natin ang #PusoAtMalasakitParaSaAtingKawit! Buong puso't malasakit din po tayong nagpapasalamat sa ating butihing Sen. Ramon Bong Revilla, Jr., Agimat Partylist, BM Abeng Remulla, BM Ram Revilla Bautista, Cong. Jolo Revilla at sa lahat ng ating nakasama at nakatulong upang maipaabot kaagad ang tulong sa ating mga kababayan. Sa ating sama-samang pagtutulungan, tayo po ay makakaahon sa ating kalamidad na nararanasan. #AlagangAngeloAguinaldo #RatedTripleA #MayorAguinaldo

## PALAI SIPAN



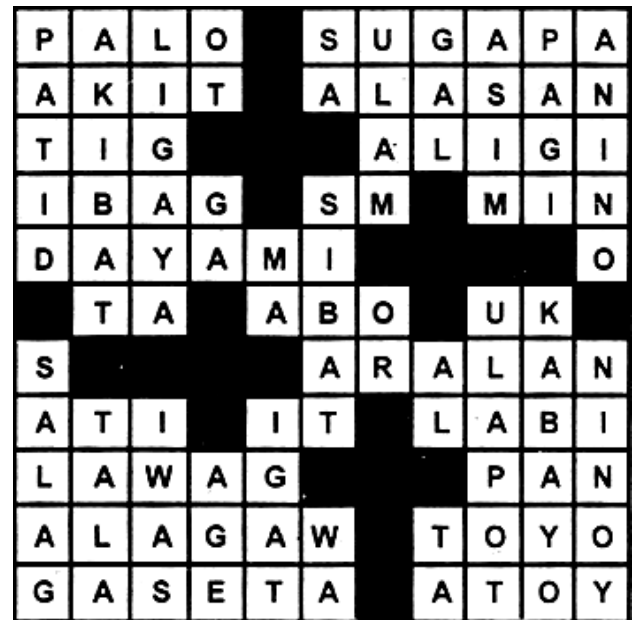
### PAHALANG

- 1 Pangalang pambabae
- 5 Bukal ng tubig
- 10 Maga
- 11 Bago
- 12 Uri ng butil
- 13 Tanggihan
- 14 Philippine National Police
- 15 Isa
- 16 Asam
- 17 Apelyidong Tsino
- 18 Animo
- 19 Senora: daglat
- 22 Hindi ikaw
- 24 Pagpansin
- 26 Apartment: daglat
- 27 Bundok sa Davao
- 28 Alog
- 29 Suyo
- 30 Ginang: daglat
- 32 Oropil
- 34 Alapaap
- 35 Timplahan ng asin
- 36 At saka

### 37 Manika

- 38 Sako
- PABABA**
- 1 Sobra
- 2 Tubig mula sa langit
- 3 Utak
- 4 Scandinavian Airlines System
- 5 Dikdik
- 6 Ms. Mina
- 7 Buktot
- 8 Layuan
- 9 Harinawa
- 11 Tadtaran
- 15 Pinakamaaga
- 20 Mabilis na pagdating
- 21 Bayan sa Pampanga
- 23 Magalang na tugon
- 25 Lugar sa Chinatown
- 28 Sulsol
- 29 Kasalungat ng gabi
- 30 Gamit ni Donaire
- 31 \_ de coco
- 33 Ms. Capri
- 34 Renta

## SAGOT SA NAKARAAN



Dagdag Kaalaman

Sa 16 na binabansagang "Decade Volcanoes" ng UN, isa dito ay nasa Pilipinas. Ito ay ang Taal.

# OPA Organic Farming Techniques at Sloping Agriculture Demo Site in Trece Martires City

On October 22, 2024, the Office of the Provincial Agriculturist (OPA) conducted a site visit to the innovative Technology Demonstration Project for Vegetables and High-Value Crops located at the OPA Extension Office in Barangay Osorio, Trece Martires City. Spearheaded by Mr. Mario Rotairo, Agriculturist II, the project stands as a model for sustainable and productive agriculture on sloping terrain through the use of Sloping Agricultural Land Technology (SALT).



TECHNOLOGY DEMONSTRATION PROJECT  
22 OCTOBER 2024 | BRGY. OSORIO, TRECE MARTIRES CITY, CAVITE  
WWW.CAVITE.GOV.PH - WWW.ATHENATOLENTINO.PH

The project features a diverse range of vegetables and high-value crops cultivated organically, including cucumber, eggplant, okra, papaya and ginger, demonstrating that sustainable farming can thrive even on challenging landscapes. Vermicast is used as the primary fertilizer, while wood vinegar and Effective

Microorganisms (EM) serve as the supplementary treatments to promote plant health and act as natural insect repellents. This organic approach not only enhances soil fertility but also reduces the dependency on chemical inputs, fostering a more environmentally-friendly approach to farming.

Through Mr. Rotairo's efforts and the OPA's commitment to sustainable practices, the demonstration site has become a valuable resource for local farmers. It showcases practical, eco-friendly methods that can increase productivity and support food security across Cavite, inspiring more communities to adopt resilient agricultural practices. **(R. Dones)**

# SUNDAY TRIBUNE

NEWS PUBLISHING

News Worth Knowing

VOLUME III • NO. 14 • NOVEMBER 03 - 09, 2024 • P10.00

## DOST NCR Launches Regional Science, Technology, and Innovation Week to Promote Green Economy Solutions in Metro Manila

The Department of Science and Technology National Capital Region (DOST NCR) launched its annual Regional Science, Technology, and Innovation Week (RSTW) from October 29-31, 2024, at Amoranto Arena in Quezon City, with a focus on bridging science and technology with green economy solutions for Metro Manila. This year's theme, "Bridging Science, Technology, and Green Economy Solutions in the Metro," underscores the importance of science and technology (S&T) in fostering sustainable urban development and creating a greener future for the capital region.



Quezon City Mayor Hon. Maria Josefina "Joy" G. Belmonte welcomed participants, underscoring that this RSTW serves as a crucial platform for forward-thinking discussions on how science and technology should drive inclusive progress that uplifts all communities. DOST NCR Regional Director Engr. Romelen T. Tresvalles presented the region's achievements and unveiled future plans, with a highlight on the inauguration of the DOST NCR Innovation Hub (iHub). This newly launched iHub will serve as a dynamic space for nurturing transformative ideas and innovations that can significantly impact communities, aligning with Metro Manila's push toward sustainable urban development.

► **DOST NCR • 3**

## MPTC expressways gear up for Undas, urges motorists to be expressway-ready

Metro Pacific Tollways Corporation reactivates its Safe Trip Mo, Sagot Ko (SMSK) motorists assistance program to ensure safe and convenient travel during Undas.

### Easytrip RFID Stations

<p><b>OUTSIDE EXPRESSWAYS</b></p> <ul style="list-style-type: none"> <li>24 Angeles Southbound</li> <li>Caltex EDSA Balintawak</li> <li>Robinsons Galleria</li> <li>Shell Mindanao</li> <li>Shell Marilao</li> <li>Mamplasan Rotonda</li> </ul> <p><b>Customer Service Centers</b></p> <ul style="list-style-type: none"> <li>CAVITEX C5 Link CSC</li> <li>NLEX Tabang CSC</li> <li>NLEX San Fernando CSC</li> </ul> <p><b>CAVITEX</b></p> <ul style="list-style-type: none"> <li>Kawit</li> <li>Kawit Toll Plaza</li> <li>Longos Bacoor</li> <li>Parañaque Toll Plaza</li> </ul> <p><b>Customer Service Centers</b></p> <ul style="list-style-type: none"> <li>CAVITEX CSC - Manila bound</li> <li>CAVITEX CSC - Cavite bound</li> </ul> <p><b>CAVITEX C5 LINK</b></p> <ul style="list-style-type: none"> <li>CAVITEX C5 Link - Merville Entry</li> <li>CAVITEX C5 Link - Taguig Entry</li> </ul>	<p><b>CALAX</b></p> <ul style="list-style-type: none"> <li>Laguna Blvd B Toll Plaza</li> <li>Santa Rosa</li> <li>Santa Rosa Toll Plaza</li> <li>Silang Aguinaldo Interchange</li> <li>Silang East B Toll Plaza</li> </ul> <p><b>Customer Service Center</b></p> <ul style="list-style-type: none"> <li>CALAX Greenfield (Mamplasan) CSC</li> </ul> <p><b>NLEX-SCTEX</b></p> <ul style="list-style-type: none"> <li>CityMall SCTEX Concepcion</li> <li>24 Balintawak Toll Plaza</li> <li>24 Bocaue Toll Plaza</li> <li>24 España Toll Plaza</li> <li>24 NLEX Drive &amp; Dine</li> <li>NLEX Balintawak AOV</li> <li>NLEX Mindanao CSC</li> <li>24 Petron Lakeshore</li> <li>24 Shell of Asia</li> <li>24 Shell Balagtas</li> <li>Tarlac Toll Plaza</li> <li>Total SFEX Southbound</li> </ul> <p><b>Customer Service Centers</b></p> <ul style="list-style-type: none"> <li>NLEX Balintawak CSC</li> <li>NLEX Valenzuela CSC</li> </ul>
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✉ customercare@mptc.com.ph

With an expected combined surge in traffic volume across its expressways — NLEX, SCTEX, NLEX Connector, CALAX, and CCLEX — the MPTC Group is ready to assist motorists through its increased personnel deployment, 24/7 traffic condition monitoring and incident response, and enhanced traffic management measures to guide motorists.

► **MPTC • 3**

## DOF respects SC's TRO on transfer of PhilHealth's idle funds

Department of Finance (DOF) Secretary Ralph Recto said his office respects the Supreme Court's (SC) temporary restraining order (TRO) on transferring the idle funds of the Philippine Health Insurance Corp. (PhilHealth) worth PHP89.9 billion to finance other programs of the government.

"We respect the Supreme Court's intervention. As a public servant myself, I recognize the right of every citizen to seek redress from the courts. Rest assured that the DOF will fully comply with the order of the Supreme Court," Recto said in a statement Tuesday.

He pledged the DOF's full cooperation with the SC and looks forward to clarifying the issues raised during oral arguments.

"We reiterate that before proceeding with the utilization of GOCC (government-owned and -controlled corporations) idle funds, our agency exercised due diligence and consulted extensively with the government's legal experts. These include the Governance Commission for GOCCs, the Government Corporate Counsel, and the Commission on



Finance Secretary Ralph Recto. (File photo)

Audit. These efforts were undertaken to ensure full compliance with our laws," Recto said.

He reiterated that the agency's move to transfer the idle, unused, and excess funds of GOCCs is a mandate under the General Appropriations Act of 2024.

The DOF also earned support and favorable legal opinion that PhilHealth's "unused

government subsidies are not part of its reserve funds, nor income that is being restricted by the Universal Health Care Act to be used by the national government as a general fund."

The DOF noted that the unused government subsidies to PhilHealth support various programs and projects,

► **DOF RESPECTS • 3**