



BAGONG DISTRICT OFFICE
NI CONG. AMANTE, PINASINAYAAN



Ang bagong tayong gusali upang maging district office ni Congressman Loreto S. Amante ng Ika-3 Distrito ng Laguna ay pormal nang binasbasan at pinasinayaan noong nakaraang Huwebes ng umaga, Hulyo 31, 2025. Ito ay nasa kahabaan ng Balagtas Boulevard, na hindi lubhang kalayuan sa Werner P. Schetelig St. sa Barangay III-D, San Pablo City. Ang 3rd Legislative District of Laguna ay binubuo ng Lungsod ng San Pablo, at mga Bayan ng Alaminos, Calauan, Victoria, Rizal, Nagecarlan, at Liliw. (RUBEN E. TANINGCO/PHOTO: DING LOPEZ SARAZA)

SLEX San Pedro northbound exit
now open to motorists

BY CHRISTOPHER HEDREYDA/PIA-LAGUNA; MAINE ODONG/PIA-4A

After years of planning, development, and construction, motorists can now use the South Luzon Expressway (SLEX) San Pedro Northbound Exit Interchange starting this Friday, August 1, after the successful inauguration ceremony of the toll road.
The development of the interchange was initiated to address the persistent clamor of San Pedro residents for a northbound exit, given that a southbound exit exists in the expressway.

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The Wednesday
HERALD

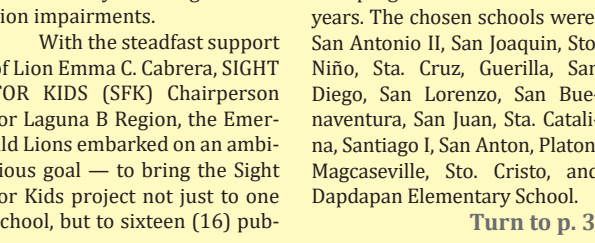
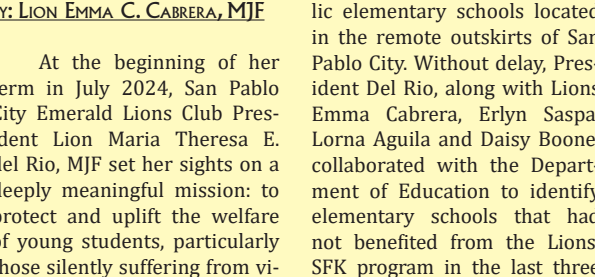


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Price freeze in Calabarzon areas under state of calamity

EMERALD LIONS' SIGHT
FOR KIDS PROJECT:
A VISION OF HOPE FOR
SAN PABLO CITY'S CHILDREN



BY: LION EMMA C. CABRERA, MJF

At the beginning of her term in July 2024, San Pablo City Emerald Lions Club President Lion Maria Theresa E. del Rio, MJF set her sights on a deeply meaningful mission: to protect and uplift the welfare of young students, particularly those silently suffering from vision impairments.
With the steadfast support of Lion Emma C. Cabrera, SIGHT FOR KIDS (SFK) Chairperson for Laguna B Region, the Emerald Lions embarked on the ambitious goal — to bring the Sight for Kids project not just to one school, but to sixteen (16) public elementary schools located in the remote outskirts of San Pablo City. Without delay, President Del Rio, along with Lions Emma Cabrera, Erlyn Saspa, Lorna Aguila and Daisy Boone, collaborated with the Department of Education to identify elementary schools that had not benefited from the Lions' SFK program in the last three years. The chosen schools were: San Antonio II, San Joaquin, Sto. Niño, Sta. Cruz, Guerilla, San Diego, San Lorenzo, San Buenaventura, San Juan, Sta. Catalina, Santiago I, San Antonio, Platon, Magcaseville, Sto. Cristo, and Dapdapan Elementary School.


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BY PATRICIA BERMUDEZ

CALAMBA CITY, Laguna – A price freeze on basic goods is now in effect in Laguna after the province was placed under state of calamity, the Department of Trade and Industry-Laguna said.
“The DTI-Laguna informs all consumers and retailers that prices of basic necessities in the Province of Laguna shall be automatically frozen at their prevailing prices or placed under automatic price control for a period of 60 days,” the DTI said in a social media post late Friday.
It added, the price control remains in effect until September 23, 2025.

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MAYOR GAPANGADA, PATULOY ANG PAGHIKAYAT
NG MGA MALALAKING INVESTORS



MASUSING PINAG-UUSAPAN nila Mayor Najie B. Gapanagada at business magnate Lance Gokongwei ang posibilidad ng pagpasok ng Summit Holdings at Universal Robina Corporation (URC) sa Lungsod ng San Pablo na inaasahang mag-aangat ng ekonomiya siyudad at ng kabuhayan ng mamamayan dito. Dumalo rin sa pulong sina Tourism Officer An Alcantara, City Administrator Paolo Lopez, Ambassador Romeo Manalo, at City Information Officer Rolly Inciong. (TVHERALD NEWS TEAM)

SAN PABLO CITY, Laguna – Naki-pagpulong si Mayor Najie B. Gapanagada, Jr. kay Lance Gokongwei para sa posibilidad ng pagpasok ng Summit Holdings at Universal Robina Corporation (URC) sa San Pablo City bilang bahagi ng programang pang-kaunlaran ng lungsod.
Ang pulong ay isinagawa sa inisyatibo ni Romeo Race, ang pinakamalaking distributor ng URC products sa Laguna, na layuning palawakin ang mga oportunidad sa negosyo at employment para sa mga taga-San Pablo.
Ito ay kasunod ng naunang pakikipag-ugnayan ni Mayor Gapanagada kay Ramon Ang ng San Miguel Corporation, at bago ang nakatakdang pulong sa susunod na mga araw kay Manny V. Pangilinan, bagong may-ari ng Franklin Baker Company, upang talakayin ang muling pagpapasigla ng coconut industry sa lungsod.
Kasama ni Mayor Gapanagada sa pulong sina Tourism Officer An Alcantara, City Administrator Paolo Lopez, Ambassador Romeo Manalo, at City Information Officer Rolly Inciong.
Patuloy ang administrasyong Gapanagada sa pagsulong ng mga proyektong magdudulot ng pang-matagalang benepisyo sa ekonomiya at kabuhayan ng San Pablo.

SSS TO ROLL OUT HISTORIC PENSION REFORM PROGRAM STARTING SEPTEMBER 2025

The Social Security System (SSS) will implement a landmark Pension Reform Program starting September 2025, in line with the directive of President Ferdinand R. Marcos Jr. and following the discussion of Finance Secretary Ralph G. Recto with the President on the matter.
Supported by comprehensive actuarial studies, the program features a structured, three-year increase in pensions for all SSS pensioners – the first multi-year adjustment of its kind in the institution's 68-year history.
The SSS Pension Reform Program was approved by the Social Security Commission (SSC) under Resolution No. 340-s.2025 dated 11 July 2025. Corresponding SSS Circular on the Program shall be published accordingly in a newspaper of general circulation.
Anchored on Republic Act No. 11199 (Social Security Act of 2018), particularly Section 4 empowering the SSC to adjust pension benefits, this reform answers the long-standing call for higher pensions while ensuring the fund's long-term stability.
“We’ve heard the clamor for higher pensions loud and clear,” said SSS President and CEO Robert Joseph M. De Claro. “With the guidance of Finance Secretary and SSC Chairperson Ralph G. Recto, and after careful actuarial review, we are rolling out a rational and sustainable pension increase that uplifts all pensioners without compromising the fund’s actuarial soundness.”

Pension Increases from 2025 to 2027
The increases will be implemented in three annual tranches every September:

| Type of SSS Pensioner | Current Pension Jun 2025 | Resulting Pension due to Increase under the SSS Pension Reform Program Sep 2025 | Sep 2026 | Sep 2027 | Increase from Current Pension to Sep 2027 Pension Amount | Percent |
|-----------------------|--------------------------|---|-----------|-----------|--|---------|
| Minimum | | | | | | |
| Retirement | 2,200.00 | 2,420.00 | 2,662.00 | 2,928.20 | 728.20 | 33.1% |
| Disability | 2,000.00 | 2,200.00 | 2,420.00 | 2,662.00 | 662.00 | 33.1% |
| Survivorship | 2,000.00 | 2,100.00 | 2,205.00 | 2,315.25 | 315.25 | 15.8% |
| Average | | | | | | |
| Retirement | 5,120.20 | 5,632.22 | 6,195.44 | 6,814.99 | 1,694.79 | 33.1% |
| Disability | 4,963.70 | 5,460.07 | 6,006.08 | 6,606.68 | 1,642.98 | 33.1% |
| Survivorship | 4,170.97 | 4,379.52 | 4,598.49 | 4,828.42 | 657.45 | 15.8% |
| Highest | | | | | | |
| Retirement | 22,137.25 | 24,350.98 | 26,786.07 | 29,464.68 | 7,327.43 | 33.1% |
| Disability | 18,058.00 | 19,863.80 | 21,850.18 | 24,035.20 | 5,977.20 | 33.1% |
| Survivorship | 20,200.00 | 21,210.00 | 22,270.50 | 23,384.03 | 3,184.03 | 15.8% |

The table illustrates the estimated pension increases for sample cases over the three-year implementation period (2025–2027).



IMPULSES

-- HERMAN M. LAGON --

More than a homecoming

Some homecomings are planned with fanfare, others unfold like stories long overdue. But there are rare ones that feel like stepping back into your own skin. That is what happened on July 27, 2025, at the UP Visayas Little Theater, where scores of educators—some gray-haired, some newly promoted, most somewhere in between—gathered not just to catch up, but to rekindle what it meant to be shaped by the Master of Education program of UPV. It was not nostalgia that drove us there. It was recognition. That in these trying times, coming together is not a luxury, but a responsibility.

I did not enter UP through the traditional gates. As a grade schooler, I already dreamed of it, but I was sent somewhere else—too young, two years younger in my batch, for the quota cut, at least

as far as my over protective mom was concerned. Life, as it often does, rerouted me. For decades, I walked alongside UP students and faculty—joining rallies, planning campaigns, sharing meals, and holding space for honest conversations. I stood with them in will, word, work, and worldview, but not yet as someone who truly, organically belonged within those halls.

It was only in 2017, at age 42, that old, that I finally set foot as an official UP student, not for Physics as planned, but for Guidance, a second choice that, according to my daughters, turned out to be a blessing in disguise. What unfolded was not just academic rigor. It was personal excavation. And often, transformation begins when one least expects it—over coffee-fueled weekends, tearful processing circles, and a group chat that seemed more alive than our thesis folders ever were.

Our 2019 MEd Guidance batch was a curious mix. Ten personalities, bound not just by course codes, but by stories. Most were younger, fresh from other UP undergraduate programs. I was the second oldest, a father of two daughters, navigating school admin chores while supporting theirs. Our professors were not just instructors—they were mirrors. In Prof. Alobba's magic circle, we learned that healing begins with being heard. In Prof. Diaz's minimalist classroom, stripped of slides and scripts, we learned that thinking is not about memorization, but meaning (or else, you drop the subject). Our share of academic gods and goblins came with their own rituals. There was law and attraction, literal and theoretical. There were weekend marathons of Prof. Jovy's ShareTea-fueled "tsikahan," the occasional tear, and a lot of late-night paper-crunching under the spell of caffeine and deadlines.

The beauty of the program was not just in what it taught, but in how it unearthed. Prof. Aileen, Prof. Carla and Prof. "Piloso" Tarsos' made us reflect so deeply, we started socio-culturizing, psycho-analyzing, and philosophizing not just our past but our romantic detours, our career regrets, even our childhood dreams. Prof. Pete made us take personality tests and dissect the results—with permission and a lot of self-awareness unlocked. It was both humbling and hilarious. Then came the board exams. Seven of us flew to Manila, holed up in a B-complex AirBnB—six women and me, the lone Gino. No monkeying around, only nerdy and funny review sessions. We passed. All of us. Because when you are formed in UP, you carry not just notes and citations, but the unspoken pact to lift each other up. Up until now, I suppose, the program prides itself of having a perfect passing rate.

But this story is not just about surviving academic hurdles. It is about the quiet vow that followed. UP, for all its public prestige, demands something more inward. It does not simply celebrate brilliance. It expects conscience. It does not parade your letters after your name. It asks, what do you do with them? This was the heart of the homecoming's theme: "Maroonong Guro ng Bayan." A clever fusion of "maroon," the color we wear, and "marunong," the wisdom we aspire to. But it goes beyond wordplay. It is about living the truths we profess.

In our current educational landscape, this message could not be timelier. The Philippine Institute for Development Studies (PIDS, 2023) reported that teacher burnout has reached record highs, with many educators handling multiple roles beyond teaching. Add to that the lingering effects of the pandemic, the digital divide, and children still grappling with basic literacy and wellness issues. These are not statistics to us. These are our students, our schools, our daily realities. When one principal in Iloilo told me she holds weekend review classes under a mango tree—without electricity, using carton flashcards and a hand-drawn chart—it was not a sob story. It was a portrait of commitment. She said, "This is the promise I made when I graduated from UP: No mic drop. No drama. Just truth."

It is moments like that which remind us that the impact of UP education is measured not by citations or podiums, but by presence. The kind that shows up on a muddy footpath, with no projector or WiFi, just voice and heart. UP does not create perfect educators. It hopes to create purposeful ones. Educators who ask hard questions, even when there are no easy answers. Those who speak truth to power in the faculty room and hold space for a crying student long after office hours. Those who fix fights, publish research, win grants—and still manage to listen without judgment during a counseling session on a random Tuesday.

The launch of the UPV Master of Education Alumni Association (UPVMEAA), after 45 years of waiting is not just organizational housekeeping. It is a community of conscience. The Constitution, which we ratified that day, was crafted not with bureaucracy in mind, but with shared values—equity, collaboration, mentorship. This is not an alumni group for selfies and reunions, although there were plenty of those. It is for building bridges across batches, across schools, across gaps that policy alone cannot close. It is about giving back not from a place of surplus, but of shared struggle. Because the truth is, many of us still hustle—between deadlines, meetings, emotional labor, and unpaid overtime. But what UP taught us is that you do not wait for perfect conditions to do meaningful work. You just start.

That Sunday, between laughter and logistics, we remembered the professors, staff, and classmates who shaped our lens. Each name, each class, each odd joke and inside story—they all became threads in a tapestry of educators still figuring it out, still committed to figuring it out together.

That is the gift of being formed in a place that do not just teach—but form. Not through grandeur, but through grit. It is in the late nights at the library, in the comical stress of group reports, in the whispered comfort of a batchmate who tells you, "You got this." It is in the thesis consultations that feel more like therapy. It is in the moments where learning becomes less about the mind and more about meaning. This, more than anything, is what UP stands for. It holds space for the critical, the creative, and the compassionate to converge.

As educators, our power lies not in the size of our classrooms, but in the sincerity of our teaching. Whether in highland barangays, city schools, or alternative learning centers, the need is the same: to show up with competence and conscience. The M.Ed. program, especially in Guidance, has taught us that sometimes, the most radical thing you can do is simply listen well. And sometimes, to love your students enough to hold them accountable.

The UPVMEAA may have just been born, but its heartbeat is already strong. Because it beats in every principal staying late to draft policies no one will praise. It echoes in every counselor who reminds a struggling learner that failure is not final. It breathes in every teacher who teaches not just for the board exam, but for life.

And so we go back—not as former students, but as co-builders of what Philippine education still must become: rooted in reason, anchored in empathy, and courageous enough to demand better. The "maroonong guro ng bayan" is not a hero. But they are not invisible either. They are simply everywhere—quietly holding the line, one learner at a time.

Because in the end, it was never just about UP.

It was about the promises made quietly under mango trees, the lessons passed between batches, the names that live in your phone more than in your diploma. It was about finding your people, your pulse, your place in the mission. And when we stood there, hand on heart, recalling the quake-shaken Compré exams and the manic rush to finish capstones, it became clear: this was not just an event. It was a recommitment. A return not to where we once were—but to who we have always chosen to be.

UP, our home.

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.

ST. PETER FABER'S COMPASS

EDITORIAL

Each August 1st, we honor the quiet reflective man whose legacy endures particularly for those with an inclination for listening, healing, and inner transformation. This is St. Peter Faber, co-founder of the Society of Jesus and Pope Francis' go-to Jesuit, whose death occurred on this date in 1546. His name does not ring as clearly as that of Jesuits St. Ignatius of Loyola or St. Francis Xavier, but for those willing to slow the pace of life enough to listen, Faber's life speaks just as clearly today as it has for centuries past.

Faber grew up among neither church walls nor high books. He was an average shepherd boy from Savoy, France, with big aspirations to study—and made it to the University of Paris. It was there that he encountered two men whose influence would forever alter his life and direct the Church: Xavier and Ignatius. While one chased brilliance and the other chased purpose, Faber offered something rare: presence. He helped Ignatius with philosophy; Ignatius helped him with the soul. Their bond was forged in shared questions, not just shared ideas.

Pope Francis has praised Faber not for big miracles but for something deeper—what he calls "interior discernment." Faber was deeply attuned to the quiet shifts of the heart, both in himself and others. Even those who disagreed with him found it hard not to open up. Jesuit historian John Padberg called Faber's spirituality "spiritual breathing"—gentle, honest, and deeply human.

At the height of the Protestant Reformation, while many picked sides, Faber chose compassion. He walked across Europe—often barefoot—not to argue, but to understand. He did not seek to win debates, but to pray with people by name. As Pope Francis noted, Faber could talk to anyone, even his critics. That kind of openness is sorely needed today—in churches, schools, barangays, and families torn by division and pride.

Perhaps Faber's most enduring gift is his Memorial, his spiritual diary. There are no lofty speeches or grand achievements—just the raw, daily rhythms of a man trying to see God in everything: in fatigue, in fear, in stubborn bishops, in strangers. He believed God wasn't only found in clarity but also in tension. That resonates with many teachers and public servants today—those quietly holding the line, despite red tape,

exhaustion, and limited support. Reflection, for them as for Faber, is not escape. It is fuel for staying whole.

His spirituality was relational and grounded. He believed every person had a guardian angel and that true dialogue begins with reverence, not strategy.

That humility gave him the courage to walk into conflict-heavy places like Worms and Ratisbon in Germany where Protestants and Catholics distrusted each other. Yet he stayed gentle in a world turning harsh, patient in a culture rushing ahead. For Faber, every encounter was a chance for grace.

His influence did not come from power or position. He rarely raised his voice, but people listened. He didn't chase titles, but shaped hearts. He did not seek fame, but quietly inspired those who would later take the Jesuit mission around the world. This is the kind of leadership we need today—leaders who listen deeply, who steady a room without stealing the spotlight.

Faber's life offers a quiet kind of encouragement to all who feel unseen or overwhelmed—teachers, social workers, parents, even students. You do not have to be the loudest to make a difference. You do not always need the perfect words—just the courage to stay, to care,

to keep showing up. We live in a world full of noise but short on reflection. Faber reminds us what it looks like to act with depth, not just urgency.

When Pope Francis canonized Faber in 2013—without requiring a miracle—he sent a message. Some saints are honored for what they did. Faber was honored for who he was: kind, thoughtful, grounded, and true. He made wise decisions without losing his heart. His canonization was a celebration of integrity.

Now more than ever, Faber's way feels urgent. In a world addicted to speed, outrage, and distraction, his life whispers a different path: slow down, reflect, connect. Not to retreat—but to serve better, with more love.

So this August 1, let us remember Faber not as a figure from the past, but as a compass for our time. In every teacher burning the midnight oil, every barangay captain calming a heated debate, every parent choosing presence over punishment—Faber lives on. Because what this world needs is not more noise. It needs more Faber.

From copra to VCO: Time to rethink our national coconut strategy

The humble coconut—long dubbed the "tree of life"—is still at the center of our national livelihood and economy. Yet despite its rich potential, we continue to make decisions that yield low value, low income, and little long-term vision for our farmers.

Case in point: the recent move by the Department of Agriculture (DA) to promote the use of copra meal as animal feed due to the global shortage of soybeans.

While this may be a practical short-term solution, it is not a sustainable national strategy. We must ask: are we extracting the highest value from our coconuts, or are we stuck in outdated practices? The Copra Conundrum Let's face it: making copra from fresh coconuts already causes value loss. When fresh coconut meat is dried into copra, much of the oil's nutritional and economic value is degraded or wasted.

Worse, copra is prone to contamination—from vermin to salmonella—which affects both human and animal health. Its shelf life and hygiene standards are simply not up to par in today's competitive market. While copra meal is sold cheaply as livestock feed, it represents the lowest rung in the value chain. It is a byproduct of a byproduct.

Yes, it's better than waste—but we should be aiming higher. Cooking Oil vs. Virgin Coconut Oil On the next rung up is coconut cooking oil—particularly Refined, Bleached, and Deodorized (RBD) oil. It serves as a staple in homes and industries, both locally and abroad.

The market is steady, but margins are not exactly eye-popping. It also requires refining infrastructure, and for small farmers and producers, that's a high barrier to entry. At the top of the value chain sits Virgin Coconut Oil (VCO)—a premium product in the global health, food, and cosmetic markets. It requires no heavy refining and retains the coconut's full natural benefits. It fetches significantly higher prices, especially in export markets.

Yet despite its proven profitability, we have not gone all-in on promoting VCO as a national strategy. A Cabinet Cluster for Coconut Value Optimization Instead of relying on fragmented decisions by individual departments, it's time for a unified strategy.

I propose that the President establish a Cabinet Cluster for Coconut Industry Development and Value Optimization. This is more than just a policy group—it would be an empowered executive cluster with cross-sectoral coordination authority, similar to the clusters on food security, climate change, and digital infrastructure. Its core mandates should be:

1. Shifting the National Value Chain Focus Transition from low-value copra



KAISING4U

-- IKE SENERES --

production to high-value coconut products like VCO, coco sugar, coconut flour, and functional health products.

2. Strengthening Farmer Participation Equip coconut farmers and cooperatives with training, technology, and access to decentralized VCO production methods.

3. Research and Development Mobilize the Department of Science and Technology (DOST) to develop new processing techniques, storage methods, and product diversification models.

4. Market Development and Branding Task the Department of Trade and Industry (DTI) to position Filipino VCO as a global premium brand, just like Thai rice or Colombian coffee.

5. Food Safety and Standards Through the Department of Health (DOH) and the Food and Drug Administration (FDA), ensure that coconut products meet export-grade safety and labeling standards.

6. Inclusive Finance and Investment Engage the Department of Finance (DOF) and the Philippine Coconut Authority (PCA) to ensure that coconut levy funds are invested in VCO and value-added infrastructure, not in perpetuating the old copra system.

7. Agro-industrial Support Let the Department of Agriculture (DA) and the Department of Agrarian Reform (DAR) prioritize VCO production in farm-to-market programs, and make coconut diversification a centerpiece of rural development.

This Cabinet Cluster must be chaired by no less than the Executive Secretary or directly by the President himself, to ensure national alignment and rapid implementation.

This isn't just about coconut products—it's about uplifting millions of coconut farmers who remain among the poorest in the country. It's about turning agricultural waste into wealth, and building a resilient, climate-smart economy. It's also about strategic national planning.

Why rely on foreign soybean imports when we can feed the world with high-value coconut products? Why settle for bulk exports when we can sell prestige-grade oils? Let's remember that we are one of the top coconut-producing nations on Earth. That should mean something.

But unless we evolve beyond copra and into full-value utilization, we will always be shortchanging ourselves. Instead of choosing between using copra for animal feeds or cooking oil, let's choose the higher road.

Let us invest in the future of coconut—and that future is in Virgin Coconut Oil and other high-value derivatives. Now is the time to convene a Cabinet Cluster dedicated to this purpose. Let us align our science, trade, agriculture, and health policies around a unified coconut strategy.

In doing so, we don't just build a stronger industry—we build a better life for every coconut farmer in the Philippines. The tree of life deserves nothing less.

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SEVEN LAKES PRESS CORPS

Price freeze in Calabarzon areas under state of calamity

...from p. 1

2025 unless sooner lifted by the provincial government.

Automatic price control was implemented in three Calabarzon provinces namely Cavite, Rizal and Laguna including parts of Batangas province following the onslaught of tropical cyclones Crising, Dante and Emong, combined with the effects of the southwest monsoon or Habagat.

The Sangguniang Panlalawigan of Rizal passed Resolution No. 408, formalizing the declaration after the province was battered with torrential rains and flooding.

"It is imperative that the Province of Rizal be declared under a state of calamity to give substantial leeway to all local government units in the province to utilize their Quick Response Funds and relief services and assistance to affected Rizaleños," the

resolution read.

These declarations are also necessary for local government units to access their Quick Response Fund (QRF) or 30% of its Disaster Risk Reduction and Management (DRRM) fund.

Furthermore, placing the entire province under a calamity state will also provide a legal basis for recovery programs as an aftermath of the typhoons.

The municipalities of Cainta, Rodriguez, and San Mateo have also passed separate resolutions as part of their localized declaration of State of Calamity.

Republic Act 7581 or the Price Act mandates a 60-day freeze at the prevailing prices of essential items such as canned sardines, processed milk, instant noodles, bottled water, bread, coffee, and detergent upon the official declaration of a state of calamity in an area. (PB-PIA4A)

Kailan nasisira, nagkakasakit at humihina ang ating body organs

1. Tiyan -- walang laman ang tiyan o pagpapalupas ng gutom ng madalad
2. Bato -- hindi umiinom ng kinakailangang dami ng tubig o tinitii ang pagkauhaw ng maraming beses
3. Utak -- stress o labis na pag-iisip ng mga negatibong bagay
4. Mata -- pagta-trabaho sa madidilim na lugar na gamit lamang ang liwanag ng laptop o cellphone
5. Atay -- pagkain ng mga nilutong pagkain sa maruming kapaligiran gaya ng mga karinderya sa mga tabi-tabi na ang mga nagluluto ay wala namang kaukulang sanitary health permit.
6. Puso -- labis na pagkain ng maalat o mamantikang pagkain
7. Bituka -- sobrang lamig pati na mamantikang pagkain
8. Tainga -- pakiking ng sobrang lakas na mga tugtog gamit ang headphone
9. Baga -- lulong sa paninigarilyo at paglalasing
10. Pancreas -- pagkain ng sobrang matatamis

Mga Epektibong Paraan Upang Manatiling Malusog

1. Uminom ng 8 hanggang 10 baso o tasa ng tubig araw-araw.



DIVINE DOCTOR

-- DIVINE L. REYES, PhD/DD --

2. Ang pag-upo ng maraming oras ay nagpapataas ng insidente ng chronic diseases.
3. Kumain ng balanseng pagkain
4. Palagiang mag-ehersisyo
5. Iwasan ang mga bisyo tulad ng paninigarilyo, palagiang pag inom ng alak at paggamit ng mga bawal na droga
6. Pamalagiin ang kuneksiyon sa mga tamang tao, kaibigan at kamag-anak
7. Regular na magpa-check up o kumunsulta sa doktor
8. Manatili sa malusog na kaisipan at kalooban
9. Magkaroon ng alaga at masusing pagma-mantine ng ligtas at di nagbabagong kalinisan sa pangangatawan.

Para payapa at maayos na makapamuhay, ang paglutas sa mga pangunahing suliranin ng pamumuhay ay katulad rin ng ganap na pangangalaga sa kalusugan. Pag hindi ito nagawa, ang populasyon ng bansa pati na kabuhayan ay masahol pa sa maysakit na kanser na napabayaan at hindi inagapang malunasan.

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SSS to roll out historic Pension Reform Program starting September 2025

...from p. 1

September 2025 (for pensioners as of 31 August 2025):

- 10% increase – Retirement and Disability Pensioners
- 5% increase – Death or Survivor Pensioners

September 2026 (for pensioners as of 31 August 2026):

- Additional 10% increase – Retirement and Disability Pensioners
- Additional 5% increase – Death or Survivor Pensioners

September 2027 (for pensioners as of 31 August 2027):

- Additional 10% increase – Retirement and Disability Pensioners
- Additional 5% increase – Death or Survivor Pensioners

inject ₱92.8 billion into the economy from 2025 to 2027.

No Contribution Increase

This Pension Reform Program (PRP) will not necessitate any contribution increase unlike the ₱1,000 additional benefit allowance given to all pensioners starting 2017 that immediately required contribution increases to restore financial stability to the SSS fund.

The SSS Pension Reform Program of 2025 marks a historic step toward a more inclusive and responsive social security system—one that protects the dignity and well-being of Filipino retirees and their families.

After three years, pensions will have increased by approximately 33% for retirement/disability pensioners and 16% for death/survivor pensioners.

Reform Principles

The program is guided by three principles:

Uplifting all pensioners through inclusive benefit adjustments.

Recovering from inflation to protect purchasing power.

Promoting the value of working, saving, investing, and prospering, as mandated by RA 11199.

Impact and Financial Sustainability

According to the SSS Chief Actuary, the reform will result in only a manageable reduction of fund life from 2053 to 2049, offset by stronger cash flows from previous contribution reforms and enhanced collection efforts.

"Our actuarial team confirms that the fund remains financially sound," De Claro stressed. "We are committed to restoring fund life back to 2053 through coverage expansion and improved collection efficiency."

The reform will benefit over 3.8 million pensioners, including 2.6 million retirement/disability pensioners and 1.2 million survivor pensioners, and is projected to

EMERALD LIONS' SIGHT FOR KIDS PROJECT: A VISION OF HOPE FOR SAN PABLO CITY'S CHILDREN

...from p. 1



The project rollout was no small feat. From conducting orientations for teachers and school nurses across far-flung areas, to organizing vision screenings for over 5,000 students aged 4 to 13, and providing eye refraction services to nearly 400, the logistics were intense and demanding. But for the Emerald Lion ladies, every effort was worth it. Hearing the stories of students whose education was silently hindered by poor vision — often because their families had to prioritize food, rent, or utility bills over eyeglasses — only deepened their resolve.

The mission culminated in a heartwarming event on March 6, 2025, when 158 students received brand-new prescription eyeglasses — all provided free of charge by Lions International.

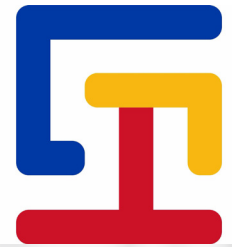
The joyous occasion was held at Rizal Hall, San Pablo City Central School, filled with students, parents, teachers, SFK Coordinators, and honored guests. The program was graced by key Lions leaders, including SFK District Coordinator Imee Vosotros, MD SFK Consultant Dr. Zenida Mamaclay, Dr. Cyrus Constantino, Dr. Loyda Dalisay and District Governor Lion Apolinar U. Cortez, 5PMJF, who served as Guest of Honor and Speaker.

Yet the true highlight of the day was not in the speeches or applause, but in the radiant smiles, spontaneous laughter, and whispered "thank you's" from the children who could finally see clearly — many for the first time. Their joy was palpable, their gratitude sincere.

For President MARIA THE-

RESA E. DEL RIO, SFK Region Laguna B Coordinator Lion EMMA C. CABRERA and the entire San Pablo City Emerald Lions Club, this was a labor of love. The countless hours, travels, and preparations were rewarded a hundredfold by the happiness of the children whose lives have been touched.

Congratulations, President MARIA THERESA E. DEL RIO, MJF, SFK Region Laguna B Coordinator Lion EMMA C. CABRERA, MJF and all officers and members of the San Pablo City Emerald Lions Club and Lions Clubs International Foundation, for an outstanding job well done. Your compassion, leadership, and unwavering commitment to service are truly exemplary and will be remembered for years to come. Indeed, where there is a need, there is a LION!!! ROAR!!!



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| | 1st Draw | 2nd Draw | 3rd Draw |
|------------|----------|----------|----------|
| 07/28/2025 | 25/04 | 02/22 | 19/32 |
| 07/29/2025 | 01/10 | 19/12 | 19/20 |
| 07/30/2025 | 01/13 | 29/26 | 02/29 |
| 07/31/2025 | 15/28 | 10/36 | 23/15 |
| 08/01/2025 | 21/06 | 28/12 | 09/33 |
| 08/02/2025 | 30/11 | 08/27 | 18/10 |
| 08/03/2025 | 01/13 | 38/34 | 14/13 |

GOVERNOR SOL ARAGONES, LAGUNA 3RD
DISTRICT REPRESENTATIVE CONGRESSMAN AMBEN
AMANTE ATTEND PBBM'S 4TH SONA



Laguna Governor Marisol "Sol" Castillo Aragon and Laguna 3rd District Representative Congressman Loreto "Amben" Amante attended President Ferdinand Marcos Jr.'s 4th State Of the Nation Address at the Batasang Pambansa on July 28, 2025. The President anchored his SONA on Build Better More projects, improving health care thru the PhilHealth YAKAP program, and a prime focus on the Education sector with key infrastructure and expansion of the ARAL Program and Early Childhood Care and Development to ensure children's health and early education among others. (PAOLO MANUEL C. FULE)

DOH addresses healthcare
workers shortage in Calabarzon

BY PATRICIA BERMUDEZ

CALAMBA CITY, Laguna —The Department of Health (DOH) in Calabarzon has reaffirmed its commitment to fill in the gaps in the region's healthcare sector by providing physicians in every municipality, a feat that President Ferdinand Marcos Jr. noted in his fourth State of the Nation Address on Monday, July 28.

In his annual report, Marcos Jr. noted the health department's successful bid in ensuring the equitable deployment of physicians and other allied healthcare professionals.

"Nasisiyahan ako na makapag-report na sa kauna-unahang pagkakataon, ang bawat bayan po sa Pilipinas ngayon ay may doktor. Mayroon nang

magiging tagapag-alaga – mayroon ng tagapag-alaga ng kalusugan ng mamamayan sa inyong lugar."

In 2024, the region's population was logged at 16,933,234 according to the Philippine Statistics Authority (PSA)—the highest in the entire country.

Dr. Emy Perez, Planning and Statistics section head of DOH CALABARZON, said the public health sector is still short on health workers when compared to the patients' needs.

"Based on the standard ratio needed for us to determine if there are enough health workers in the region, our health workers are still not enough."

Citing data on healthcare standards and the Department of Budget and Management's (DBM) Program Expenditure Classification (PREXC Indica-

tors), Perez noted that the region's public health sector is still short of 375 physicians. Moreover, government healthcare systems are lacking around 3,401 nurses and 4,568 midwives to deliver healthcare services at various levels.

However, the health department continues to address these shortages through the National Health Workforce Support System (NHWSS), which provided the region with 1,593 additional healthcare workers, including medical technologists, pharmacists, dentists, and nutritionists-dietitians.

"The National Health Workforce Support System aims to provide health worker augmentation to local government units to ensure equal distribution of health workers in the country and to bring our services closer, especially to Geographically Isolated and Disadvantaged Areas (GIDA) in the country."

While the DOH CALABARZON is still strengthening its pool of healthcare professionals, construction and rehabilitation of government facilities are in full swing under the Health Facilities Enhancement Program (HFEP).

Since 2022, DOH CALABARZON has spent around Php 1,738,076,140 for the construction and rehabilitation of 89 healthcare facilities and public hospitals in the region. (PB-PIA4A/DOH CHD 4A)

SLEX San Pedro
northbound
exit now open
to motorists ...from p. 1

San Pedro City serves as a strategic entry point to Metro Manila from the southern provinces, and there is a long-term need for decongest local traffic, local officials said.

The Department of Public Works and Highways (DPWH) spearheaded the construction in line with its standards and specifications, and with the goal of enhancing road network connectivity and regional mobility, particularly within CALABARZON.

The Department of Transportation (DOTr) and the Toll Regulatory Board (TRB), with SLEX operator San Miguel Corporation (SMC) Tollways, will oversee the day-to-day operations of the interchange.

DPWH and DOTr estimate that the SLEX San Pedro northbound exit can accommodate 5,000-10,000 vehicles everyday, and can lessen around 45 minutes of travel time of San Pedrenses bound for Metro Manila with their own expressway interchange.

The new expressway interchange supports the vision and mandate of President Ferdinand R. Marcos Jr. to bring comfort to the commute and travel of Filipinos.

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Company hereby declares that the above-named foreign national is able, willing, and qualified to perform the services and job description for this position. The company has the intention to employ the said foreign national and apply for an Alien Employment Permit with the **Department of Labor and Employment – Regional Office No. IV –A** located at 3rd and 4th floor, Andenson Bldg. II, Parian, Calamba City, Laguna.

Any Filipino jobseeker who is competent, able and willing to perform the services for which the foreign national is intended to be hired for, may file an objection at DOLE Regional Office No. IV-A located at 3rd and 4th floor, Andenson Bldg. II, Parian, Calamba City, Laguna within 30 days after this publication.

Please inform DOLE Regional Office No. IV-A if you have any information on criminal offences committed by the foreign nationals.

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0966-687-6092 / 0929-625-0353

EJF CASE NO. 1116-SRCL

SECOND NOTICE
OF EXTRA-JUDICIAL
FORECLOSURE SALE
(Under Act No. 3135, as
amended)

Upon extra-judicial petition for sale under Act 3135, as amended by Act 4118, filed by the mortgagee, **HOME DEVELOPMENT MUTUAL FUND (Pag-IBIG FUND)** with principal office address at The Petron Mega Plaza Bldg., No. 358 Sen. Gil Puyat Avenue, Makati City, against Mortgagor, **ALLAN C. LUNA married to EVELYN G. LUNA**, with postal address at 5775 ME Bienvenido Tan Street, Leyco Subdivision, Balibago, Santa Rosa City, Laguna, for the satisfaction of the outstanding of the mortgage debt per Statement of Account as of July 2, 2024 amounted to **Php949,584.76** Philippine Currency, inclusive of interest and penalty charges and all legal fees and expenses incidental to this foreclosure and sale. The undersigned Ex-Officio Sheriff through deputy

Sheriff will **SELL AT PUBLIC AUCTION** on **September 5, 2025, Friday, between the hours of 10:00 A.M. to 1:00 P.M.**, at the 4th Floor, Regional Trial Court, Office of the Clerk of Court and Ex-Officio Sheriff, Mayor Leon Arcillas Memorial Building, Rizal Blvd., Barangay Tagapo, City of Santa Rosa, Laguna, to the highest bidder, for **CASH** and in **Philippine Currency** or **CERTIFIED CHECK** the following described properties with all its improvements existing thereon, to wit;

**TRANSFER CERTIFICATE
OF TITLE
No. 060-2011003626**

IT IS HEREBY CERTIFIED that certain land situated in BRGY. IBABA, APLAYA & LABAS, MUN. OF STA. ROSA, PROV. OF LAGUNA, ISLAND OF LUZON, bounded and described as follows:
A PARCEL OF LAND (LOT 17, BLK. 8, OF THE CONSOL. SUBD. PLAN, PCS-04-023382, BEING A CONSOL. OF LOT 499, STA. ROSA EST., LOT 3, BLK-12, PCS-04-016271, LOTS 2 & 3, BLK-12, ROAD LOT 9, PCS-04-021003 & LOTS 2105-A & C, PCS-04-182435, LRC REC. NO. 8375, 6710), SITUATED IN BRGY. IBABA, APLAYA & LABAS, MUN. OF STA. ROSA, PROV. OF LAGUNA, ISLAND OF LUZON. XXX

CONTAINING AN AREA
OF SIXTY (60) SQUARE

METERS, MORE OR LESS.
XXX

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 above stated time and date by reason of fortuitous event/declared special holiday, it shall be held on September 19, 2025, Friday, same time, and place without further notice.

City of Santa Rosa,
Laguna, 25 June 2025.

(Sgd.) **CHRISTIAN
BENEDICT A. PASCUAL**
Sheriff-in-Charge
0932-5334203

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ALLAN C. LUNA/ EVELYN G. LUNA
- 5775 ME Bienvenido Tan Street, Leyco Subdivision, Balibago, Santa Rosa City, Laguna
* Block 8, Lot 17, Phase 2, Sta. Rosa Garden Villas III, Brgy. Ibaba, Aplaya & Labas, Santa Rosa City, Laguna

The Wednesday Herald
San Pablo City
Aug. 6, 13 & 20, 2025

NOTICE OF EXTRAJUDICIAL PARTITION OF ESTATE
AMONG HEIRS

NOTICE is hereby given that the late **LEONARDO M. TAN**, who died intestate on Sep. 16, 2023 in Calamba City, left the following properties:

| TCT No | Tax Declaration | Area in square meter |
|----------------------------|--|----------------------|
| T-664960 5/8 share only | Land: AF-00003-00329 Building: AF-00003-00330 | 291 72 |
| T-664961 5/8 share only | Land: AF-00003-00301 Building: AF-00003-02100 | 257 110 |
| T-664965 5/8 share only | Land: AF-00001-00500 Building: AF-00001-00501 | 216 130.50 |
| T-664964 5/8 share only | Land: AF-00001-02136 Building: AF-00001-02137 | 250 157.50 |
| T-664963 5/8 share only | Land: AF-00001-00499 Building: AF-00001-02138 | 244 64 |
| T-48439 | Land/F-011-02834 Building/F-011-02835 | 60.5 44.10 |

Names of Shares

St. John Colleges, Inc. Philippine Long Distance
Amount of Shares: 8,972 Telephone Company
Amount of Shares: 200

which had been the subject of a "Deed of Extrajudicial Partition of Estate Among Heirs" before Notary Public Atty. Samuel Roslin Yu as per Doc. No. 353; Page No. 72; Book No. 244; Series of 2025.

TWH – July 23, 30 & Aug. 6, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE
WITH WAIVER OF RIGHTS

NOTICE is hereby given that the late **ERNESTO CARACA MALIGAYA and LOLITA EVANGELISTA MALIGAYA**, who both died intestate on May 6, 2016 and Nov. 29, 2021 respectively, left a parcel of land situated in Masiit, Calauan, Laguna covered by Transfer Certificate of Title No. T-249767 which had been the subject of an "Extrajudicial Settlement of Estate With Waiver of Rights" among their heirs before Notary Public Atty. Romelen A. Carreon as per Doc. No. 464; Page No. 94; Book No. 27; Series of 2025.

TWH – July 23, 30 & Aug. 6, 2025

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Liceo de San Pablo
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AUG 8 2025 | 1:00PM | SCHOOL GYNASIUM



PHOTO BY ROBERT DE LA ROSA

During the commemoration of the 34th Founding Anniversary of the Bureau of Jail Management and Penology-CALABARZON held at Lima Park Hotel in Malvar, Batangas last Friday, July 25, 2025, attended by Jail Chief Superintendent Ruel Silva Rivera, BJMP Chief, as principal guest and main speaker, on the recommendation of J/CSupt. Isabelo V. Cartan Jr., BJMP-CALABARZON Regional Director, J/Supt Jack Lord B. Cariño, District Warden of San Pablo City District Jail, was cited as “Best District Jail Warden,” a recognition accorded to top-performing jail personnel for their exceptional contributions and dedication to duty. (RUBEN E.TANINGGO)



Led by PhilHealth Acting President and CEO Dr. Edwin M. Mercado and Labor Secretary Bienvenido E. Laguesma — with Special Assistant to the President for Investment and Economic Affairs Secretary Frederick Go and DOLE Undersecretary Benjo Santos M. Benavidez as witnesses, this initiative aims to enhance

The MOA cements the commitment of both agencies to work together in expanding primary care services through information campaigns, capacity-building ac-

For more details on benefits and services, members may call PhilHealth's 24/7 touch points at (02) 866-225-88 or at mobile numbers (Smart) 0998-857-2957, 0968-865-4670, (Globe) 0917-1275987 or 0917-1109812.

BY JOSEPHINE RAMOS

The newest branch is part of the bank's five-year strategic plan. With no other CARD banking group currently operating in Tandag City, CARD RBI saw this as an opportunity to establish a presence and extend the



The opening of the newest CARD RBI branch in Tandag was led by CARD RBI President Lyneth Derequito along with some CARD MRI key officers, staff, and clients

Two more branches are set to open this year in Bago and Cabanatuan, with the exact dates yet to be finalized.

As of June 30, 2025, CARD RBI had served 845,804 clients, with over five billion outstanding loans. For more information, visit CARD RBI's official website at www.cardmri.com/rbi.

| | | | | | | | | | | | | | | | | | |
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| | | 3 | | | 9 | | | | 2 | 1 | | 3 | 5 | 9 | | | |
| 8 | | | | | | | | | | 9 | 6 | | | 1 | 7 | | 9 |
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VOL. 44 NO. 38 / AUGUST 6-12, 2025 / LAGUNA PROVINCE & CALABARZON / P12.00 • ISSN: 2599-3984

At its core, P77 is a meditation on love and how it fractures under pressure—on heartbreak that leaves no bruises, and on trauma that quietly rewrites who we are. The real horror isn't in apparitions or violence—it's in the emotional aftershocks that follow those we thought we'd left behind. Through Luna and Jonas, we explore the painful beauty of connection: how love tries to survive in haunted spaces, and how heartbreak and trauma



-- Paolo Manuel C. Fule --



"I want to thank Enrico Santos, whose writing gave this film its beating heart. His words never settled for surface—they dared to go deeper, challenging the genre while grounding it in human truth. To my staff—thank you for navigating the chaos and beauty of filmmaking with grit, grace, and unshakable commitment. You made every frame count. To my cast, led by Barbie

"P77" is showing in SM Cinemas nationwide.
Email the author at: paolomanuelfule@yahoo.com