

cil Chairman at Sctr. Filmin Segundo Torres - Council Ist Vice Chairman ang nasabing programa habang

Biñan City officials takes oath; reaffirm dedicated, reliable public service

of Biñan have formally took their respective oath of offices this Friday, June 27 at Alonte Sports Arena, Biñan

Senate President Francis Chiz Escudero served as the guest of honor and officiated the oath-taking ceremony of Mayor Angelo Alonte and Vice Mayor-elect





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Urgent care, ambulatory center to rise in Laguna GROUNDBREAKING CEREMON



BAY, Laguna - The establishment of additional urgent health service centers nationwide continues as the provincial government of Laguna formally breaks ground for the Bagong Urgent Care and Ambulatory Services (BUCAS) Center in Brgy. Puypuy, Bay, Laguna on June 20, Friday.

The proposed BUCAS Center in Laguna is integrated within the Turn to p. 3



Center begins its operation. Gov. Ramil Hernandez, Laguna 2nd District Rep. Ruth Mariano-Hernandez, DOH Undersecretary Dr. Mary Ann P. Maestral and Cavite 2nd District Rep. Lani Mercado-Revilla lead the groundbreaking

Mga bagong hospital facilities sa San Pablo at Nagcarlan, magagamit na

Pinasinayaan na ng pamahalaang lalawigan ng Laguna ang mga bagong pasilidad na pangkalusugan, kabilang na ang bagong Patient Waiting Area at Emergency Room ng San Pablo City District Hospital at bagong Emergency Room ng Nagcarlan District Hospital.

Pinangunahan nina Governor Ramil Hernandez at Laguna 2nd District Representative Ruth Mariano Hernandez ang pagpapasinaya sa mga istruktu-

Avon sa gobernador, itinayo ang mga pasilidad upang higit na mapalawak ang kapasidad ng mga ospital at matugunan ang lumalaking pangangailangan ng mga Lagunense para sa dekalidad at mabilis na serbisyong medikal.

Hangad ni Hernandez na ang mga pasilidad ay makapagbigay ng mas progresibo, mas malusog, at mas responsableng sistema ng pangangalaga sa kalusugan sa buong lalawigan.

GOV. HERNANDEZ LEADS LAGUNA UNIVERSITY'S **NEW ADMIN BUILDING INAUGURATION**

STA. CRUZ, Laguna - Governor quality education services to La-Ramil L. Hernandez, together with Congresswoman Ruth M. Hernandez, led the inauguration and blessing of Laguna University's (LU) new administrative building at the Laguna Sports Complex in Brgy. Bubukal on 23 June 2025.

Also serving as LU Board of Regents Chairman, Gov. Hernandez stated that the new infrastructure is not just a building but a reflection of the growth and progress of the university over the years; and the dedication of LU in closely cooperating with the Provincial Government of Laguna to provide gunense youth.

Housed in the new building are offices of the University President, Vice Presidents, Registrar, Student Affairs and Services, Guidance and Counselling, Clinic, Records Management, Human Resources, and Management Information Systems.

Also present were LU President Dr. Charlemagne G. Laviña, VP for Administration Dr. Alex Macario C. Cecilio, other LU officials and staff, and officials of the provincial government. (Photo by Jun Sapungan/Laguna PIO)



LAGUNA'S MAY 2025 INFLATION SLOWED DOWN TO 2.2%

YEAR-ON-YEAR INFLATION RATES, ALL ITEMS IN PERCENT (2018=100)

Area	May 2024	April 2025 May 2025		Year-to-date*	
Philippines					
Headline	3.9	1.4	1.3	1.9	
Core	3.1	2.2	2.2	2.3	
CALABARZON					
Headline	3.5	1.7	1.6	2.1	
LAGUNA					
Headline	2.7	2.4	2.2	2.5	

line inflation in Laguna slow down to 2.2 percent in May 2025 from 2.4 percent in April 2025. This brings the provincial average inflation from January

to May 2025 to 2.5 percent.
In May 2024, inflation rate was higher at 2.7 percent. The downtrend in the overall inflation in May 2025was primarily influence by the lower ear-on-year growth in the commodity group of Housing, Water, Electricity, Gas and Other Fuels at 2.1 percent during the month from 4.6 percent in

the previous month. Meanwhile, increase in inflation

coholic Beverages at $4.5\,$ percent from 3.9 percent; Alcoholic Beverages and Tobacco at 1.5 percent from 1.4 percent; and Furnishing, Household Equipment and Routine Household Maintenance at 1.9 percent from 1.7

Food inflation at the provincial level increased to 4.5 percent in May month. In May 2024, food inflation was recorded at 3.2 percent. On the contrary, slower annual growth rates during the month were observed in the indices of the following food a. Rice, -5.7 percent from -2.0

slaughtered land animals, 9.9 percent from 10.5 percent;

b. Corn, 10.5 percent from 12.8

d. Oils and Fats, 7.1 percent from

e. Sugar, confectionery and desserts, -1.6 percent from -1.3 percent; and

f. Ready-made food and other food products n.e.c., 1.8 percent from





Wars without winners

You don't need to be in a warzone to feel how close you are to something the planet will regret. These days, it feels like pain is everywhere. Somewhere, a war rages. Somewhere else, families are picking up what's left or waiting for the next hit. The names change, but the pain feels the same—grief, hunger, fear that lingers. Our grandparents used to whisper about days like these, afraid the past might hear. Now, we see them unfold in real time—raw, loud, and just a swipe away.

l ars do not begin with gunfire. They start quietly—when people stop paying attention, when we scroll past suffering like it is just background noise. Let us not be that kind of generation.

Ukraine bleeds while world powers move pieces, and real people freeze, flee, or fall. In Gaza, kids draw warplanes instead of dreams as their homes crumble. Israel battles not just Hamas but also Hezbollah, Iran, and otherswars with no clear end. Just off our shores, the

Taiwan Strait, like the West Philippine Sea, grows tense. China moves, the U.S. answers, Japan watches, and Filipino fishermen now spot warships instead of waves. Once-quiet waters feel like frontlines. Across the globe, the same story plays out—missiles over Korea, Kurdish uprisings in Turkey, border standoffs in India and Pakistan, and uneasy truces in Armenia and Azerbaijan. In places like Sudan, Syria, Yemen, Myanmar, Ethiopia, Libya, Syria, Iraq, Venezuela, Mali, Mexico, Somalia, Morocco, Cyprus, Congo, and Haiti, the pain repeats: kids waking to gunfire, parents burying dreams. War changes face, but the heartbreak stays the same.

These are not isolated fires. The world is burning in pieces. Big powers strategize while smaller nations bury the cost. And yet, many scroll past. But for those living it, war is not a headline. It is the silence at dinner, the knock that never comes, the dream that never had

Even here, we carry quiet wars. Gunfire still echoes in the hills. Mindanao still feels restless. The drug war left too many homes with empty chairs and heavy silence. The guns may have quieted—but the wounds have not. Each gunshot—whether in Kyiv, Gaza, Tehran, or Bukidnon-steals money from classrooms and hospital beds. The United Nations has numbers for it: every year of full-scale conflict drags a nation back twenty years in development. You cannot teach algebra in a room peppered with bullet holes.

And yet, peace is rarely invited to the big tables. It appears slow, tedious, and even naïve compared to the language and jargon of generals. But when it is tried—Bangsamoro in our south, Colombia's deal with FARC—it works, somehow. Violence decreases, kids return to school, and markets reopen. The Institute for Economics and Peace reports that calm nations grow sixteen times faster than those in violent conflict. Peace is not a slogan. It is a strategy.

This is not to deny anyone's right to defend a homeland. Ukrainians, Palestinians, and Taiwanese each carry histories written in tears. Their fight for dignity is real. What is not real is the fantasy that missiles and trench lines will settle those histories. War devours and

So, what can we do from our little corner of the world? First, we stop pretending it is not our problem. We continue to raise students who know how to think, build, dialogue, and—more importantly care. The same values some leaders seem to forget the moment they trade classrooms for bullets. We urge those in power to discuss matters before resorting to threats. We demand that budgets prioritize books over bombs. And we say, again and again, until someone finally listens: recognizing how fragile we all are is not soft—it is smart.

A planet that can map Mars and edit genes should manage grown-up conversations about borders and flags. If it cannot, the real crisis is one of imagination. Our children deserve nightly news filled with coral reef recoveries, not rising death tolls. They need leaders who compete over clean energy solutions, not those who have the bigger arsenal. Let them inherit a world focused on healing, not hurt-

Wars do not begin with gunfire. They start quietly—when people stop paying attention, when we scroll past suffering like it is just background noise. Let us not be that kind of generation. Let us be the ones who saw the warning signs and still chose the more challenging path—one that listens, repairs, and rebuilds. Because in every war, no matter whose anthem plays or whose flag is raised, the outcome rarely changes—humanity loses, and grief collects the prize.

Doc H fondly describes himself as a "student of and for life" who, like many others, aspires to a life-giving and why-driven world grounded in social justice and the pursuit of happiness. His views do not necessarily reflect those of the institutions he is employed or connected with.

FIX, NOT FLIP, K-12

Anyone who's ever taught in a public high school—where ceiling fans groan louder than the studentsknows how tough Philippine educa-

tion can be. So when talk of ditching K-12 resurfaces, it is worth asking: are we solving the problem or just repainting a crumbling wall? Reform is necessary. But backtracking is not progress.

Launched in 2012, K-12 was meant to align us with global standards. It added two years to basic education to better prepare students for college, jobs, or life. We were one of the last holdouts worldwide with only ten years of basic education then.

The reform was not perfect, but it was necessary. What is broken is not the idea—it is the execution.

Critics have real concerns. SHS did not fully deliver. Only about 20% of its graduates went straight to work, said a 2020 PIDS study. Employers still prefer college graduates, and many tech-voc tracks lack proper tools, trainers, or industry ties. Promising a car does not work when you

only hand over the steering wheel.

Yet SHS remains a bridge for many. It helps students discover their paths—academic or techbased. A student in Barotac Nuevo learned welding, earned TESDA certification, and now juggles work and night school. These doors did not exist under the old system.

Globally, K-12 helped level the playing field. Pre-reform, our high school graduates needed bridging courses abroad. Today, some can compete for international slots straight from SHS—at least in schools with good programs. Yes, not all are there yet. Some schools still lack facilities, trained teachers, or international-readiness. But we are closer than before. Reverting to K-10 would only widen the gap again.

And it is not cheap or easy to undo. Scrapping K-12 means massive overhauls—curriculum rewrites, teacher reshuffles, retraining, textbook changes, logistical resets. It would take years, cost billions, and confuse everyone. It is not a tweak—it is a full-blown quake.

EDITORIAL

-12 was never a magic bullet. It won't end poverty overnight or

Quarantee jobs. What it does is

open doors—previously locked to high

school grads. If those doors are still

stuck, maybe it is the hinges-not the

whole frame—that need fixing.

Meanwhile, real issues persist. Functional illiteracy is rising. Teacher assignments do not match expertise. The trifocal system (DepEd, CHED, TES-

DA) lacks synergy. Promotion systems are outdated. Add to that: students' mental health struggles, bullying, lack of equipment and labs, poor internet in rural areas, absence of an edtech mindset, and stunting. These are the cracks we must seal. K-12 did not cause them—but it can help solve them, if done right.

Thankfully, DepEd is moving. A revised curriculum set for 2025 will reduce core subjects from 15

> to 5, focusing on mastery. Teachers will get new training on communication, careers, and local history. This is how systems improve—not by scrapping, but by refining.

> Also: let us clear the air. Viral posts claiming K-12 will vanish by 2025? False. DepEd has debunked that. RA 10533 still stands. Flexibility may be introduced, but

we are not going back to four-year high school. Do not let misinformation dictate reform.

And let us talk teachers. As Sec. Sonny Angara rightly said, no reform works without supporting the workforce. If our teachers are overworked, underpaid, and buried in paperwork, no program—not even K-12-will thrive. Reform begins with the front-

K-12 was never a magic bullet. It won't end poverty overnight or guarantee jobs. What it does is open doors—previously locked to high school grads. If those doors are still stuck, maybe it is the hinges—not the whole frame—that need fixing.

So let us ask better questions. Not, "Should we abolish K-12?" but "How do we make it work better?" Education is not something we flip like a switch. It is a long game. It needs honesty, patience, and action.

Let us support what works, confront what does not, and fix what is broken. The real measure of reform is not noise—but how well we prepare our youth for tomorrow. Dumping twelve for ten is no shortcut. It is a detour to nowhere.

Towards sharper and faster governance

Let's give good intentions a chance. In a recent statement, Executive Secretary Lucas Bersamin described President Ferdinand Marcos Jr.'s cabinet reshuffle as a "bold reset," signaling a shift in the administration's approach to governance.

According to Bersamin, this move is meant to usher in a new phase—one that is sharper, faster, and more fully focused on the people's

harper and faster governance is not just a slogan—it is a challenge. And if the administration is truly ready to rise to it, then we, too, must be ready to hold

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most pressing needs. While some observers remain skeptical of whether this vision will be realized, the President's words and actions offer a glimmer of optimism

In an age where trust in government is fragile and many Filipinos have grown disillusioned by slow or ineffective public service; the promise of sharper and faster governance is more than just rhetoric-it's an aspiration for meaningful change. But what does "sharper" and "faster" really mean in the context of governance?

"Sharper" implies clarity of purpose, decisiveness, and precision in policymaking and execution. It means fewer vague directives and more measurable objectives. In a sharper government, every department knows its role, and every agency has a clearly defined mission. There is no room for guesswork or bureaucratic muddling. It calls for leadership that cuts through red tape and focuses on delivering outcomes rather than simply processing paperwork.

"Faster," on the other hand, speaks directly of efficiency. It is a cry against the sluggish pace of project rollouts, infrastructure implementation, and public service delivery. Filipinos are tired of waiting-for better roads, for more classrooms, for affordable healthcare, and for



Kalking4U -- IKE SENERES --

responsive disaster relief. To be fast is to be responsive, proactive, and agile: traits that the public sector must now urgently adopt.

To the President's credit, the call for realignment came with action. The call for courtesy resignations among his cabinet members—controversial as it may be-at least indicates that the administration is prepared to make difficult decisions to achieve its goals. While some may view it as political maneuvering, others see it as a necessary step toward performance-based leadership.

Yes, there are valid concerns. Skeptics question whether this reset is driven by genuine reform or political consolidation. They wonder if underperforming officials will simply be reshuffled instead of replaced. These questions are fair, and transparency is essential moving forward. However, if the administration follows through with clear Key Performance Indicators (KPIs), accountability mechanisms, and open communication, this reset could set a precedent for more responsive and responsible governance.

Admittedly, many Filipinos are feeling disillusioned. Rising prices, inadequate social services, and political noise have dimmed public trust. But in this context, even a spark of hope can be powerful. If the President is serious about realigning his administration with the needs of the people, then we should give this recalibration a fair chance.

As citizens, we are not called to blind lovalty, but to hopeful engagement. Sharper and faster governance is not just a slogan—it is a challenge. And if the administration is truly ready to rise to it, then we, too, must be ready to hold them to it—with both support and scrutiny. After all, we have nothing to lose—and perhaps, everything to gain.

The Wednesday

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Mga maling gawa at gawi, dulot ay sakit na tutoong kumakapit

ating mga maling ginagawa at ginagawi. Magugulat kayo tiyak kapag nalaman ang mga ito dahil ang nga ito ay ni hindi pumasok lalo na sa hinagap.

- Mga sakit na nakukuha sa mga maling ginagawa:
- Diabetes kapag kumakain ng atrasado na sa gabi
 Hypertension kaag sobrang maalat ang kinakain
- 3. Migraine nagpapalipas ng gutom o di kumakain sa oras
- Osteoporosis iwas sa sikat ng araw o di nagbibilad lalo na kung umaga
- 5. Gastritis mabilis kumain
- 6. Acid reflux agad na nahihiga matapos kumain
- 7. Anemia umiinom ng tsaa matapos kumain
- 8. Gut issues di pag-inom ng sapat na dami ng tubig 9. Asthma - kaag naglalagi sa maalikabok na kapaligiran
- 10. Liver issues laging kumakain ng processed foods gaya ng hotdog, tosino at iba
- 11. Vitamin deficiency pananatili sa loob ng bahay at iba pang kulong na lugar na di
- man lang nasisikatan ng araw
 - 12. Kidney stones mahinang pag-inom ng tubig
 - 13. Dementia babad sa panonood ng TV
 - 14. Insomnia tuloy-tuloy na nakaharap sa screen ng pinanonood hanggang hatinggabi 15. Anxiety - palaging paggamit ng social media

Ano ang angkop na oras sa pag-inom ng bitamina at food supplements? Halos lahat ay umiinom ng vitamins. Sa katunayan, may ibang tao na umiinom ng maraming bitamina kada araw dahil sa ibat ibang benepisyo nito sa katawan. Gayunman, mahalagang mabatid kung ano ang tamang oras sa pag inom ng vitamins.

 $Upang \ map an atiling \ malusog \ ang \ ating \ katawan \ ay \ hindi \ sapat \ ang \ pag-e-ehersisyo$ lamang. Liban sa pagpapanatili ng malusog at balanseng dyeta, kailangan ng iyong katawan ang suporta ng iba't ibang vitamins.

Sa pitak na ito ay alamin ang pinakamahusay na oras para uminom ng vitamins. Ang iba't ibat ibang uri ng bitamina ay may magkaibang benepisyo na dulot sa ating katawan. Ibig sabihin nito ay may mga dapat isaalang-alang kung kailan dapat na ang mga ito ay inumin pati na kung ang iinom ay dapat bang kumain o huwag muna bago mag-vitamins. Sa ganitong paraan ay tunay na pakikinabangan ng ating kalusugan ang mga bitam-

Dahil hindi iniimbak sa katawan ang mga vitamins, makabubuting inumin ito araw araw. Ang pinaka-magandang oras sa pag-inom ng Vitamins B, C at folic acid ay sa tuwing walang laman ang tiyan. Inumin ang mga ito ng 30 minuto bago kumain o 2 oras pagkatapos

Ang multivitamins sa pangkalahatan dapat ay iniinom kapag busog, maaring ito ay pagka o habang nag-aalmusal o maka-pananghalian. Ito ay upang higit na kumalat agad ang epekto sa katawan at maiwasan ang mga posibleng ligalig na maidudulot sa tiyan. Yung iba ay mas gamay inumin ang multivitamins sa umaga yung iba naman ay sa oras ng panangha-

Mga basikong kaalamang pangkalusugan lamang ito na aming ibinabahagi sa inyo. Kasabay ng kaalamang pangkalusugan at may paalalang pang-ispiritwal na akin ding iba-

Urgent care, ambulatory center to rise in Laguna

center.

fellow lawmakers.

Laguna Regional Hospital Complex. Once completed, it is aimed to decongest the nine district hospitals of the province and to widen the coverage of state-provided healthcare throughout Laguna.

The groundbreaking ceremony was led by Governor Ramil Hernandez, Laguna 2nd District Rep. Ruth Mariano-Hernandez, and Department of Health Undersecretary Dr. Mary Ann P. Maestral, and was witnessed by the members and officers of Laguna Medical Society, local chief executives, and other provincial government officials.

Usec. Maestral touts the BUCAS Centers as one of the answers in improving the accessibility of the public health services in the country. It serves as the first point of contact of the public $\,$ in times of medical need and crucial in decongesting public hospitals, particularly for out-patient services.

"This reflects our shared vision under the Bagong Pilipinas health facility enhancement program to build more responsive, efficient, and compassionate health facilities that can meet the evolving needs of our people,"

Maestral assures patients that healthcare service in BUCAS centers will continue to be accessible, following the directive of DOH Secretary Dr. Teodoro Herbosa who said 'healthcare must be proactive, pro-centered, and

"For Laguna and its neighboring communities, this facility is more than just a building. It is a promise that when someone falls ill and needs care, help is not far. A promise that government will continue investing in the health and dignity of every Filipino," the Health undersecretary adds.

Rep. Mariano-Hernandez, who principally authored the Republic Act 12071 or the establishment of the Level III DOH-run hospital in Laguna, said that the BUCAS center and the LRH will directly address the healthcare needs of more than 2 million Lagunenses.

She acknowledged that some natients still need to travel outside the province to have access to specialty centers or for bigger hospitals for additional health services.

"We have 9 district hospitals, categorized as level 1 and level 2. We know that their bed capacity is limited, as well as the medical cases they can handle. That's the reason why LRH and BUCAS were pushed forward to strengthen the healthcare system of the province, decongest our district hospitals, and have an additional major hospital," the lawmaker said. Cavite 2nd District Rep. Lani Mercado-Revilla also attended the program as



bahagi. Nasusulat ito sa wikang Ingles na mula sa orihinal na sipi. Harinawa ay manuot sa kaibuturan ng inyong puso ang hatid nitong mensahe.

This is in light of the war that is ongoing between Israel and Iran... we pray that this will not escalate to World War III.

During World War II, a group of people would stop whatever they were doing at a certain time each night to pray for peace, safety and security of everyone. They did this every day and it was as if the city stood still. Such was the power of prayer. The result was so overwhelming that the bombing stopped after a short time! Now, some are again organizing a group of people globally to spend a minute praying for the security of our countries for an end to the problems that oppress and suppress us, and for God to guide the decisions of our rulers. We will meet at the following times: India 9 pm, Germany 4 pm, Austria 4 pm, Spain 4 pm, Portugal 3 pm, Canary Islands 3pm, Costa Rica 8 pm, Colombia 7pm, Nicaragua 8pm, Ecuador 7pm, Guatemala 8pm, Mexico 8 pm, Panama 7 pm, Honduras 6 pm, El Salvador 8pm, Venezuela 6 pm, Uruguay 5 pm, Paraguay 5 pm, Brazil 6 pm, Argentina 5 pm, Chile 5 pm, Italy 4 pm, Australia 2pm, US 1pm, Canada 12nn, Singapore 9pm, Thailand 9pm, Korea 9pm, HK/ Taiwan 10pm, Philippines 11pm

Please support us in this initiative. We will pause for a minute each day at the appointed time to pray for world peace, for an end to conflict and for the restoration of tranquility to all people on the earth, and for families to look to God for their safety and to see their salvation

If we understood the tremendous power of prayer, we would be amazed. If you can forward this request to your contacts, we can work a miracle with our prayer. Set the alarm $\,$ on your phone every day at the time set for your country and pray for one minute for peace. The power of collective prayers is a mazing! Let us try and pray at the given time. You can

Hanggang sa muli po at pagpalain nawa tayong lahat ng Poong Lumikha!



REPUBLIC OF THE **PHILIPPINES FOURTH JUDICIAL REGION REGIONAL TRIAL COURT** OFFICE OF THE CLERK OF COURT & EX-OFFICIO SHERIFF CITY OF SAN PEDRO,

LAGUNA

NATIONAL HOME MORTGAGE FINANCE CORPORATION,

Mortgagee,

-versus- EJF-2025-5214-SPL

MARLA O. ALUMNO, herein represented by her Atty-infact EDITHA BANSALE,

Mortgagor.

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended filed by NATIONAL HOME MORTGAGE FINANCE CORPORATION, with postal address at 104 Amorsolo Street, Legaspi Village, Makati City against MARLA O. ALUMNO, is herein represented by Atty-in-fact EDITHA **BANSALE**, with residence and postal addresses at Lot 11 Block 18, Camella Homes South II, San Antonio, San Pedro, Laguna / Lot 13 Blk 6, Camella Homes 3, Tunasan, Muntinlupa, Metro Manila to satisfy the mortgage indebtedness which as of February 28, 2025 amounts to ONE MILLION TWO HUNDRED TWENTY SIX THOUSAND THREE HUNDRED SIXTY SEVEN PESOS AND 52/100 (P1,226,367.52), inclusive of interest, and penalty charges, all secured by the said mortgage, SHERIFF GRACE A. KARUNUNGAN of Regional Trial Court. Branch 169. City of San Pedro, Laguna will SELL at PUBLIC AUCTION on July 29, 2025 at 10:00 A.M. at the OFFICE OF THE CLERK OF COURT & EX-OFFICIO SHERIFF, Hall of Justice, Pacita Complex, City of San Pedro, Laguna, to the highest bidder for CASH or manager's check and in Philippine Currency the following described property with all its improvements existing thereon to wit:

TRANSFER CERTIFICATE **OF TITLE NO. T-237074**

A parcel of land (Lot 11, Blk. 18 of the cons. subd. plan, Pcs-04-005355, being a portion of the cons. of Lots 46, 47, 48, 50, 52, 62, 63, 65, 66, 67 & 70, Gss-877 & Lots 64-A & 64-B No.), situated in the Bo. of San Antonio, Mun. of San Pedro, Prov. of Laguna, Is. of Luzon. Bounded on the NE., along line 1-2 by Lot 143. Gss-877: on the SE., along line 2-3 by Lot 10, Blk. 18; on the SW., along line 3-4 by Rd. Lot 11; on the N., along lines 4-5-6-7-8 by Rd. Lot 10 & on the NE., along line 8-1 by Lot 12, Blk. 16, all of the cons.-subd. plan. Beginning at a pt. marked 1 on plan, being S. 89 deg. 22'W., 2934.00 m. from BLLM No. 1, San Pedro, Laguna; thence S. 83 deg. 34'E., 2.59 m. to pt. 2; S. 6 deg. 36'W., 12.00m. to pt. 3; N. 83 deg. 31'W., 9.74m. to pt. 4; N. 36 deg. 18'W., 4.00 m. to pt. 5; N. 6 deg. 32'E., 3.87 m. to pt. 6; N. 10 deg. 28'E. 4.63 m. to pt. 7; N. 17 deg. 53'E., 0.71 m. to pt. 8; S. 83 deg. 24'E., 9.53 m. to the pt. of beginning, containing an area of ONE HUNDRED FORTY SIX (146) SQ. METERS. All pts. Referred to are indicated on the plan and are marked on the ground by Ps. Cyc. Conc. mons. 15x60 cm. bearings true; date of orig. survey Oct. 20-Dec. 20, 1964 & that of the cons.-subd. survey, Mar. 22, 1990 & was approved on Nov. 7, 1990.

All sealed bids must be submitted to the undersigned on the above stated time and date.

In the event the public auction should not take place on the said date, it shall be held on August 26, 2025, at 10:00 a.m. without further notice.

City of San Pedro Laguna, June 16, 2025.

> Prepared by: (Sgd.) GRACE A. KARUNUNGAN Sheriff IV

(Sgd.) ATTY. CHARLTON M. MACAPALA

Clerk of Court VI & Ex-Officio Sheriff

Copy furnished: **ERICA** KATHRYN FERNANDEZ-AGUAS NATIONAL HOME MORTGAGE FINANCE CORPORATION 4/F Filomena Bldg., 104 Amorsolo St., Makati City

MARLA O. ALUMNO rep. by EDITHA BANSALE Los 11 Block 18, Camella Homes South II, San Antonio, San Pedro, Laguna Lol 13 Bik. 6, Camella Homes 3, Tunasan, Muntinlupa, Metro

The Wednesday Herald San Pablo City July 2, 9 & 16, 2025



the guest of honor and representative

of Senator Ramon Bong Revilla, who

backed the establishment of the LRH

and BUCAS Center and has secured the

initial Php100 million funding for the $\,$

the BUCAS Center will be operational

by 2028, if the measure will continue

to receive appropriations support from $% \left(1\right) =\left(1\right) \left(1\right)$

tablished and operated by the DOH to

address the ambulatory medical and

and general surgery procedures, the

BUCAS center will also offer out-patient

services, reproductive health services,

geriatric services, laboratory services

with comprehensive diagnostic capa-

surgical care needs of Filipinos.

bilities. (PIA-Laguna)

The Laguna solon estimates that

The BUCAS centers are being es-

Apart from offering orthopedic

DAVELARA GAMING CORPORATION STL WINNING NUMBERS



	1st Draw	2nd Draw	3rd Draw
06/22/2025	21/29	28/14	38/21
06/23/2025	17/09	34/11	36/27
06/24/2025	07/21	35/27	07/01
06/25/2025	23/08	37/29	07/21
06/26/2025	35/02	26/02	02/26
06/27/2025	11/04	29/20	31/09
06/28/2025	19/31	36/03	06/13



REPUBLIC OF THE
PHILIPPINES
FOURTH JUDICIAL
REGION
REGIONAL TRIAL COURT
CITY OF SAN PABLO,
LAGUNA
BRANCH 32
Tel. No.: (049) 536-3226
Email: rtc2snp032@
judiciary.gov.ph

SHYRILL P. LASHER Petitioner,

-versus-

Spec. Proc. Case No. SP-2375(25) For: Judicial Recognition of Foreign Decree of Divorce

THE LOCAL CIVIL
REGISTRAR OF SAN
PABLO CITY, LAGUNA,
THE CIVIL REGISTRAR
GENERAL OF THE
PHILIPPINE STATISTICS
AUTHORITY, and JOSEPH
CLINT H. CANONIGO,

ORDER

Respondents.

Before the Court is a verified petition which seeks, after due notice, hearing, and publication, that a judgment be rendered recognizing the decree of divorce issued by Judge James L. Monroe, Jr., on 09 December 2009 in the State of North Carolina (NC). United States of America (USA), and ordering the cancellation of the entry of marriage between the petitioner, Shyrill P. Lasher, and the respondent, **Joseph** Clint H. Canonigo, in the entry book for marriages before the Local Civil Registrar of San Pablo City, Laguna, and of the Office of the Registrar General, Statistics Philippine Authority, Quezon City, after payment of prescribed fees.

Finding the said petition to be sufficient in form and substance, NOTICE is hereby given that said petition shall be heard on 07 August 2025 at 8:30 in the morning, at the seat of this Court, Don Tomas Dizon Hall of Justice, San Pablo City, Laguna, and at which date, time, and place, any person may appear to contest the same based on any ground provided by law.

Let a copy of this Order be **published** in a newspaper of general circulation in the province of Laguna and San Pablo City once a week for three (3) consecutive weeks and the petition be posted by the Sheriff at the main entrance of the Regional Trial Court, San Pablo City, Laguna, the PNP Outpost, and the Public Market of San Pablo City, Laguna.

Let summons be issued to respondent Joseph Clint H. Canonigo at his last known address.

Furnish a copy of this Order the Local Civil Registrar of San Pablo City, Laguna, the City Prosecutor of San Pablo City, Laguna, the Philippine Statistics Authority, the Office of the Solicitor General, Atty. John Marvin T. Tayabas, Shyrill P. Lasher, and Joseph Clint H. Canonigo

City of San Pablo, Laguna, 11 June 2025.

SO ORDERED.

(Sgd.) RONALDO G. TUGONON Presiding Judge

The Wednesday Herald San Pablo City June 25, July 2 & 9, 2025

NOTICE OF SELF-ADJUDICATION WITH ABSOLUTE SALE

NOTICE is hereby given that the late **GENIR S. MATIENZO**, who died on Sep. 15, 2013, left a personal property embraced by Certificate of Registration No. 161935550, particularly described follows:

MAKE : KAWASAKI
TYPE : MTC
SERIAL/CHASSIS NO : BC175A-BF5790
MOTOR NO. : BC175AEAL7426
PLATE NO. : 02616-WX
FILE NO. : 0476-00000129745

which had been the subject of a "Deed of Self-Adjudication of Personal Property of A Deceased Person With Absolute Sale" by the sole surviving heir, Merlita C. Matienzo, before Notary Public Atty. Evaristo A. Torrefranca as per Doc. No. 355; Page No. 71; Book No. 106; Series of 2016.

TWH – June 25, July 2 & 9, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE OF EFREN D. SUBIELA and ARCELI T. SUBIELA

NOTICE is hereby given that the estate of the late **EFREN D. SUBIELA** who died on May 9, 1992 in San Pedro City, Laguna and **ARCELI T. SUBIELA** who died on August 20, 2023 in San Pedro City, Laguna, which estate consists of one (1) real property located in San Pedro City, Laguna, covered by TCT No. T-65356, which have been the subject of an "Extrajudicial Settlement of Estate with Waiver of Rights" dated June 9, 2025, executed by their surviving heirs, under Doc. No. 456; Page No. 93; Book No. XLIV; Series of 2025, under Notary Public ATTY. PAUL GIDEON G. ILAGAN, Notary Public of San Pedro, Laguna.

TWH – June 18, 25 & July 2, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that the late **DANTE GIDEON K. VERGARA**, who died intestate on Dec. 16, 2022 in Diliman, Quezon City, left some parcels of land covered and embraced by the following: 1) Transfer Certificate of Title No. T-261878 / Tax Declaration No. 12-02-0007-00726 situated in Jubileeville, Masaya, Bay, Laguna; 2) Transfer Certificate of Title No. T-333267 / Tax Declaration No. 12-02-0007-00267 situated in Jubileeville, Masaya, Bay, Laguna; and 3) Transfer Certificate of Title No. C-628 / Tax Declaration No. 06-0014-01126 situated in Perez, Calauan, Laguna which had been extrajudicially settled among his compulsory heirs before Notary Public Atty. Aldrin Lincoln P. Panopio as per Doc. No. 48; Page No. 11; Book No. 185; Series of 2025.

TWH – July 2, 9 & 16, 2025

Biñan City officials takes oath; reaffirm dedicated, reliable public service ...from p. 1

While the winning 12 city councilors who will form the 7th Sangguniang Panlungsod took their oath of office with their barangay chairpersons.

In his inspirational message, Escudero urged all elected officials in Biñan and across the country to carry out their sworn duties with a strong commitment to truth, justice, freedom, and peace.

Mayor Alonte then expressed his gratitude for the trust and support of his family, friends, and the people of Biñan who have elected him as local chief execu-

Alonte vowed to further improve the city's education, health,

and sports sectors, while also strengthening efforts to preserve Biñan's rich history, culture, and arts

Additionally, he committed to expanding social services for various sectors, including senior citizens and persons with disabilities, and promoting an inclusive and safe community for all, including the LGBTQ+ community.

Meanwhile, Vice Mayor Reyes vows to support the legislative agenda of Mayor Alonte in providing dependable public service to further improve the lives of Biñanenses. (via CMH, PIA-Laguna; MO, PIA4A)

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that the late **AUREO O. LIWAGAN** and **ADORACION MALAY LIWAGAN** who died on Oct. 28, 2009 in Marikina City and April 16, 2013 in Los Baños, Laguna, respectively, left behind three (3) parcels of real properties situated in Barangay Duhat, Cavinti, Laguna covered by Original Certificate of Title No. P-3735, Original Certificate of Title No. P-3134 and Original Certificate of Title No. P-3734 which had been extrajudicially settled among their heirs before Notary Public Atty. Aladdin P. Dominguita as per Doc. No. 120; Page No. 25; Book No. XVI; Series of 2025.

TWH – July 2, 9 & 16, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

NOTICE is hereby given that the late **DOLORES MOOG**, who died intestate on July 24, 2021 in San Antonio, Quezon, left a fifty percent (50%) ownership portion of a parcel of land situated in Brgy. Niig (now) Matipunso, Tiaong (now) San Antonio, Quezon covered by Transfer Certificate of Title No. T-430679 which had been the subject of an "Extrajudicial Settlement of Estate With Waiver of Rights" among her heirs before Notary Public Atty. Beatriz Nicole A. Arada as per Doc. No. 486; Page No. 99; Book No. XXVIII; Series of 2025.

TWH – July 2, 9 & 16, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE OF JOHN JOSEPH P. CABILES

NOTICE is hereby given that the estate of the late **JOHN JOSEPH P. CABILES** who died on May 12, 2025 in Muntinlupa City which estate consists of one (1) motor vehicle with plate number NFA5206 which estate have been the subject of an "Extrajudicial Settlement of Estate with Waiver of Rights" dated June 9, 2025 between his surviving heirs, under Doc. No. 458; Page No. 93; Book No. XLIV; Series of 2025, under Notary Public ATTY. PAUL GIDEON G. ILAGAN, Notary Public of San Pedro, Laguna.

TWH – June 25 & July 2, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH ABSOLUTE SALE

NOTICE is hereby given that the late **MANRICO T. DEL ROSARIO**, who died intestate on May 10, 2021 in Manila, left a certain Share of Capital Stock at Manila Medical Services which had been the subject of an extrajudicial settlement of estate with absolute sale among his legal compulsary heirs before Notary Public Atty. Raymond A. Ramos as per Doc. No. 204; Page No. 42; Book No. 370; Series of 2025.

TWH – June 18, 25 & July 2, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that the late **MYLENE DEL ROSARIO-KEANE**, who died intestate on Jan. 24, 2008 at Malabon City, left a certain share of a parcel of agricultural land covered by Transfer Certificate of Title No. 262046 which had been extrajudicially settled among her legal compulsary heirs before Notary Public Atty. Raymond A. Ramos as per Doc. No. 205; Page No. 42; Book No. 370; Series of 2025.

TWH – June 18, 25 & July 2, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH DEED OF ABSOLUTE SALE

NOTICE is hereby given that the late **LUCIA AGUILAR SALAZAR** left a one-half share over parcel of land situated in the Brgys. of Dayap & Lumot, Calauan, Laguna covered by TCT No. 058-2014002408 which had been extrajudicially settled among her compulsory and surviving heirs, and sold to Teresita Soliven Cruz before Notary Public Atty. Kayelyn Mae B. Lat as per Doc. No. 137; Page No. 29; Book No. 6; Series of 2025.

TWH – June 25, July 2 & 9, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that the late **CESAR EXCONDE CASTILLO**, who died intestate on May 25, 2025 in San Pablo City, Laguna, left a bank deposit at Philipine National Bank (PNB) with Account No. 258510008253 which had been extrajudicially settled among his heirs before Notary Public Atty. Lorna D. Ruba as per Doc. No. 322; Page No. 65; Book No. 40; Series of 2025.

TWH – June 25, July 2 & 9, 2025

REPUBLIC OF THE PHILIPPINES REGIONAL TRIAL COURT 4TH JUDICIAL REGION

Office of the Clerk of Court & Ex-Officio Sheriff Ground Floor, New Hall of Justice, Chipeco Ave. Ext., Bacnotan Rd., Brgy. Real, Calamba City, Laguna 4027 Tel. No.: (049) 536-3160 Email: rtc1cmbocc@judiciary.gov.ph

NOTICE OF EXTRA-JUDICIAL SALE FORECLOSURE NO. F-8276-2025-C

Upon extra-judicial petition for sale under Act 3135 filed by BDO UNIBANK, INC., with office address at 33/F, BDO Corporate Center Ortigas, #12 ADB Avenue, Mandaluyong City, mortgagee, against KYLE MARI JAMES BULAY ARANZA and NICO ANDRE BULAY ARANZA (DEBTORS/ MORTGAGORS) of legal age, Filipinos, and with postal address/es at (1) 82 Mindanao Avenue, New Alabang, Ayala Alabang Subd., Muntinlupa City; and (2) Unit 217, 2F Delicia B Building, Amaya Steps Parkway Nuvali, Canlubang, Calamba City, Laguna, to satisfy the mortgage indebtedness which as of April 15, 2025, amounts to (Php 2,996,715.01), To date, said obligation remains unpaid. The undersigned Deputy Sheriff will SELL at Public Auction on July 29, 2025 at 9:00 A.M. to 4:00 P.M. at the New Hall of Justice, Regional Trial Court, Chipeco Avenue Ext., Bacnotan Road, Brgy. Real, Calamba City, Laguna to the highest bidder for Cash or Manager's Check and in Philippine Currency the following property with all its improvements existing thereon, to wit;

CONDOMINIUM CERTIFICATE OF TITLE NO. 060-2022000017

IT IS HEREBY CERTIFIED that the unit identified and described as:

AMAIA STEPS PARKWAY NUVALI
DELICIA B BUILDING
SECOND FLOOR LEVEL
UNIT NO.: 217
UNIT TYPE: STUDIO UNIT
UNIT AREA: 31.60 SQ. M.
TOTAL AREA: 31.60 SQ, M.

In the diagrammatic floor plan appended to the enabling or master deed of the Condominium project annotated on TRANSFER CERTIFICATE OF TITLE 2015000034 which embraces and describes the land located at with an area of THIRTY-ONE AND SIXTY (31.60) Square Meters, is registered in the name of:

Owner: KYLE MARI JAMES BULAY ARANZA, OF LEGAL AGE, FILIPINO, SINGLE

Address: 82 Mindanao Avenue, Ayala Alabang, Muntinlupa City, Philippines, 1780

PROSPECTIVE BUYERS may investigate for themselves the titles herein described above and the encumbrances thereon if any there be. All sealed bids must be submitted to the undersigned on the above stated time and date

In the event the public auction should not take place on the said date, it shall be held on Aug. 11, 2025, without further notice.

Calamba City, Laguna, May 16, 2025.

(Sgd.) **HACELITO M. SEVA** Sheriff IV Cel. No. 0913 867 7299

Duly Raffled: REFER TO CERTIFICATION OF EXECUTIVE JUDGE ON MINUTES OF RAFFLE FOR PUBLICATION DATED JUNE 18, 2025

Copy furnished: BDO Unibank, Inc., 33/f BDO Corporate Center Ortigas #12 ADB Avenue, Mandaluyong City

Kyle Mari James Bulay Aranza Nico Andre Bulay Aranza 82 Mindanao Avenue, New Alabang Ayala Alabang Subd., Muntinlupa City

Unit 217, 2F Delicia B Building Amaya Steps Parkway Nuvali Canlubang, Calamba City, Laguna 4027

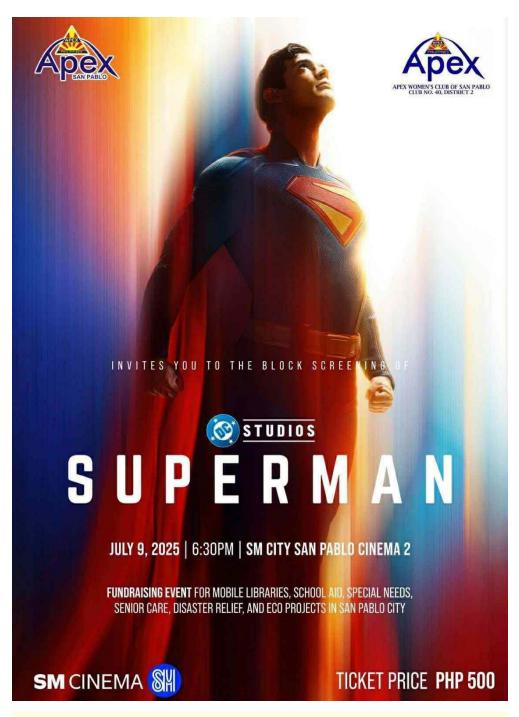
The Wednesday Herald San Pablo City June 25, July 2 & 9, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

NOTICE is hereby given that the late SPOUSES LAURO MARIANO LOPEZ DE LEON and AVELINA VERACRUZ LOPEZ DE LEON, who died intestate on Nov. 24, 1993 and May 5, 2009 respectively, left a parcel of land located at 137 P. Paterno, Poblacion, Biñan, Laguna covered by Transfer Certificate of Title No. T-584401 which had been the subject of a "Deed of Extrajudicial Settlement of Estate With Waiver of Rights" among their heirs before Notary Public Atty. Andrew G. Lanzuela as per Doc. No. 204; Page No. 42; Book No. 3; Series of 2025.

TWH – June 25, July 2 & 9, 2025





CARD MRI HOLDS STUDY TOUR FOR CEBU MEDIA



Media participants and CARD MRI key officers gathered for a media briefing to conclude the three-day

PANAGHIUSA: CARD MRI Exposure Tour program.

BY EDRIAN B. BANANIA

CARD Mutually Reinforcing Institutions (CARD MRI) invited media practitioners from Laguna, Quezon Province, Tarlac, Cebu, and Bohol to participate in its PANAGHIUSA: CARD MRI Exposure Tour Program held in Cebu from June 4 to 6, 2025.

"The goal of this program is to give media participants a firsthand experience of how CARD MRI empowers socioeconomically challenged communities. This also serves as a platform to engage with media practitioners who can help us share our mission of eradicating poverty in the country," said Ms. Marilyn Manila, President of CARD MRI Publishing House.

Led by CARD MRI Publishing House, the media participants visited the centers and clients of CARD, Inc. (A Microfinance NGO) and CARD SME Bank, Inc., a thrift bank under CARD

S

MRI. They learned inspiring success stories from microentrepreneurs supported by these institutions. The itinerary also included a brief Cebu tour to showcase the city's rich culture and history.

Moreover, the participants visited some CARD MRI offices, including the CARD SME Bank Cebu, CARD Pioneer Microinsurance, Inc. (CPMI) in Cebu City, CARD Mutual Benefit Association (CARD MBA), and CARD, Inc. Area Office in Guadalupe. There, they gained deeper insight into the company's microfinance and microinsurance products, as well as the positive impact these services have on communities through financial inclusion and development programs.

The three-day event in Cebu was attended by seven media practitioners from Luzon and Visayas, including Mr. Getulio Cantos of Radyo Pilipinas Lucena; Ms. Aura Flores of The Southern Tagalog Herald from San Pablo City, Laguna; Mr. Bonifacio Dacayanan of Facts and Figures from Tarlac; Mr. Ronaldo Dizon of Tarlakenyo from Tarlac; Mr. Ted Ayeng from DYTR Bohol; Mr. Brent Plenos from iFM 93.9 Cebu; and Ms. Sheila Gravinez of Radyo Pilipinas

The PANAGHIUSA: CARD MRI Exposure Tour Program is an initiative organized by CARD MRI Publishing House—an institution under CARD MRI—that aims to elevate the capacity of CARD MRI clients by sharing progressive and positive stories. Another tour program is planned for Zamboanga in July 2025.

To learn more about CARD MRI Publishing House, visit https://www.cardmri.com/publishing-house/ and follow CARD MRI Publishing House Inc. on Facebook.

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Look up: Superman fever is on!

Superman will be flying to theaters starting July 9, 2025. Superman is a superhero created by writer Jerry Siegel and artist Joe Shuster, which first appeared in the comic book Action Comics #1, published in the United States on April 18, 1938.

Superman is the archetypal superhero: he wears an outland-ish costume, uses a codename, and fights evil with the aid of extraordinary abilities. Although there are earlier characters who arguably fit this definition, it was Superman who popularized the superhero genre and established its conventions. He was the best-selling superhero in American comic books up until the 1980's.

I'd like to take this opportunity to tell my readers that upon scrolling in researching Superman's comic book history (via Wikepedia), its story started not as we have known it today. That Superman story has indeed come along way before its official release in 1938.

Jerry Siegel and Joe Shuster (creators of Superman) met in 1932 while attending Glenville High School in Cleveland and bonded over their admiration of fiction. In January 1933, Siegel published a short story in his magazine titled "The Reign of the Superman". The titular character is a homeless man named Bill Dunn who is tricked by an evil scientist into consuming an experimental drug. The drug gives Dunn the powers of mind-reading, mind-control, and clairvoyance. He uses these powers maliciously for profit and amusement, but then the drug wears off, leaving him a powerless vagrant again.

However, the newspaper editors were not impressed, and told them that if they wanted to make a successful comic strip, it had to be something more sensational than anything else on the market. This prompted Siegel to revisit Superman as a comic strip character.

In June 1934, Siegel found another partner, an artist in Chicago named Russell Keaton. Keaton drew the Buck Rogers and Skyroads comic strips. In the script that Siegel sent Keaton in June, Superman's origin story further evolved: In the distant future, when Earth is on the





verge of exploding due to "giant cataclysms", the last surviving man sends his three-year-old son back in time to the year 1935. The time-machine appears on a road where it is discovered by motorists Sam and Molly Kent. They leave the boy in an orphanage, but the staff struggle to control him because he has superhuman strength and impenetrable skin. The Kents adopt the boy and name him Clark, and teach him that he must use his fantastic natural gifts for the benefit of humanity. In November, Siegel sent Keaton an extension of his script: an adventure where Superman foils a conspiracy to kidnap a star football player. The extended script mentions that Clark puts on a special "uniform" when assuming the identity of Superman, but it is not described. Keaton produced two weeks' worth of strips based on Siegel's script. In November, Keaton showed his

strips to a newspaper syndicate, but they too were rejected, and he abandoned the project.

Siegel and Shuster reconciled and resumed developing Superman together. The character became an alien from the planet Krypton. Shuster designed the now-familiar costume: tights with an "S" on the chest, overshorts, and a cape. They made Clark Kent a journalist who pretends to be timid, and conceived his colleague Lois Lane, who is attracted to the bold and mighty Superman but does not realize that he and Kent are the same person.

The duo's revised version of Superman appeared in the first issue of Action Comics, which was published on April 18, 1938. The issue was a huge success thanks to Superman's feature. The rest, as they say, is Superman history.

Email the author at: paolo-

EARTHQUAKE DRILL, ISINAGAWA SA CONCEPCION ELEMENTARY SCHOOL

NI RUBEN E. TANINGCO

SAN PABLO CITY, Laguna--"Ang paglahok sa earthquake drill ay hindi isang paglalaro at huwag gagawaing biro, sapagkat ito ay para sa kaligtasan ng kalahok sakalit sa lugar na kanyang tinitigilan ay may maganap na malakas na paglindol. Ang kamalayang matatamo sa paglahok sa drill ay dapat na patuloy na pinagsasanayan upang ito ay maging bahagi na ng kanyang instinct o likas na ugali."

Ito ang bahagi ng paunang pananalita ni Mrs. Ma. Lorahdel C. Diamante, School Principal, nang pangasiwaan niya ang pagsasagawa ng Earthquake Drill sa Concepcion Elementary School dito noong nakaraang Huwebes ng umaga, Hunyo 19, na iniuugnay sa 2nd Quarterly National Simultaneous Earthquake Drill (NSED) na itinakda ng National Disaster Risk Reduction and Management Council.

Ipinayo ni Mrs. Diamante sa mga bata na saan ka man naroroon, nasa loob ng tahanan, o nasa paaralan, o nasa mall o palengke, ay mahalagang alam mo mga dapat gawain kung may nagaganap na paglindol. Ang mga kamalayang ito ay dapat na pinagsa-



sanayan upang madaling magawa sa simula pa lamang maramdamang lumilindol.

Samantala, tinalakay ng gurong nakatalaga bilang Disaster Risk Reduction and Management Coordinator ang "Mga Bagay na Dapat Isagawa Bago Lumilndol, Samantalang Lumilindol, at Pagkatapos ng Paglindol" na salig sa "Duck, Cover, and Hold Tips."

Kung nasa labas ng tahanan at maramdaman ang pagyanig ay pumunta kaagad sa isang hawan na lugar o lumayo sa malalaking punong kahoy, mga pader, at linya ng kuryente; at kung nasa loob ng paaralan ay sundin



ang "Duck, Cover, and Hold Tips."

Duck o maupo sa sahig. Cover o sikaping makapunta sa ilalim ng matatag na hapag o desk, o lumapit sa matatag na pader o dingding ng silid – aralan. Hold o manatili sa napiling kanlungan na ligtas na lugar hanggang sa tumigil ang pagyanig at ligtas na makalalabas ng gusali.

Ito ang na-monitor ni Public Schools District Supervisor Rodel A. Baclig sa mga naging kaganapan sa Concepcion Elementary School kaugnay ng isinagawang 2nd Quarterly National Simultaneous Earthquake Drill noong Hunyo 19.