

UNITY FOR SAN PABLO CITY'S POLITICAL LEADERS



San Pablo City Mayor Najie B. Gapangada Jr., Vice Mayor Justin Colago, and all City Councilors recently attended a Seminar on Strategic Leadership for Good Governance for Newly Minted Local Government Officials. The three-day seminar at the Heritage Hotel in Manila provides an opportunity for local leaders from different political affiliations to unite for the common good of San Pablo City, which is expected as the beginning of a new golden age for this city.

Mayor Najie at MVP, nagpulong para sa kaunlaran ng San Pablo



SAN PABLO CITY, Laguna--Isang makasaysayang pagpupulong ang naganap sa pagitan ni Mayor Najie B. Gapangada Jr. at business tycoon Manuel V. Pangilinan upang pag-usapan ang kaunlarang pang-ekonomiya ng San Pablo City sa pamamagitan ng pag-investment sa lungsod.

Ang pagpupulong ay naganap sa 7th Floor ng kanyang tanggapan sa Ramon Cojuangco Building sa Makati City kasama sina G. Crisanto

SUNDAN SA P. 3


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LMC to undergo major expansion; can accommodate 300 patients



Members may avail up to Php 20,000 worth of outpatient medicines under PhilHealth GAMOT

PhilHealth announces the nationwide launch of the enhanced PhilHealth Guaranteed and Accessible Medications for Outpatient Treatment (PhilHealth GAMOT), a comprehensive outpatient drug benefit package that covers essential medicines. PhilHealth GAMOT is a key part of the PhilHealth YAKAP Program, which President Ferdinand R. Marcos, Jr. announced in his recent State of the Nation Address, underscoring this Administration's vision of a healthier Philippines.

PhilHealth GAMOT includes 75 types of free medicines with an annual benefit limit of Php 20,000 per beneficiary. These medications are common treatments for a wide range of conditions, such as infections (anti-microbial), asthma and COPD, diabetes, high cholesterol (dyslipidemia), high blood pressure and heart conditions (cardiology), and nervous system disorders, along with other supportive therapies.

To avail of the PhilHealth GAMOT, members should be registered in their PhilHealth

Turn to p. 4

BY CHRISTOPHER HEDREYDA

SANTA CRUZ, Laguna – Anchoring on the provincial government's priority to strengthen healthcare services, the Laguna Medical Center (LMC) here is set for a major expansion with the construction of a four-storey facility, Governor Sol Aragon announced following her recent meeting with Senator JV Ejercito.

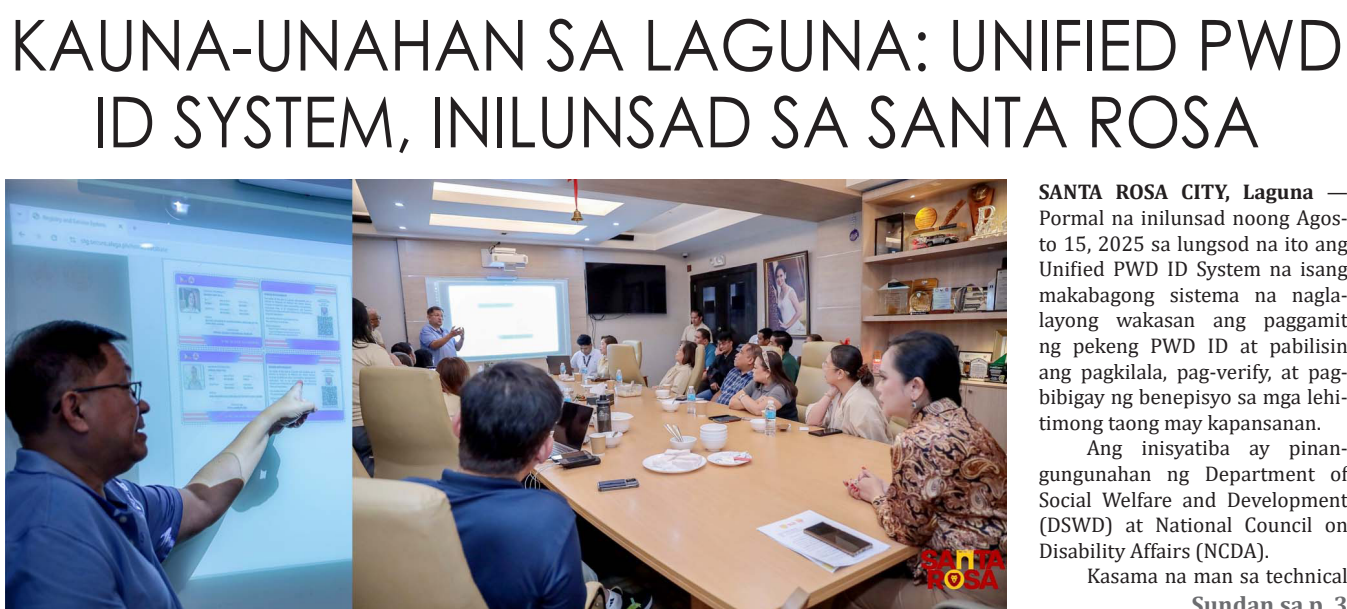
Once completed, the expansion

Turn to p. 3



DAGDAG NA PASILIDAD PARA SA PROV'L HOSPITAL. Magkasamang inikot nina Sen. JV Ejercito at Gob. Sol Aragon ang Laguna Medical Center Provincial Hospital kung saan nakita nila ang kakulangan sa pasilidad na agarang bibigyan ng solusyon partikular na ang pagpapatayo ng karagdagan apat na palapag na gusali.

KAUNA-UNAHAN SA LAGUNA: UNIFIED PWD ID SYSTEM, INILUNSAD SA SANTA ROSA



SANTA ROSA CITY, Laguna — Pormal na inilunsad noong Agosto 15, 2025 sa lungsod na ito ang Unified PWD ID System na isang makabagong sistema na naglalayong wakasan ang paggamit ng pekeng PWD ID at pabilisin ang pagkilala, pag-verify, at pagbibigay ng benepisyo sa mga lehitimong taong may kapansanan.

Ang inisyatiba ay pinangunahan ng Department of Social Welfare and Development (DSWD) at National Council on Disability Affairs (NCDA).

Kasama na man sa technical

Sundan sa p. 3

CHAMPIONING SUSTAINABILITY: MPCALA HOLDINGS INC. CELEBRATES DOUBLE GREEN AWARD WIN



Turnover of Green Awards to MPCALA Holdings Inc. with Santa Rosa City Government Officials (From left: Santa Rosa CENRO HEAD Engr. Maria Amor Salandanan; MPCALA Holdings Inc. representatives; from right: Congressman Roy Gonzales, Lone District of Santa Rosa, & Mayor Arlene B. Arcillas, City of Santa Rosa, Laguna.

SANTA ROSA CITY, Laguna—MPCALA Holdings Inc., concessionaire of the Cavite-Laguna Expressway (CALAX) and a subsidiary of Metro Pacific Tollways Corporation, has been awarded two Green Awards this year, marking its third consecutive year of recognition in the esteemed program organized by the City Government of Santa Rosa

last August 15, 2025.

The Santa Rosa City Green Awards is a platform that acknowledges outstanding efforts and initiatives in promoting sustainability and environmental protection. In this year's Green Awards, MPCALA received two notable recognitions, one of which was a Plaque of Appreciation as a Sustainable Development Partner;

this award is presented to organizations and individuals who have actively contributed to Santa Rosa City's environmental conservation efforts and have demonstrated meaningful participation in its green programs.

MPCALA earned this recognition for its outstanding commitment to foster a culture of

TURN TO P. 3



IMPULSES

-- HERMAN M. LAGON --

Rights, respect, restrooms

A simple trip to the restroom in Iloilo turned complicated when a transgender woman was stopped at Marymart. In seconds, a simple trip to the restroom turned into a viral flashpoint. Phones came out, videos spread, and netizens quickly chose sides. Soon the age-old question was back on the table: whose rights come first—transgender Filipinos longing for recognition, or women worried about their comfort and safety?

Marymart, one of the city's classic and well-loved malls, suddenly found itself painted as the unlikely center of a national debate. The guard and janitress were

Bathrooms may be the battleground today, but the greater issue is dignity in ordinary life—how we treat others, how we raise children, how we make fair rules, how we learn to meet halfway, how we share space with respect, how we find the common good.

branded online as intolerant, though they insist they were simply following rules. On the other hand, the transwoman involved spoke of humiliation—an experience no one should dismiss. The clash revealed a larger truth: while laws exist to protect LGBTQIA+ rights, our culture, training, and facilities have yet to fully catch up.

We have been here before. Gretchen Diez's case in Farmers Plaza Mall in Quezon City back in August 2019

pushed the SOGIE Equality Bill into the spotlight, but years later, the same tensions kept surfacing—inside an office building in Quezon City in June 2023, a hostel in Legazpi City in May 2024, and even at Isla Reta Beach Resort in Davao del Norte just this February 2025. The pattern shows us something clear: policies alone are not enough. A restroom sign can be changed overnight, but people's comfort and acceptance take much longer. A 2023 SWS survey revealed most Filipinos favor anti-discrimination, yet few truly understand gender fluidity. That misunderstanding is where conflict begins.

The truth is, everyone enters a restroom with their own worries. Women fear for safety. Parents worry for their children. Trans individuals worry about ridicule. Guards, often underpaid and untrained for such situations, worry about making the wrong call. In Marymart's case, the janitress may have thought she was protecting other women, but her dutiful intention became discrimination. It is easy to blame her, harder to admit she was caught off guard for a situation society itself has not resolved.

Rights often bump into one another. Parents quickly asked, "What about our daughters?" Their worry may not rest on robust empirical evidence, but it is real to them. Brushing such concerns aside as ignorance, instead of recognizing the care or anxiety behind them, only deepens divides. As gender scholars remind us, equality thrives not on silencing one group but on balancing rights through empathy and dialogue.

There are ways forward. Iloilo Science and Technology University (ISATU) and the Philippine Ports Authority (PPA) have started offering gender-neutral restrooms. For Marymart, one of Iloilo's most trusted malls, the incident has become a lesson worth acting on. Its management has committed to rolling out staff sensitivity training, a move that shows responsibility and a genuine desire to serve all customers better. These are small but important steps. Many lawmakers have already suggested similar facilities and trainings in government offices, a compromise that acknowledges the need for space and safety. It may take time and resources, but these steps show that change happens when people choose to meet halfway.

The LGBTQIA+ movement has been doing just that—seen in rainbow flags flying high during Iloilo's pride parades, the increasing presence of LGBTQIA+ characters in teleseryes we watch at night, and the small but steady efforts of schools to create safer, kinder spaces for students. But advocacy also needs strategy. Push too fast, and allies turn hesitant. Assert rights without preparing structures, and resistance hardens. Even within the community, some admit that confrontations can backfire, losing more supporters than they gain. Courage matters, but it must be tempered with patience, openness, understanding, the ability to compromise, and a tactical way of moving the cause forward.

This is why conversation matters. Imagine if the guard had calmly explained the mall's policy while helping the transwoman raise her concern with management. Or if the transwoman, instead of filming in anger, had first asked whether there were plans for all-gender facilities. Neither scenario erases the pain, but both could have reframed the conflict into dialogue rather than a showdown.

Filipinos know how to live with differences. We eat at fiestas with relatives who disagree on politics, religion, or even which dessert to serve. The value of pakikipagkapwa—seeing others' dignity—is already part of us. The Marymart clash should be seen less as a battle of rights, more as a breakdown of conversation. Listening could have built a bridge where anger built a wall.

Still, institutions must step up. Businesses cannot wait for ordinances alone. Inclusivity training, clear protocols, and practical infrastructure matter. In truth, Marymart has long been known as a friendly mall where generations of Ilonggos shop and gather. That reputation for community care is something it can build on by embracing inclusivity, because respect is not only humane—it is also good business.

Change, however, takes time. Women's suffrage took decades. Workers' rights were won through patience and struggle. Inclusivity will not be different. The danger is letting anger harden divisions before real bridges are built. The cause must bring people closer, not drive them away. Progress is not only about urgency but about what people can truly live with.

Bathrooms may be the battleground today, but the greater issue is dignity in ordinary life—how we treat others, how we raise children, how we make fair rules, how we learn to meet halfway, how we share space with respect, how we find the common good. The Marymart case, though difficult, can be more than just another controversy. It can be a mirror. It asks us: how do we want to live together when differences are not exceptions, but part of the norm? The answer will not come from signs or ordinances alone, but from conversations we choose to have—patiently, respectfully, inclusively, every single day.

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.

WHAT REALLY MAKES A CITY SMART?

EDITORIAL

We love labels in this country. We have eco-tourism zones, heritage towns, digital hubs—even "Resilient Cities". But here's a question that seems to hang unanswered in government offices: Which city in the Philippines can truly call itself a "smart city"?

Spoiler alert: none. Not even Manila. Not even those with towering BPOs or fancy LED traffic lights. Meanwhile, in Asia, Singapore, Beijing, and Songdo in South Korea have already earned the "smart city" badge. How did they do it, and more importantly, why haven't we done it?

Let's first settle one thing: a "smart city" is not just a city with free Wi-Fi in the plaza or one that livestreams council sessions on Facebook. It's not just about mobile apps or CCTVs. At its core, a smart city is one that uses technology intelligently to deliver better public services, create safer communities, and raise the quality of life of its citizens. Tech is a means—not the end.

Start at the nerve center: the city hall. Let's not get too futuristic yet. The first hurdle for any city wanting to be "smart" is quite basic: automate city hall.

And it doesn't mean just encoding business permits into Excel files. It is about a full-fledged Management Information System (MIS) or better yet, an Enterprise Resource Planning (ERP) setup that can manage permits, taxes, payroll, assets, logistics, and services—all in one seamless platform.

How can we even talk about a "smart city" if the building at its core—the city hall—is still processing documents manually, with stacks of folders and hand-carried memos? A "smart campus" is where it should begin. If your city hall is "dumb," your city has no business claiming to be "smart."

Test tech at the source.

Any tech to be deployed citywide should first prove itself in the "smart campus." That's the sandbox. That's where we should first see data analytics, IoT devices, AI, building management systems, and even authentication tools like facial recognition, QR codes, biometrics, and so on.

Let's be clear: a city is not "smart" because it has sensors. It is "smart" if it knows what to do with the data from those sensors—and if that data leads to better decisions.

A smart city must first be a safe, clean, and livable city. Here's a truth bomb: no amount of AI can mask dirty streets, dangerous roads, or broken transport systems. Here's a checklist for "smartness":

At its core, a smart city is one that uses technology intelligently to deliver better public services, create safer communities, and raise the quality of life of its citizens. Tech is a means—not the end.

Cleanliness – Trash-free streets and functioning sewerage. If your drainage floods during light rain, you're not smart.

Safety – Low crime. Responsive police.

Public lighting that works.

Transportation – Affordable, accessible, and reliable. If commuters are hanging off jeepneys in the rain, tech won't fix that.

Utilities – Cheap and consistent water, power, and internet. Not five bar signals in one barangay and none in the next.

Jobs and Housing – Low joblessness, low homelessness. No amount of digitization will fix inequality unless it's inclusive.

Simply put: if the basics aren't working, smart tech will only expose the flaws faster.

According to Microsoft Copilot (yes, even AI has its say), a smart city uses "advanced technologies and data analytics to enhance the quality of life, improve sustainability, and streamline city operations."

That's all true. But we must always remember that technology is just the tool. The real measure of a smart city is not how advanced its dashboard looks, but how efficiently and humanely it serves

its people.

Songdo, South Korea didn't become a smart city just because it installed smart traffic lights. It became one because urban planning, governance, and technology all worked together. Singapore didn't just add gadgets—they applied discipline, policy coherence, and a vision of inclusive progress.

So, who's up for the challenge?

We've heard your calls for digitalization. The ball is now with the local governments. Which mayor will be brave enough to say: "We will be the first true smart city in the Philippines"?

But here's a challenge: before you declare it on social media, audit your own city hall. Is your payroll automated? Is your permit system online from start to finish? Can your citizens access basic services with just their phones? Do you even answer your official email?

If the answer is no, then let's put the "smart" label aside. A good start would be to aim for "functional," "responsive," and "efficient."

And when we get those right—then we can talk about being smart.

Is flood control totally impossible? Absolutely not!

There's a line I've heard too many times, almost like a tired refrain: "We can't solve flooding in the Philippines. It's just part of life here." But let me say this clearly and without apology: I disagree.

That's not just optimism speaking—it's logic. If a problem has no solution, then, it's not a problem. It's just a reality to live with. But flooding? Flooding is a solvable problem. There are solutions. They're not easy. They're not cheap. But they're proven.

Our Filipino engineers are some of the bests in the region. What we sometimes lack is the political will, the coordination, and yes, the honest implementation of plans.

No country has eliminated floods—and we don't expect to either. What we need is control, not miracles. In fact, the government's own budgets talk about "flood control," not "flood eradication." That's an honest, realistic objective—and one we can achieve.

Filipinos aren't demanding dry streets 24/7. We've learned to live with puddles and temporary flooding during heavy rains. Why? Because they invested heavily in dikes, levees, and storm surge barriers, creating one of the most respected flood management systems in the world. No magic, just planning, engineering, and political will.

Then there's Japan. Earthquakes are their main fear, but they don't ignore flooding either. Their early warning systems, dams, reservoirs, and reinforced riverbanks are backed by cutting-edge meteorological technology. In short: they prepare. Not react.

What the World Is Doing (That We're Not)

Look abroad, and we'll find four countries that have shown us how it's done—without the drama, and without excuses.

Let's start with The Netherlands, a country that is literally below sea level, and yet it's rarely underwater. Why? Because they invested heavily in dikes, levees, and storm surge barriers, creating one of the most respected flood management systems in the world. No magic, just planning, engineering, and political will.

Then there's Japan. Earthquakes are their main fear, but they don't ignore flooding either. Their early warning systems, dams, reservoirs, and reinforced riverbanks are backed by cutting-edge meteorological technology. In short: they prepare. Not react.

Singapore, though tiny, has one of the most advanced urban flood management systems in Asia. Sensors, data analytics, drainage canals, pumping stations, stormwater ponds—you name it. And crucially, they maintain these systems. Technology helps them predict, plan, and act before the water gets too high.

South Korea also stands out for its green infrastructure and flood-resilient urban planning. They integrate nature with engineering, a strategy that's both cost-effective and sustainable. Their reservoirs and flood control dams are often



KAISING4U

-- IKE SENERES --

interlinked—an approach we can study and adopt.

Our Added Burden: Trash and Sewerage

Here's where it gets personal. Those countries I just mentioned. They don't have to worry about garbage clogging their drains, or open canals serving as sewers. That's where we lose the game even before the rain starts. Our flood control isn't just an engineering problem—it's also a waste management crisis.

Let's face it: even the best drainage system won't work if it's choked with plastic wrappers, sachets, and household waste. And many of our cities still lack proper sewerage, causing overflows every time the sky turns gray. If we want to solve flooding, we must solve what's floating in it.

What We Can—and Must—Do

Here's the good news: we have the brains. Our Filipino engineers are some of the bests in the region. What we sometimes lack is the political will, the coordination, and yes, the honest implementation of plans.

Let's be blunt. We don't need to start from scratch. The models are there. We can send study teams to Japan, Korea, or Singapore. Better yet, bring in local experts who already understand the terrain, the topography, and the budget constraints.

Corruption? Yes, that's the elephant in the floodwater. Infrastructure projects have long been prey for kickbacks and substandard execution. But if there's strong oversight—perhaps under your direct supervision—we might just see results. Add citizen monitoring, drone surveillance, and transparent reporting dashboards online, and we might even start trusting the system again.

And if the government needs help with the technological side, we've got volunteer tech professionals who are willing to assist. Data analytics, predictive modeling, real-time flood mapping—all of that is within reach, and all of it can inform better decisions.

A Final Thought

Flood control is not impossible. What's impossible is expecting floods to go away without action. The four countries I've cited weren't flood-free at birth—they earned it through decades of smart governance, civic discipline, and sustained investment.

Can we do it too? Absolutely. But only if we believe that flooding is a solvable problem—and treat it like one.

Because the water will always rise. The only question is: Will we rise with it, or let it wash us away?

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SEVEN LAKES PRESS CORPS

LMC to undergo major expansion

...from p. 1

will increase the hospital's capacity to 300 patients, helping to ease overcrowding in the province's main public hospital.

During a joint inspection on August 14, Senator Ejercito confirmed that the remaining available space within the hospital grounds may be utilized for the new building.

"The foundation was initially designed for only two storey. But it really needs to be four storey because the hospital is already congested. We need to have it checked and retrofitted so we can maximize its capacity," the senator explained.

Ejercito, principal sponsor of the Universal Health Care Law, assured his support for the provincial government's efforts to expand and upgrade public hospitals across Laguna.

"Provincial hospitals often face challenges with limited equipment and facilities, which is why Governor Aragonés and I need to work closely together here in Laguna," he added.

Since assuming office, Governor Aragonés has been personally inspecting district hospitals to assess their needs—not only to provide reliable healthcare for patients but also to ensure that health professionals are equipped and properly compensated.

"I go around because I want to see what's still lacking and what else needs to be improved in our hospitals," Aragonés said during a routine inspection in Calamba City.

"It shows the heart of the people who are willing to help. Many want to contribute, but they just don't know the problems. That's why it's important for us to identify the challenges—because every problem has a solution," the governor added.

Aragonés expressed her gratitude to the national government, local leaders, donors, and other partners who continue to support her health programs, stressing the importance of unity and compassion in strengthening the healthcare sector.

Mayor Najie at MVP, nagpulong para sa kaunlaran ng San Pablo

...mula sa p. 1

Gualberto III, kasosyo ni G. Pangilinan sa negosyo; Ambassador Romeo Manalo, Senior Adviser for International Relations and Investment Promotion; An Alcantara, Tourism Officer; Raul Polinag, Chief of Staff; Paolo Lopez, Political Affairs Officer; at Rolly Inciong, City Information Officer.

Sa pagpupulong ay ipinabatin ni Pangilinan ang kanyang interes na mag-invest sa San Pablo.

Matatandaang binili niya kamakailan ang Franklin Baker Company at sinabi niyang balak nyang ilipat ang pabrika sa mas malaking espasyo sa itatayong agri-industrial economic

zone sa lungsod.

Interesado rin siya sa bulk water project na siyang magbibigay ng tubig sa mga pabrikang itatayo sa eco-zone.

Si Pangilinan ang ikatatlong malalaking nakausap ni Mayor Najie upang hilinging mamuhunan sa San Pablo para magkaroon ng trabaho ang mga taga-lungsod. Nauna niyang nakapulog sina Ramon S. Ang ng San Miguel Corporation at Lance Gokonwei ng Universal Robina Corporation.

Nakapulog din niya si Francis Laurel, Pangulo ng Philippine-Japan Association para sa pag-iimbta sa mga kompanyang hapon na magtayo ng negosyo sa San Pablo.

Kauna-unahan sa Laguna: Unified PWD ID System, inilunsad sa Santa Rosa

...mula sa p. 1

working group ang Department of Information and Communications Technology (DICT), Philippine Statistics Authority (PSA), Department of Health (DOH), at Department of the Interior and Local Government (DILG).

Ayon kay NCDA Executive Director Glenda Relova, layunin ng sistema na tuluyang wakasan ang paggamit ng pekeng PWD ID, isulong ang inclusivity, at tiyakin ang mas maayos na access ng mga lehitimong PWD sa kanilang mga karapatan at pribilehiyo.

Kabilang ang Santa Rosa sa limang piling LGU sa buong bansa na sumailalim sa pre-test, mula sa kabuuang 35 LGU na kasama sa pilot testing. Sa paglulunsad, nagsagawa ng end-to-end demonstration para sanayin ang mga kawani ng Persons with Disability Affairs Office (PDAO) sa tamang pag-e-en-code ng data ng mga PWD.

Tampok sa bagong ID ang digital version na maaaring ma-access sa pamamagitan ng mobile app o web portal, at may scannable QR code para sa mabilis at ligtas na pag-verify ng mga negosyo at institusyon.

Nagpasalamat si Mayor Arlene B. Arcillas sa DSWD sa pagtitiwala sa lungsod na maging bahagi ng nationwide pilot:

"This partnership will help us streamline identification processes, improve data management, and ensure that every PWD in Santa Rosa can enjoy the benefits and services they deserve," ani ni Mayor Arlene.

Dagdag pa ni Mayor Arlene, mahalagang ambag ang Unified PWD ID System sa pagsulong ng Santa Rosa bilang isang Smart City, kung saan ang teknolohiya ay ginagamit upang pahusayin

ang serbisyong panlipunan.

Bilang unang lungsod sa Laguna na nagpapatupad ng Unified PWD ID System, muling pinatutunayan ng Lungsod ng Santa Rosa ang pamumuno nito sa paggamit ng makabagong teknolohiya para sa mas episyenteng serbisyo at mas inklusibong pamayanan—lalo na para sa kapakanan ng ating mga taong may kapansanan.

Lahat ng prutas ay may benepisyong taglay pero ingat pa rin

Sa mga senior citizen, walang prutas na automatic na bawal para sa lahat, pero may ilang prutas na dapat iwasan o limitahan depende sa kalagayan ng kalusugan nila.

Narito ang listahan batay sa mga karaniwang kondisyon ng matatanda:

1. Kung may diabetes o mataas ang blood sugar, iwasan o limitahan ang mga prutas na sobrang taas ang asukal: manga (hinog), saging na lakatan o saba (lalo na kung sobrang hinog), ubas, chico, langka at pakwan (mataas ang glycemic index kahit watery). Mas mabuting piliin ang mansanas, peras, bayabas, at berries dahil mababa ang epekto sa asukal sa dugo.

2. Kung may high blood pressure o problema sa puso, iwasan o limitahan ang sobrang alat o sodium mula sa processed fruit products (e.g., dried fruits na may salt coating). Ang prutas mismo ay safe, pero huwag sobra sa mga pinatuyong prutas na mataas sa asukal at sodium.

3. Kung may kidney problem, kailangang kontrolin ang potassium at phosphorus: saging, abokado, manga, bayabas, melon at papaya. Kumonsulta sa doktor o dietitian para malaman kung ilang grams lang ang puwedeng kainin.

4. Kung may gout o mataas na uric acid, iwasan ang sobrang matatamis na prutas na puwedeng mag-trigger ng gout attack: pinya, manga, ubas, lychee

Kahit ang prutas ay healthy, kapag sobra at puwedeng magdulot ng mataas na blood sugar o magpapala ng ilang sakit. Mas mainam ang fresh at seasonal na prutas kaysa juice o canned fruits na may dagdag na asukal.

-----ooOoo-----

Ang dahon ng bayabas ay kilala sa maraming benepisyo sa kalusugan, lalo na sa alternatibong medisina. Narito ang mga pangunahing benepisyo nito:

1. Pampagaling ng sugat. Ang dahon ng bayabas ay may antibacterial at anti-inflammatory properties. Ginagamit ito sa panghugas ng sugat upang mapabilis ang paggaling at maiwasan ang impeksyon.

2. Pampaligo ng may bulutong o skin rashes. Ang pinakuluang dahon ay ginagamit bilang paligo para maibsan ang kati, iritasyon, at para maiwasan ang impeksyon ng balat.

3. Pampaluwag sa pagtatae. Isa sa pinaka-kilalang gamit ng bayabas. Pinakukuluan ang dahon at iniinom para mabawasan ang diarrhea. May antimicrobial properties ito na lumalaban sa bacteria sa tiyan.

4. Pampababa ng blood sugar (diabetes). Ayon sa ilang pag-aaral, ang dahon ng bayabas ay nakatutulong sa pagkontrol ng blood sugar levels ng mga taong may diabetes.



DIVINE DOCTOR

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

5. Pampababa ng cholesterol. Nakakatulong ito sa pagbaba ng bad cholesterol (LDL) at sa pagtaas ng good cholesterol (HDL).

6. Pampabuti ng digestion. May sangkap ito na tumutulong sa maayos na pagtunaw ng pagkain, at puwedeng makatulong sa kabag at pananakit ng tiyan.

7. Pampalakas ng immune system. Dahil sa taglay nitong antioxidants at vitamin C, nakatutulong ito sa pag-iwas sa sakit at pagpapalakas ng resistensya.

Paano ginagamit ang dahon ng bayabas?

Pang-inom: Pakuluan ang malinis na dahon ng bayabas sa tubig (10–15 dahon sa 1 litro ng tubig). Salain at inumin habang maligamgam.

Panghugas o paligo: Pakuluan at palamigin bago gamitin sa sugat o balat. Mainam pa ring kumonsulta sa doktor, lalo na kung buntis, may iniinom na gamot, o may malubhang karamdaman.

Huwag gawing kapalit ng reseta ang halamang gamot kung hindi sigurado. Heto ang step-by-step na paraan kung paano gumawa ng tsaa mula sa dahon ng bayabas:

Mga Kailangan: 10–15 piraso ng malinis na dahon ng bayabas (mas mainam kung sariwa), 1 litro ng malinis na tubig, honey o kalamansi para sa lasa (opsyonal)

Paraan ng Pagkakagawa:

1. Hugasan ang mga dahoon. Hugasan nang maigi sa malinis na tubig para matanggal ang alikabok at dumi. Maaari ring ibabad ng kaunti sa maligamgam na tubig na may asin para masigurong walang insekto o bakterya.

2. Pakuluan ang tubig. Sa kaserola, pakuluan ang 1 litro ng tubig.

3. Ilagay ang mga dahoon. Kapag kumukulo na ang tubig, ilagay ang mga dahon ng bayabas. Hayaang kumulo ng 10 hanggang 15 minuto.

4. Salain. Patayin ang apoy, at salain ang pinagpakuluan para mahiwalay ang dahon.

5. Palamigin ng kaunti. Hayaang lumamig ng kaunti bago inumin. Huwag masyadong mainit upang maiwasan ang paso.

6. (Opsyonal) Lagyan ng pampalasa. Maaaring lagyan ng kalamansi o pulot (honey) kung nais mo ng dagdag na lasa.

Paalala sa Pag-inom: Uminom ng 1–2 tasa kada araw, lalo na kung may nararamdamang sintomas (hal. pagtatae, ubo, pananakit ng tiyan). Huwag sobrahan ang pag-inom — natural man ito, maaaring may epekto kung labis.

Championing sustainability: MPCALA Holdings Inc. celebrates Double Green Award win

...from p. 1

conservation and environmental awareness in the areas it serves through programs like clean-up drives, various tree planting activities, and its active participation in the annual International Coastal Cleanup.

The second award presented to MPCALA was the Earth Hour Advocate Award, recognizing its utmost support in the global Earth Hour movement, encouraging communities and industries along the expressway corridor to participate in the global movement to switch off non-essential lights, underscoring the importance of energy conservation in mitigating the effects of climate change.

In addition to these, MPCALA continues to advance sustainable and eco-friendly practices in infrastructure development, living up to its vision of being a green express-

way. Its design integrates renewable energy technologies and nature-inspired features that not only reduce its carbon footprint but also provide a more pleasant driving experience.

"These recognitions are more than just honors; they are responsibilities that we embrace wholeheartedly. These awards affirm the direction we've taken in ensuring that our expressways are built with the environment and the communities in mind. It fuels our motivation to further expand our sustainability efforts, to craft even more impactful programs that care for the environment while uplifting lives," said Arlette V. Capistrano, Vice President for Communication and Stakeholder Management, MPCALA Holdings Inc. "We recognize everyone's vital contributions through the Gear-ing towards Robust, Engaging, and Eco-friendly Nature or "GREEN"

Awards, spearheaded by our CENRO. These awards are not just accolades; they are a celebration of your commitment to sustainable development. As we mark the 21st year of Santa Rosa as a city, and the 14th anniversary of the enactment of our environment code, we also embrace this year's green awards theme: Ending plastic pollution: #beat-plasticpollution. Plastic pollution remains one of the most pressing environmental challenges of our time. It threatens not only our ecosystem, but also our health and future generations. As a city that values innovation and responsibility, we must lead by example, in reducing plastic waste through policy, practice, and personal action. Environmental protection is not a responsibility of a few. It is a shared duty. Every act of conservation, every step away from single-use plastics is a step towards a greener

and healthier future." said Hon. Arlene B. Arcillas, City Mayor of the City of Santa Rosa, Laguna.

The awards received by MPCALA Holdings Inc. reflect its continued efforts to promote sustainability not only within its expressway but also in the communities it serves.

About MPCALA Holdings Inc.

MPCALA Holdings Inc. is a subsidiary of Metro Pacific Tollways Corporation (MPTC), the largest toll road developer and operator in the country. Aside from the CAVITE-LAGUNA Expressway (CALAX), MPTC's domestic portfolio includes concessions for the Manila-Cavite Toll Expressway (CAVITE), North Luzon Expressway (NLEX), NLEX Connector Road, Subic-Clark-Tarlac Expressway (SCTEX), and Cebu-Cordova Link Expressway (CCLEX) on the Cebu-Cordova Link Expressway (CCLEX).



DAVELARA GAMING CORPORATION

STL WINNING NUMBERS



1st Draw

08/18/2025

02/04

08/19/2025

35/08

08/20/2025

35/28

08/21/2025

02/14

08/22/2025

05/01

08/23/2025

13/07

08/24/2025

03/29

2nd Draw

22/20

38/07

21/37

26/08

26/13

15/30

37/10

3rd Draw

38/21

15/11

11/21

19/35

11/23

31/17

19/16

Members may avail up to Php 20,000 worth of outpatient medicines under PhilHealth GAMOT

...from p. 1

YAKAP Clinic of choice. Following a thorough medical assessment, their primary care doctor will then issue a prescription containing a Unique Prescription Security Code (UPSC), as necessary.

The beneficiary can then proceed to any GAMOT Facility and show the prescription and present any government-issued ID Card.

Currently, the accredited GAMOT Facilities are:

- Vidacure with branches in Muntinlupa City and Quezon City
- Pharma Gen Ventures Corp (Generika Drugstore) with branches in Parañaque City, Navotas City, Quezon City and Taguig City
- CGD Medical Depot Inc. at Vertis North
- Chinese General Hospital

PhilHealth is actively expanding its network by engaging more partners to increase access for beneficiaries.

In NCR, two other facilities have submitted their letter of intent to join the

program.

PhilHealth Acting President and CEO Dr. Edwin M. Mercado reaffirmed the agency's commitment to provide access to a comprehensive set of cost-effective and quality health services.

"Noong 2023, nailunsad na natin ang PhilHealth GAMOT ngunit ito ay nais-agawa lamang sa ilang probinsya. Kaya naman ngayon mas pinalawak na natin ito. Karapatan ng bawat Filipino na magkaroon ng access sa mga kinakailangang gamot nang hindi pinapasan ang mabigat na gastusin mula sa sariling balsa," Dr. Mercado stated.

PhilHealth is also reminding all its members to keep their records updated to ensure seamless transactions when availing of benefits.

For more details on PhilHealth GAMOT, 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.

NOTICE OF SELF-ADJUDICATION

NOTICE is hereby given that the late **PHOEBE ALGOSO**, who died intestate on June 5, 2016 in San Pablo City, Laguna, left a PNB US Dollar Savings Account which had been the subject of an "Affidavit of Self-Adjudication" by her only heir, Shantee B. Algoso, before Notary Public Atty. Elbert Mathew Bihis Del Rio as per Doc. No. 273; Page No. 56; Book No. 6; Series of 2025.

TWH – Aug. 13, 20 & 27, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH SIMULTANEOUS SALE

NOTICE is hereby given that the late **AVELINO DEBLOIS**, who died on Aug. 31, 2015, left a parcel of land with improvement which he co-owned, situated at Brgy. Malitlit, Sta. Rosa, Laguna covered by Transfer Certificate of Title No. T674723 which had been the subject of an "Extrajudicial Settlement of Estate With Simultaneous Sale" among his legal and compulsory heirs before Notary Public Atty. Donato C. Manguiat as per Doc. No. 286; Page No. 03; Book No. XVI; Series of 2024.

TWH – Aug. 20, 27 & Sep. 3, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH SALE OF PORTION OF A PARCEL OF LAND

NOTICE is hereby given that the late **ROMEO DE GUZMAN**, who died intestate on May 2, 2012, left a parcel of land covered by Transfer Certificate of Title No. T-13219 which had been the subject of a "Deed of Extrajudicial Settlement of Estate With Sale of Portion of a Parcel of Land" among his heirs before Notary Public Atty. Lorna D. Ruba as per Doc. No. 382; Page No. 77; Book No. 43; Series of 2025.

TWH – Aug. 20, 27 & Sep. 3, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE WITH WAIVER OF RIGHTS

NOTICE is hereby given that the late **ROLANDO SOBREPENA MANALAO**, who died on Aug. 7, 2018 in Santa Rosa City, Laguna, left a parcel of land located at Block 71 Lot 36, Phase 4, Laguna Bel Air 2, Brgy. Don Jose, City of Santa Rosa, Laguna which had been the subject of a "Deed of Extrajudicial Settlement of Estate With Waiver of Rights" among his heirs before Notary Public Atty. Andrew G. Lanzuela as per Doc. No. 294; Page No. 60; Book No. 3; Series of 2025.

TWH – Aug. 20, 27 & Sep. 3, 2025

NOTICE OF SELF ADJUDICATION

NOTICE is hereby given that the late **RICARDO MALOLES DIMACULANGAN**, who died intestate on July 24, 2013 in San Pablo, Laguna, left a Joint Savings Account, Account No. 0008883-0050-16 at the Bank of the Philippine Islands (BPI), San Pablo, Laguna Branch which had been the subject of an "Affidavit of Self Adjudication" by his only surviving heir, Andrea M. Dimaculangan, before Notary Public Atty. Albert A. Anonuevo as per Doc. No. 327; Page No. 73; Book No. XXXV; Series of 2025.

TWH – Aug. 13, 20 & 27, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE

NOTICE is hereby given that the late **WARREN MERCADO CAMPOS**, who died on Feb. 17, 2021 in Lumban, Laguna, left a parcel of land situated in Brgy. Balubad Lumban, Laguna covered by Transfer Certificate of Title No. 058-2017000176 which had been the extrajudicially settled among his legitimate and collateral heirs before Notary Public Atty. Jamira Mercado de Ramos as per Doc. No. 82; Page No. 18; Book No. II; Series of 2025.

TWH – Aug. 13, 20 & 27, 2025

NOTICE OF EXTRAJUDICIAL SETTLEMENT OF ESTATE OF RAUL JABAT AVELINO

NOTICE is hereby given that the estate of the late **RAUL JABAT AVELINO**, who died on March 27, 2024 in San Pedro City, Laguna, which estate consists of one (1) real property located in San Pedro City, Laguna, covered by TCT No. T-489032 and three (3) real properties located in Pola, Oriental Mindoro, covered by TCT Nos. T-143209, T-143210 and T-143194, which have been the subject of an "Extrajudicial Settlement of Estate of Raul Jabat Avelino" dated August 6, 2025, executed by his surviving heirs, under Doc. No. 187; Page No. 39; Book No. XLV; Series of 2025, under Notary Public ATTY. PAUL GIDEON G. ILAGAN, Notary Public of San Pedro, Laguna.

TWH – Aug. 13, 20 & 27, 2025



Trucklane Logistics Corporation
Job Ads

Job Title	CHINESE MARKET DEVELOPMENT MANAGER
No. of Vacancy	1

Job Description

Serve as the link between the international customers and the company. Responsible in generating sales revenues from various services offered by the company and affiliate companies for prospective customers and establishing business relations by after sales service to further expand market of existing customers and generate new accounts internationally.

1. Explore new business opportunities to increase buyer engagement and drive sales growth while building strong relationship with agents and business partners.
2. Explore the Chinese market for potential Chinese clients.
3. Generate revenue for both target and existing for budget of management.
4. Managing risks under the responsibility and guidance of the Management within the defined segregation of duties.
5. Develop & manage own client portfolio, through up-selling & cross-selling.
6. Support/participate in the organization's continuous improvement program; schedule and attend regular departmental meetings.
7. Develop and execute strategic sales & marketing plans to achieve company objectives, including creating comprehensive campaigns across various channels to enhance brand visibility, attract potential buyers and generate sales leads
8. Perform such tasks as may be required from time to time – by the Manager

Qualification

1. A graduate of Bachelor's Degree in Marketing Management or equivalent.
2. With at least 3-5 years on the same field is an advantage.
3. Proven sales record in both personal and team achievements. Managing or handling nominated shipment is irrelevant.
4. Effective verbal and written communication in English and Mandarin.
5. Effective presentation skills.
6. Proficient in Microsoft Office applications.
7. Familiarity with CRM practices.

INTERESTED APPLICANTS MAY SEND THEIR RESUME AT jdm.jmdm@trucklane.com.ph and address it to Ms. Jonalyn Maranan, HR Officer of Trucklane Logistics Corporation.

Company/ Employer	Name of foreign national intending to apply for the position
Company Name: Trucklane Logistics Corporation Complete address: Unit 2, SFHB3 Phase 7, Laguna Technopark, (LT-SEZ), Binan, Laguna Nature of business: Warehouse	Name: Li, Zhuolo Address: Blk 5 Lot 11 Seville St. Campo Verde, Malvar, Batangas Nationality: Chinese Intended period of employment: Three (3) years
Trucklane Logistics Corporation 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, Anderson Bldg. II, Brgy. 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, Anderson Bldg. II, Brgy. 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 offenses committed by the foreign nationals.	

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ASC Ref No: S012P030118SW

KONSULTASYON SA MGA MAGTATANIM AT OPISYAL NG BARANGAY



Nong nakaraan Biyernes, nagkaroon ng magandang pagkakataon si Congressman Loreto S. Amante na makapanayam ang mga lider ng samahan ng mga magtatanim at mga opisyal ng barangay sa mga Bayan ng Nagcarlan at Liliw, una ay upang alamin kung anu-ano ang mga pangunahin nilang pangangailangan bilang mga nasa industriya ng pagsasaka upang mapagsikapan ng kanyang tanggapan na mapaabutan ng sadyang kinakailangang tulong, at ikalawa ay upang mangalap o makatipon mga datos na may kaugnayan sa industriya ng paghahalaman, at sa pagpapakilos ng Sangguniang Barangay, kabatirang kanyang magagamit sa pakikilahok sa mga public hearing ng ilang House Committee na kanyang kinabibilangan. (RUBEN E. TANINGCO/PHOTO: IRISH C. MOLON)

PLtCol Redentor G. Tiraña and his leadership in San Pablo PNP



BY PAOLO MANUEL C. FULE

PLTCOL Redentor G. Tiraña was awarded the medal of PNP Efficiency for his eminently meritorious and invaluable services rendered as Officer-In-Charge, San Pablo Component City Police Station, Laguna PPO for being adjudged as Top 1 Performing Component City Police Station for having the highest number of accomplishments in Anti-Illegal drugs, Anti-Illegal

Gambling, Wanted Persons and loose firearms during the Simultaneous Anti-Criminality Law Enforcement Operations (SACLEO). In my recent interview with the San Pablo City Police Chief, when asked about the programs they have implemented, "May mga special programs po tayo like pumupunta tayo sa mga schools para sa anti-drug and crime prevention campaign natin. Maganda din yung crime prevention dahil sa

ating police visibility. Pagdating naman sa mga schools and streets, meron tayong active police visibility to prevent commissions of crime. So Mahalaga talaga ang pre-emptive measures to prevent possible crimes," quipped PLTCOL Red G. Tiraña. "Most number of operations like anti-illegal drugs, loose firearms, etc. so marami naman tayong accomplishments also", added PLTCOL Red G. Tiraña.

CONSTRUCTING DREAMS INTO REALITY

BY EDRIAN B. BANANJA

For Florable F. Dacumos, a 54-year-old entrepreneur from San Narciso in Zambales, success is not just about building a business but creating opportunities, staying true to your values, and helping others rise with you. Back then, she and her husband were just trying to make ends meet. They sold mangoes, a business that is typical of their hometown, hoping to bring in enough to provide for their family. But dreaming of something bigger, life led them to venture in another line of business.

From fruit to foundation

Seeking better opportunities, they ventured into ironworks and aluminum glass. As competitors emerged, they shifted to selling construction materials. Gradually, they gained the trust of their community as a primary supplier of roofing sheets and other building essentials. Their business gained an edge by establishing its roofing sheet manufacturing facility. Being the only supplier in their area with a roll-forming machine, they offer high-quality products at lower prices. They supply materials such as steel, wood, paint, cement, hollow blocks, and roofing sheets to resorts, road-widening projects, and other construction sites. As the business grew, Florabelle became a client of CARD SME Bank, Inc., a thrift bank under CARD MRI, opening new doors for their business. She started with an initial loan of PHP 300,000, which later grew to PHP 2,000,000, allowing them to invest in



Inside RF Dacumos Corporation: Florabelle F. Dacumos (leftmost, wearing yellow), a proud client of CARD SME Bank from Zambales, alongside her dedicated team, has proven that with collective effort and effective leadership, achieving business goals is not only possible but also feasible and attainable.

modern machinery and expand operations.

"Aside from our dedication and unified efforts, CARD SME Bank has played a crucial role in our growth. Through its financial assistance, they enabled us to invest in advanced machinery and improve our services," Florabelle said.

To further improve business efficiency, they plan to acquire a double roll-forming machine and implement a more systematic transaction recording system. Additionally, they will also integrate responsible business practices, such as using eco-friendly machinery and ensuring proper waste management.

With her thriving construction business, Florabelle now employs 44 workers to meet growing demand. They treat their employees like family, and provide them with basic benefits such as SSS, Pag-IBIG, and PhilHealth, with annual bonuses and gifts.

Beyond financial support, they promote a strong spiritual bond by organizing church gatherings and bible studies.

Overcoming challenges and embracing opportunities

Like any business, they also faced challenges. Some attempted to tarnish their reputation, but by maintaining quality products and fair pricing, they earned the loyalty of their customers.

With the success of the business, Florabelle won the Gawad Maunlad (SME National Winner) at the Pagkilala sa Mga Likha ni Inay Awards 2024, held in San Pablo City, Laguna, on December 11, 2024. It is an event recognizing the success and positive impact of CARD entrepreneurs on their communities.

Looking back, Florabelle sees how their lives have changed. Their business has expanded, they have acquired essential equipment, and built their dream home. For her, success is rooted in faith, trust, and treating employees as family.

"Through dedication and resilience, I hope our story proves that dreams are not just imagined; that they are built through hard work and unwavering faith in God," she con-

Cong. Amante, naghatid ng mga makinarya sa mga magsasaka

NI KEVIN PAMATMAT

NAGCARLAN, Laguna -- Nagsagawa si Laguna 3rd District Congressman Loreto "Amben" S. Amante ng konsultasyon sa iba't ibang sektor sa ikatlong distrito ng Laguna kung saan personal niyang inalam ang kinakaharap nilang mga problema at agad niya itong mabigyan ng kaukulang solusyon.

Agosto 15 ay nakaupang niya ang mahigit-kumulang sa tatlung mga magsasaka sa bayang ito kasama si Herman Solpico, pangulo ng Municipal Agriculture and Fishery Council, kung saan umabot sa labing limang mga hand tractors ang natanggap nila mula sa mambabatasa.

Gayundin ay magbibigay si Cong. Amante ng

mga karagdagang kagamitang sa pagsasaka kabilang na ang mga grass cutters, sprayers, dryers, shredder machines, feed mixers, kayuran, suyo, araro, abono at maging ang kanilang production area.

Katuwang din ni Cong. Amante si Nikolaella Saguisin bilang kinatawan ng TESDA para pagkalooban ng scholarships ang mga magsasaka.

Abed Green: Epitome of a model athlete in basketball and boxing

Abednego Martinez Green from Quezon City is treading boxing and basketball sports aside from acting in various tv shows and films. He has been playing basketball since he was a kid. He loves the game so much that he embraced it and almost lived his life inside the hard court. Basketball and boxing have indeed taught him so many things in life. These physical sports inculcated the virtues of perseverance, work ethics, resiliency and camaraderie.

If you really want to excel at something, hard work is definitely the only way. When you want to perfect your jump shot or make more free throws, the only way you can do it is by practice. It is also essential to practice the right way. It may be really tiring at some point in time but at the end of the day, it will always be hard work that will bring a person to glory.

It is the same with any other field in life. If you want to get better at school or get a raise at your workplace, the only way you can do it is by hard work and perseverance. There are no shortcuts to this. The more you work hard for something, the more it is worthwhile. We are always taught to dream big but what we don't realize most often is that our dreams don't work unless we do. There is no substitute to hard work, really.

In the sport of basketball as well as in boxing, you cannot succeed unless you believe in yourself. It is this belief that gives you confidence. You must believe you will make that crucial free throw or make the buzzer-beater, which will win you the game. You must believe that you can block your opponent or defend him so well he cannot pass the ball to his teammate. That is the first step to



MOMENT OF TRUTH

-- Paolo Manuel C. Fule --



move forward. You should start to believe in yourself first as an athlete.

Similarly in life, you must believe in yourself. You must have faith in your abilities. Without this belief and faith in your capabilities, you cannot be successful or happy. Sports just like basketball teach you to overcome adversity in life. What might, in your

opinion, be a wrong call by the referee may cost you a game or your key players might injure themselves before an important game and upset your game plan in the process. In such situations a player can learn to overcome adversity and temporary failures.

Email the author at: paolomanuel@yahoo.com

LIBRENG BREAST CANCER EXAM SA MGA SAN PABLEÑO



Sa inisyatibo ni Vice Mayor Justin G. Colago, ang PMA-San Pablo City Medical Society sa pangunguna ng kasalukuyang pangulo, Dr. Junell G. Colago, ay nagkaloob ng Free Breast Cancer Screening sa mga taga-lungsod noong Miyerkoles ng umaga na ginanap sa San Pablo City General Hospital sa pakikipag-ugnayan kay Dr. Tagumpay Felismino, director ng pagamutan. Sa dahilang maraming kailangang ihanda sa ganitong medical mission, tulad ng magugol na pagsasagawa ng mammography at ultrasound, ay hanggang 200 kababaihan ang gulang ay mula sa 40 taon ang napaglingkuran. Ang medical mission, ayon kay Dr. Junell G. Colago, ay isang pagsasakit ng organisasyon ng mga manggagamot na makapagkaloob ng tamang pangangalaga sa kalusugan ng mga karaniwang mamamayan, hindi lamang upang masuri at magamot ang kanilang karamdaman, kundi upang payamanin ang kanilang kaisipan sa tamang pangangalaga ng kalusugan, pamamaraan upang maiwasan ang iba't ibang karamdaman, at tuloy mapaulad ang magandang pag-uugnyayan ng mga karaniwang mamamayan at ng lipunan ng mga manggagamot. (RUBEN E. TANINGCO/PHOTO: EDGARDO B. COLLADO)