



DOST inaugurates first MEDOWW Treatment System Technology in CALABARZON

The Department of Science and Technology (DOST) - CALABARZON inaugurated the first ever Modular Ecology-Friendly Domestic Wastewater (MEDOWW) Treatment System Technology in the region established at Brgy. Anilao Proper, Mabini, Batangas, Sept. 22.

DOST • 6



VOL. 19 NO. 29

SEPTEMBER 19 - 25, 2022

P 10.00

Email: pulsocavitenyo@yahoo.com

ISSN 1656-7684

Never forget the 'darkness' of martial law - Bishop

A top Catholic official called on Filipinos to learn from the "dark" chapter in the country's history and live its lesson.

Cardinal Jose Advincula of Manila said Filipinos must remember lessons from the martial law era and never allow it to happen again.

"We cannot learn these important lessons if we deny or forget the darkness of history," Advincula said.

NEVER FORGET • 4

Cavite joins coastal cleanup drive

NOVELETA, Cavite: More than 1,000 Caviteños gathered together at different cleanup sites in the province to participate and unite in the International Coastal Cleanup or ICC with this year's theme, "Fighting for trash free seas — Pilipinas: Ending the flow of trash at the source."

The local leaders of the province joined the cleanup drive on Saturday, particularly in the coastal towns and cities, to lead the cleaning of the seashore, while the leaders of the midland and upland towns and cities

CAVITE JOINS • 6



Caviteño volunteers clean up the shore of Barangay San Rafael 3 in Noveleta, Cavite as part of the International Coastal Cleanup on Saturday, Sept. 17, 2022. PHOTO BY DENNIS ABRINA

ATRIEV awards cash grant to Caviteño PWDs

Committed to promote the rights and welfare of Persons with Disabilities (PWDs) in Cavite, the Provincial Person with Disability Affairs Office (PPDAO) tapped the support of Adaptive Technology for the Rehabilitation, Integration and Empowerment of the Visually Impaired (ATRIEV), a non-government organization in granting cash assistance to Caviteños with disabilities.



In a simple ceremony held on September 20, 2022 at the Provincial Capitol E-Registration Area, five PWDs were granted P5,000.00 cash

each by ATRIEV. Beneficiaries were Ms. Desiree Magsayao and Ms. Chola Viray from the City of Dasmariñas, Ms. Mariel Torres of Tagaytay City,

Ms. Cecille Rose Primero of Carmona and Mr. Francisco Antonio from Tanza. They have undergone and

ATRIEV AWARDS • 4

NEWS

S&T Caravan made a glorious comeback in Batanes

Basco, Batanes – The Department of Science and Technology (DOST) Region 02 thru the Provincial Science and Technology Office (PSTO) in Batanes officially opened the 2022 S&T Caravan, last September 14.

This year's S&T Caravan bannered with the theme "Moving Advance Valuable Innovations and Development (MAVID), which means DOST Region 02 is pushing forward in intensifying its implementation of the programs, projects, and services to become the lead Science, Technology, and Innovation (STI) Hub in Cagayan Valley.

The S&T Caravan is an annual activity with various S&T partners that aims to showcase the different programs and projects of DOST. This will also increase their awareness and knowledge on the S&T Interventions they want to avail, adopt and commercialize.

The S&T Caravan is also a platform to showcase the products of the various DOST SETUP supported MSMEs.

In his written message, DOST Undersecretary for Regional Operations Engr. Sancho Mabborang expressed his appreciation to the province for valuing Science, Technology and Innovation.

"Behind these achievements are our fellow Filipinos who had the courage to trust our services and start ventures alongside our science interventions. Their success stories are the most important to us." Usec. Mabborang highlighted this in his message.

"The families they sustain, the homes they build out of their growth, the satisfaction and quality service they provide to their customers, and its impact in a larger industry, is a great contribution for inclusive growth. They are worth a record of best practices and best experiences," he added.

Meanwhile, DOST R02 Regional Director Virginia G. Bilgera also expressed his gratitude and challenged them to be the active players of S&T in the province through a written closing message.

"May this time bring the best in each and one of you. Let's join hands in enriching the culture of pagtutulungan. I believe that this ceremony would ignite more science, technology and innovation

developments through our mandates."

The activity was attended by the Provincial Director of PSTO Batanes Ms. Nora Garcia, Batanes Governor Hon. Marilou H. Cayco, Representative from the Batanes Lone District, Hon. Ciriaco B. Gato, President of the Batanes State College, Dr. Djovi R. Durante, among others.

S&T Initiatives in Batanes

For many years, The Provincial Science and Technology Officer (PSTO) continuously succeeded in bringing science and technology closer to the people of Batanes. Here are some of the accomplishments of the agency in the province.

Many of the small businesses in the province had difficulty in maintaining their sales since customers are mainly locals. Thus, Ivatans wanted to build their own business that will help the province's local economy.

With determination and cooperation, DOST 02 thru PSTO Batanes took



this opportunity to introduce to them the Small Enterprise Technology Upgrading Program (SETUP).

SETUP is the banner program of the Department of Science and Technology which aims to strengthen the country's innovation system by enabling (Micro, Small, and Medium Enterprises) MSMEs to address their technological requirements and limitations to improve productivity.

Since the implementation of the program in 2002 up to 2021, SETUP continuously strengthened MSMEs in the region and improved their products, services and operations. It also helps them increase their productivity and competitiveness through their adoption of various technological innovations.

Moreover, the agency also continuously extends its assistance through S&T services on technology transfers, iFund, food safety, packaging and labeling, technology train-

ing and fora, and other technical consultancies.

To date, there were a total 65 firms assisted in Batanes and already funded with P41.16 million innovative funds. From all the active beneficiaries of the program, firms which engaged in the food industry continuously had the most adopters with a total of 66% of the whole beneficiaries. The remaining 34% goes to other priority sectors such as ICT/Electronics, agriculture, metals and engineering, gifts, decors and housewares (GDH).

The province was also awarded with computer units for the installation of the Science and Technology Academic and Research-Based Openly Operated KioskS (STARBOOKS) for each beneficiary namely, Basco Central School, St. Dominic College of Batanes, Inc., and LGU Itbayat.

STARBOOKS is an offline S&T based educational and learning platform designed to reach

those with limited or no access to S&T information resources. It aims to provide STI (Science, Technology and Innovation)-based content to students and other constituents.

Furthermore, LGU Sabtang (RHU) and LGU Itbayat (RHU) were also awarded with one (1) set each of RxBox. RxBox is a multi-component program designed to provide better access to life-saving health care services in isolated and disadvantaged communities.

With the continued support and close collaboration with the provincial local government and other stakeholders, the Provincial Science and Technology Office of Batanes, together with its national and regional offices, are looking forward to a more dedicated projects in serving and giving quality living to every Ivatan and Ipula (non-ivatan) alike. **(DOST R2) #OneDOST4U #dostPH #ScienceForThePeople #DOSTRegion02**

ULIRANG GURO SA FILIPINO 2022

Alma T. Bautista Santos Ventura National High School Mabalacat, Pampanga	Dr. Lita A. Bacalla Cebu Normal University	Gladys M. Jovellano Bagacay Elementary School Bagacay, Romblon
Dr. Alvin Rom De Mesa Leyte Normal University	Cristina D. Macascas Philippine Normal University	Warren A. Norberte Butuan City SPED Center
Dr. Rowena C. Largo Cebu Normal University		

Pitong Ulirang Guro sa Filipino, pararangalan ng KWF

Pararangalan ng Komisyon sa Wikang Filipino (KWF) ang pitong (7) guro mula sa iba't ibang panig ng bansa bilang Ulirang Guro sa Filipino. Sa taong ito, dalawang (2) guro sa elementarya ang pararangalan, sina Warren A. Norberte ng Lungsod Butuan SPED Center at Gladys M. Jovellano ng Bagacay Elementary School.

Dalawang (2) guro din ang nagwagi mula sa sekundarya, sina Alma T. Bautista ng Santos Ventura National High School at Christina D. Macascas ng Pamantasang Normal ng Pilipinas. Tatlo (3) naman ang mula sa kolehiyo, sina Lita A. Bacalla at Rowena C. Largo na parehong nagmula sa Cebu Normal

Univeristy, at Alvin Rom De Mesa ng Leyte Normal University.

Ang Ulirang Guro sa Filipino ay taunang gawad na ipinagkakaloob ng KWF sa mga gurong nakapag-ambag sa pagpapalaganap at promosyon ng wikang Filipino at/o mga wikang katutubo ng Pilipinas at kultura sa larang ng pagtuturo sa kanilang komunidad sa

pamamagitan ng pananaliksik, seminar, pagsasanay, palihan, at iba pang katulad na gawain.

Gaganapin ang Araw ng Parangal sa 4 Oktubre 2022. 10:00nu sa Hotel Lucky Chinatown, Binondo, Maynila. Mapapanood din ito nang live sa Facebook page ng KWF. **#UlirangGuroSaFilipino2022 #KWFUGFilipino2022**

Editorial

What's wrong with 1987 Constitution?

Is it necessary to amend the 1987 Constitution? Since it came into full force and effect on Feb. 11, 1987, there had been several attempts to revise or change the Constitution. Each time, however, it failed to succeed.

The first attempt was in 1997, through the People's Initiative for Reform, Modernization and Action (PIRMA) – a signature campaign that sought to change the form of government to parliamentary system and lift the term limits of elected officials, including the president.

Having been introduced at the tail-end of then President Fidel V. Ramos's term, the move triggered massive protests on suspicion it was aimed at extending his term.

The Supreme Court eventually rejected it for lack of enabling law and describing it as defective.

Two years after, during the administration of then President Joseph Estrada, another Charter change was pushed by way of the Constitutional Correction for Development (Concord). It sought to lift restrictions on foreign ownership of businesses by allowing non-Filipinos to own lands, public utilities and media outfits. It was eventually abandoned following strong opposition from various sectors, led by the Catholic Church.

At least four attempts at Charter change were made during the term of then President Gloria Macapagal-Arroyo. These are through a Consultative Commission that pushed for a unicameral parliamentary form of government and liberalizing the economy, a people's initiative called Sigaw ng Bayan (People's Cry), a Constituent Assembly proposed by then House Speaker Jose de Venecia, Jr., and another Constituent Assembly introduced by then Sen. Aquilino Pimentel, Jr. to form a federal government.

The Sigaw ng Bayan was dismissed by the Supreme Court for failure to comply with the basic requirement of people's initiative, while the three other bids failed to gain support.

Another attempt to tinker with the Constitution was made under the watch of former President Rodrigo Duterte. It pushed for a federal form of government, one of his campaign promises. It failed to make headway.

Now comes a fresh bid for Charter change under the present administration. The Senate Committee on Constitutional Amendments and Revision of Codes, chaired by Sen. Robinhood Padilla, is currently conducting consultative hearings on the proposal to amend the economic provisions of the Constitution to boost foreign direct investment (FDI).

Two distinguished personalities – former Senate president and now Chief Presidential Legal Counsel Juan Ponce Enrile and former Socioeco-



omic Planning secretary Solita Monsod – have given contrasting views on the issue.

Enrile told the Padilla panel that it is necessary to amend the 1987 Constitution “because it is a source of our problems as a nation and it retards our progress.”

“The Constitution actually favors only the rich. It allows them to invest as much as 60 percent in mining, agriculture, transportation, and so on. The rich make lots of money here but they bring the profits elsewhere,” he said. “We should have an investment policy that will protect not only the rich, but also the poor. We can control the foreigners but not the rich Filipinos who control our politics, the judiciary, the executive branch, and even the police and the military. While the present set-up works to their advantage, the nation suffers.”

Unlike Enrile, Monsod is opposed to Charter change. Amending the Constitution is “not likely to open any new doors to foreign direct investments because, for all intents and purposes, the doors are already open,” she said. Monsod also expressed fears

the move will open the floodgates for “rent-seeking activities” as lobby groups will certainly come in to pitch amendments.

Will the current bid to amend the Constitution succeed or will it go the way of the previous attempts?

The Constitution is not flawless and certainly there are provisions that need to be amended to keep it attuned to the times. The problem is, Charter change has always been synonymous to perpetuation of political power, especially that of the sitting president.

Unless proponents come up with clean-cut objectives to gain public trust, skepticism will continue and any attempt to amend the Constitution is bound to fail.

Retired Supreme Court Justice Vicente Mendoza once said in a media interview: “The reason the many attempts of Congress or groups to change the 1987 Constitution failed is not by reason of intrinsic merit. It is because the attempts were viewed as nothing but veiled attempts to extend the term of office of the President. That is the simple reason.”

Masakit na Pag-ihing: 10 Dahilan

1 UTI – Ang UTI o urinary tract infection ay ang pagdami ng bacteria sa kidneys o pantog. Ang sintomas ay masakit at madalas na pag-ihing, malabo at maamoy na ihi. Kung malala ang UTI puwede magka-lagnat at sumakit ang likod.

Magpa-Urinalysis. Ang gamot sa UTI ay antibiotics.

2. Cystitis – Impeksyon sa pantog tulad ng UTI. Ang sintomas ay masakit sa puson o sa may pwerta o ari. Masakit at madalas ang pag-ihing pero konti-konti lang ang labas ng ihi.

3. Kidney Stones o bato sa bato – Ang kidney stones ay kadalasan gawa sa calcium o uric acid. Sobra sakit sa may singit. Parang madudumi ang sakit pero hindi naman dudumi. Mahapdi din sa pag-ihing. Minsan, kulay pink ang ihi dahil may dugo na sa ihi.

Kumonsulta sa Urologist. Uminom ng 10-12 basong tubig bawat araw.

4. Yeast infection sa pwerta o vaginitis - May discharge sa pwerta na maamoy. Makati ang pwerta at may iritasyon sa balat. Puwede din sumakit sa pag-ihing.

Ang gamutan ay vaginal suppository na reseta ng OB-Gyne.

5. Aktibidad tulad ng bisikleta, na-trauma at bagong panganak.

6. Impeksyon sa prostate o prostatitis sa lalaki - Ang STD ay isang dahilan ng prostatitis. Ang impeksyon ay galing sa bacteria.

Ang sintomas ay masakit at hirap umihi, makitrot sa pantog at ari, at madalas na pag-ihing lalo na sa gabi. Puwede din mahirapan mag-ejaculate o malabasan ang lalaki.

Ang gamutan ay antibiotics na reseta ng Urologist.

7. Ovarian cyst - Ang sintoma ay sobrang sakit ng puson lalo na



pag may regla. May abnormal na pagdurugo din. Kumonsulta sa OB-Gyne.

8. Kung may allergy sa sabon, wipes, lotion at pang-hugas -

Masakit sa balat sa may pwerta na may kasamang pamumula. Makati, may iritasyon sa maselang bahagi.

Gumamit ng mild soap lamang.

9. Kanser sa pantog - Ang sintomas ay pamamayag, masakit ang likod at buto, manas at madalas at hirap umihi. Minsan may dugo sa ihi.

10. Ang mga sanggol ay umiiyak din kapag mahapdi ang pag-ihing nila.

Tips:

1. Magpa-urinalysis. Mura lang ito.
2. Tingnan ang kulay ng ihi. Dapat malinaw at light yellow ito.

3. Maligo palagi at maging malinis sa katawan.
4. Iwas sa pagkakaroon ng maraming partners at STD.

5. Uminom ng 8-12 basong tubig bawat araw.
6. Mag-ehersisyo ng regular.

7. Huwag magmadali sa pag-ihing. Relax lang ang posisyon.

8. Umihi muna bago matulog.
9. Sa mga bata, paalalahanan sila na pumunta sa banyo at umihi.



PMC PULSO NG MAKABAGONG CAVITEÑO NEWS PUBLICATION, a community newspaper published weekly, every Sunday and circulated throughout the province of Cavite, has its editorial and business office at Blk. 7 Lot 8 & 10 Salinasville I, Bacoor City, Cavite

DTI NO. 1017276 Mobile No.: 09959874383

Publisher/Editor : **REBECCA M. VELASQUEZ**
Managing Editor : **SID SAMANIEGO**
Columnist : **DR. WILLIE ONG**
Contributors : **IGE RAMOS**
PROF. PEDRO T. DOTILLOS, JR.
PROF. PEDRO ARNELA. LAPARAN
Cartoonist : **VICTOR JOHN B. RIBON**
Lay-out Artist : **DAYA N. MADEJA**
Circulation Manager : **DIOSDADO M. VELASQUEZ JR.**

SUBSCRIPTION RATE

1 Month P 20.00 3 Months P 60.00
6 Months P 120.00 One Year P 240.00

ADVERTISING RATE

Commercial.....P200.00/col. cm. Legal.....P160.00/col. cm.

MEMBER Publishers Association
Papi of the Philippines, Inc.

NOTE: All news articles and opinions expressed by the writers are entirely their own and do not reflect the opinion of the Publisher, Management of this Publication.

LEGAL NOTICES

**REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
BRANCH 4-FC
CITY OF IMUS, CAVITE**

**HOME DEVELOPMENT MUTUAL FUND
(PAG-IBIG FUND),**
Mortgagee,

**- versus - EXTRA-JUDICIAL FORECLOSURE OF
REAL ESTATE MORTGAGE UNDER
ACT 3135 AS AMENDED BY ACT 4118**

**PAUL JOHN R. HIZON for himself
and as Atty.-in-Fact of his wife
MARIANNE ARLENE P. HIZON,**
Mortgagors.

FC Case No. 17431-22

X- ----- X

NOTICE OF EXTRA-JUDICIAL SALE

Upon extra-judicial petition for sale under Act 3135 as amended by Act 4118 filed by **HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)**, mortgagee, with principal place of business at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, against **PAUL JOHN R. HIZON for himself and as Atty.-in-Fact of his wife MARIANNE ARLENE P. HIZON**, mortgagors, with residential and postal address at 16 Gewato Street, BF Homes, Las Piñas City and/or Lot 12, Block 02, The Legian South Subd., Carsadang Bago, Imus, Cavite to satisfy the mortgage indebtedness which as of May 23, 2022 amounts to **SEVEN HUNDRED FORTY FOUR THOUSAND FOUR HUNDRED FORTY FIVE PESOS AND 22/100 (Php744,445.22)**, Philippine Currency, including interest and penalties, but excluding attorney's fees, sheriff's fees and all other charges incidental to this foreclosure and sale, the undersigned will sell at public auction on **October 18, 2022 at 10:00 o'clock in the morning** or soon thereafter at the main entrance of the Office of the Clerk of Court, RTC-Imus Hall of Justice, Aguinaldo Highway, Imus City, Cavite to the highest bidder, for CASH and in Philippine Currency, the following property with all improvements therein, to wit:

TRANSFER CERTIFICATE OF TITLE No. 057-2017024916

"A parcel of land (Lot 12 Blk 2 of the cons. subd. plan Pcs-04-027645, being a portion of Lot 1310-C-1, (LRA) Psd-403628, Lot 1311, (Now RS-04-004658), Lots 1317-A to 1317-I, Psd-04-043289) situated in Carsadang Bago, Imus, Cavite, Island of Luzon. Bounded on the SE along line 1-2 by Road Lot 2, on the SW along line 2-3 by Lot 14 Blk 2, on the NW along line 3-4 by Lot 11 Blk 2, on the NE along line 4-1 by Lot 10 Blk 2 all of the cons. subd. plan. x x x containing an area of **FORTY FOUR (44) SQUARE METERS. 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 said date, it shall be held on **October 25, 2022** at 10:00 o'clock in the morning without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrances therein if any there be.

City of Imus, Cavite, Philippines, July 19, 2022.

(Sgd.) EMMANUEL H. FRANCISCO
Sheriff IV

APPROVED

(Sgd.) ARMIE A. FRANCISCO
Clerk of Court VI

COPY FURNISHED:

HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)
The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City

ATTY. MICHAEL YANCY P. YNGSON
Attorney-in-Fact
Receivers and Liquidators Inc.
Unit C, 10th Floor, Strata 2000 Bldg., F. Ortigas Jr. Rd., Ortigas Center, Pasig City

PAUL JOHN R. HIZON and MARIANNE ARLENE P. HIZON
16 Gewato Street, BF Homes, Las Piñas City
Lot 12, Block 02, The Legian South Subd., Carsadang Bago, Imus, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: September 19, 26 & October 3, 2022

**Republic of the Philippine
Fourth Judicial Region
Regional Trial Court Of Cavite
Office of the Clerk of Court & Ex-Officio
Sheriff**

**New Justice Hall, J.P. Rizal Avenue,
Kaybagal South, Tagaytay City**

BDO UNIBANK, INC.,
Mortgagee,

- versus - EJF NO. TG-22-064
FOR: Application for Extra-judicial
Foreclosure of Mortgage
[Under Act No. 3135, As Amended]

**Spouses EFREN DELOS SANTOS TALISAYON
and ANNABEL SERDON TALISAYON,**
Debtors/Mortgagors,

X- ----- X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure sale under Act 3135, as Amended by Act No. 4118, filed by Mortgagee, **BDO UNIBANK, INC.**, a universal banking corporation duly organized and existing under the laws of the Republic of the Philippines, with principal office and place of business at 11F BDO Towers Valero (formerly Citibank Tower), 8741 Paseo de Roxas, Makati City, pursuant to the terms and conditions of the Real Estate Mortgage ("MORTGAGE") executed and notarized on September 6, 2019 by Debtors/Mortgagors, **Spouses EFREN DELOS SANTOS TALISAYON and ANNABEL SERDON TALISAYON**, both of legal age, Filipino citizens, with postal addresses at (1) Blk. 12, Lot 11, Anonas Drive cor. Guyabano St., Sta. Isabel Village, Tayabas, Quezon Province and (2) Unit 0GF-0014, Ground Floor, Building 1, Pine Suites Tagaytay, Silang Junction West, Tagaytay City, Cavite in favor of the Petitioner/Mortgagee, over a real estate property including improvements thereon, described in and covered by **CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2019000848** of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Mortgagors/Borrowers in the amount of **FOUR MILLION TWENTY NINE THOUSAND NINE HUNDRED FIFTEEN PESOS AND 25/100 (Php4,029,915.25)** inclusive of interest, penalties and other charges, as of July 15, 2022, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Alex E. Martinez, will sell at public auction on **October 6, 2022 at 10:00 o'clock in the morning** or soon thereafter, at the New Hall of Justice of Tagaytay City, to the highest bidder, for Cash or Manager's Check and in Philippine Currency, the following property with all its improvements thereon, to wit:

CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2019000848

Registry of Deeds for Tagaytay City

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

PINE SUITES TAGAYTAY - BUILDING 1
FLOOR: - 01 GROUND FLOOR -
UNIT NO. - 0GF-0014
UNIT DESCRIPTION: - RESIDENTIAL
UNIT TYPE: - 2 BEDROOM
RES FLOOR AREA: - 40.15 SQUARE METERS
BALCONY: - 8.64 SQUARE METERS
UNIT INFORMATION:
DRYING CAGES: - 3.00 SQUARE METERS
TOTAL FLOOR AREA: - 51.79 SQUARE METERS

in the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on **TRANSFER CERTIFICATE OF TITLE 2013006014** which embraces and describes the land located at TAGAYTAY CITY with an area of **TEN THOUSAND (10,000) Square Meter**, is registered in the name of:

Owner: SPOUSES ANNABEL SERDO TALISAYON and EFREN DELOS SANTOS TALISAYON FILIPINOS

Address: ANONAS DENE COR. GUYABANO ST., STA. ISABEL VILLA TAYABAS CITY

Never forget

from page 1

"Let us not forget the lessons from the martial law period. We have seen the light. Let us not go back to darkness," he said.

This day, Sept. 21, marks the 50th year Ferdinand Marcos Sr. placed the nation under martial law, a period marred by 14 years of authoritarian rule, massive corruption, and human rights violations.

The cardinal said the lessons from this period include valuing human life, respecting human rights, fighting for truth, and seeing the importance of democracy.

"We also learned that true progress depends on justice and peace," he

added.

For his part, Bishop Gerardo Alminaza of San Carlos again called for an end to human rights abuses "that started during the martial law period and continued until today".

"Our collective memories of the violence of the Martial Law strengthen our resolve to intensify our vigilance against any unjust and violent acts reminiscent of the past," Alminaza said.

He also said that describing the martial law years as a "golden age" is a "historical distortion", as he renewed his call to end the "massive disinformation" during the last presidential elections.

ATRIEV awards

from page 1

passed the 23-day free online training on Digital Business Basics where they learned business startups, from the use of technology up to sales and marketing online and offline.

ARTRIEV President Jose "Ching" Rañola headed the awarding ceremony together with Ms. Marie Shiela Antenor-Haloc, PDAO head. Likewise, officers and some staff of ATRIEV had a courtesy call with Gov. Jonvic Remulla.

In the afternoon, the PGC team steered an Interagency Exploratory Meeting for Economic Inclusions and Empowerment of Persons with Disabilities at the Happy Homes Housing Cooperative (HHHC) in Barangay Bucal, Tanza, Cavite. This meeting was joined by the HHHC Chairperson Dr. Benjamina Abueg-Pereyra, ATRIEV staff and trainers, and representatives from different national line agencies like TESDA, DOLE and DTI. **(PICAD)**

In the event the public auction should not take place on the said date, it shall be held on **October 13, 2022**, without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the **CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2019000848** the encumbrances thereon, if any there be.

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

Tagaytay City, Philippines, August 31, 2022.

(Sgd.) ATTY. VARBRA ANN A. VARIAS-DIMAYUGA
Clerk of Court & Ex-Officio Sheriff

(Sgd.) ALEX E. MARTINEZ
Sheriff-In-Charge

WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE, OR DESTROY THIS NOTICE OF SHERIFF'S SALE ON OR BEFORE THE DATE OF THE AUCTION SALE UNDER THE PENALTY OF LAW

Copy Furnished:

BDO UNIBANK, INC.,
Mortgagee
11F BDO Towers Valero (formerly Citibank Tower), 8741 Paseo de Roxas, Makati City

SPOUSES EFREN DELOS SANTOS TALISAYON AND ANNABEL SERDON TALISAYON,
Mortgagors
(1) Blk. 12, Lot 11, Anonas Drive cor. Guyabano St., Sta. Isabel Village, Tayabas, Quezon Province
(2) Unit 0GF-0014, Ground Floor, Building 1, Pine Suites Tagaytay, Silang Junction West, Tagaytay City, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: September 5, 12 & 19, 2022

LEGAL NOTICES

REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
OFFICE OF THE CLERK OF COURT
TRECE MARTIRES CITY

HOME DEVELOPMENT MUTUAL FUND
Mortgagee,

- versus - **FORECLOSURE CASE NO. F-619-22**

JONARD N. JACINTO
MARRIED TO FLODELIZA C. JACINTO
Mortgagor/s.

X- - - - - X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **HOME DEVELOPMENT MUTUAL FUND**, with business address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, against the Mortgagor/s, **JONARD N. JACINTO MARRIED TO FLODELIZA C. JACINTO** with residence and postal address at Lot 28, Blk 13, Landmass Park Subdivision, Biga, Tanza, Cavite to satisfy the mortgage indebtedness which as of 29 July 2022 amounts **THREE HUNDRED FIVE THOUSAND FIVE HUNDRED SIXTY PESOS AND 11/100 (P305,560.11)**, Philippine Currency, including interest, penalties and other charges as of said date but exclusive of all other expenses incidental to this foreclosure and sale, the undersigned Sheriff will set at public auction on **OCTOBER 06, 2022 at 10:00 o'clock in the morning** 12:00 noon at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-834743

A parcel of land (Lot 28 Blk. 13 of the cons./subd. plan, Pcs-04-011238, being a portion of the cons. of lots 4 & 9, Pcs-042120-009088 & lot 25, Blk 1. Pcs-04-010794, LRC Rec No.), situated in the Brgy. of Biga, Mun. of Tanza, Prov. of Cavite. Bounded on the N., along line 1-2 by lot 27, Blk. 13 of the cons./subd. plan; on the E., along line 2-3 by Rd. Lot 9, Psd-042120-074203; on the S/E., along lines 3-4-5 by Rd. lot 32; & on the W., along line 5-1 by lot 26, Blk. 13, both of the cons./subd. Plan. Beginning at a pt. marked "1" on plan xxx containing an area of **SIXTY ONE (61) SQ. METERS 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 said date and time, it shall be held on **OCTOBER 20, 2022** without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrances thereon, if any there be.

Trece Martires City, SEPTEMBER 06, 2022.

(Sgd.) **LUCIO C. ALEJO III**
Sheriff IV

Copy Furnished:

HOME DEVELOPMENT MUTUAL FUND
C/O ATTY. RAYMUNDO R. AQUINO

Anchor Collection Services Inc.
Bldg. #2 Malakas cor. Mapagmahal St. Brgy Pinyahan Quezon City

JONARD N. JACINTO MARRIED TO
FLODELIZA C. JACINTO

Lot 28, Blk 13, Landmass Park Subdivision, Biga, Tanza, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: September 12, 19 & 26, 2022

WARNING: It is absolutely prohibited to remove, deface or destroy this Notice of Extra Judicial Sale on or before the date of sale.

REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
OFFICE OF THE CLERK OF COURT
TRECE MARTIRES CITY

METROPOLITAN BANK & TRUST COMPANY
Mortgagee,

- versus - **FORECLOSURE CASE NO. F-608-22**

SPS. MARIA EPIFANY F. STA. MARIA
AND LOUIE FRANCIS T. STA. MARIA
Mortgagor/s.

X- - - - - X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **METROPOLITAN BANK & TRUST COMPANY**, with business address at Metrobank Plaza Building, Sen. Gil J. Puyat Avenue Ext. City of Makati against the Mortgagor/s, **SPS. MARIA EPIFANY F. STA. MARIA AND LOUIE FRANCIS T. STA. MARIA** with residence and postal address at 29-A Pinagtipunan St., Brgy. Bagong Silang, Mandaluyong City and Lot 14, Blk 13, Kensington 6, Brgy. Navarro, Gen. Trias, Cavite to satisfy the mortgage indebtedness which as of 30 June 2022 amounts to **ONE MILLION TWENTY SIX THOUSAND FIVE HUNDRED SIXTY PESOS AND 49/100 (P1,026,562.49)**, Philippine Currency, including interest, penalties and other charges as of said date but exclusive of all other expenses incidental to this foreclosure and sale, the undersigned Sheriff will set at public auction on **OCTOBER 06, 2022 at 10:00 o'clock in the morning** until 12:00 noon at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2016067427

LOT NO. 14 BLOCK NO. 13 PLAN NO. PCS-04-027966
PORTION OF: LOT 1666, SAN FRANCISCO DE MALABON ESTATE (RS-04-002133) & LOT 1667-A, PSD-04-224902;

LOCATION: BARANGAY OF NAVARRO, MUNICIPALITY OF GENERAL TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON

BOUNDARIES:

LINE	DIRECTION	ADJOINING LOT(S)
1-2	NE	LOT 13, BLOCK 31, PCS-04-027966
2-3	SE	LOT 12, BLOCK 31, PCS-04-027966
3-4	SW	ROAD LOT 17, PCS-04-027966
4-1	NW	LOT 16, BLOCK 31, PCS-04-027966

AREA: FIFTY SQUARE METERS (50), MORE OR LESS

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

In the event the public auction should not take place on the said date and time, it shall be held **OCTOBER 20, 2022** without further notice.

Prospective bidders/buyers are hereby enjoined to investigate for themselves the title to the said property and encumbrances thereon, if any there be.

Trece Martires City, SEPTEMBER 06, 2022

(Sgd.) **LUCIO C. ALEJO III**
Sheriff IV

Copy furnished:

METROPOLITAN BANK & TRUST COMPANY

Metrobank Plaza Building, Sen. Gil J. Puyat Avenue Ext. City of Makati

ATTY. LUCAS R. VIDAL

117 C.C Santos St., BF Homes, Paranaque City

SPS. MARIA EPIFANY F. STA. MARIA AND
LOUIE FRANCIS T. STA. MARIA

29-A Pinagtipunan St., Brgy. Bagong Silang, Mandaluyong City
Lot 14, Blk 13, Kensington 6, Brgy. Navarro, Gen. Trias, Cavite

MPT South

from
page 8

other PUV drivers, and other motorists safe whilst sharing the road with one another" said Ms. Arlette Capistrano, Assistant Vice President for Communication and Stakeholder Management of MPT South.

"Lubos po kaming nagpapasalamat sa pamunuan ng MPT South (CAVITEX at CALAX) dahil sa pagkakataong ito na mabigyan ng seminar ang aming mga driver. Una palang po ito sa sunod sunod na mga session," said Mr. Droy Jalbuna, Operations Head, One Cavite Transport Consortium, Inc.

Drayberks is an

award-winning social advocacy of MPT South that educates motorists on road safety and shows how they can take advantage of the safety features of the expressway. Since 2018, Drayberks continues to tap key stakeholders and transport groups to share important reminders to motorists on safety behind wheels.

Drayberks is an award-winning road safety education program that has been recognized in 2019 with a Silver Anvil Awards by the Public Relations Society of the Philippines (PRSP), and this year



with a Merit Award for Communication Management by the International Association of Business Communicators Philippines (IABC Philippines).

MPTC is the biggest toll road builder and operator in the country. Aside from the CAVITEX, MPTC's domestic portfolio

includes the concessions for the CAVITEX C5 Link, Cavite-Laguna Expressway (CALAX), North Luzon Expressway (NLEX), the NLEX Connector Road, the Subic Clark-Tarlac Expressway (SCTEX), and the Cebu-Cordova Link Expressway (CCLEX) in Cebu.



SM CITY TRECE MARTIRES

Happy Cup is now at SM City Trece Martires - Grab a cup of happiness from Happy Cup SM City Trece Martires! Refresh yourself with its unique blend of milktea, frappe, smoothies and more! Get your delicious drink now at Level 2 of SM City Trece Martires.

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: September 12, 19 & 26, 2022

WARNING: It is absolutely prohibited to remove, deface or destroy this Notice of Extra Judicial Sale on or before the date of sale

NEWS

GET READY TO GLOW WITH THE VITAMIN C RANGE OF THE BODY SHOP

The Body Shop's bestselling Vitamin C range is getting a glow up!



Get ready to glow like never before with The Body Shop's Vitamin C range: Daily Glow Cleansing Polish, Glow Boosting Moisturiser, Glow Revealing Serum and Overnight Glow Revealing Mask. This Vitamin C Overnight Glow Revealing Mask is enriched with natural-origin lactic acid and papaya enzymes. Smooth over the face before bed and wake up to a glow like never before. It's even clinically proven to increase skin's radiance by an extraordinary 89% and reduce the appearance of uneven pigmentation. The Body Shop's all-new Vitamin C multitasking concealer hits the sweet spot between mid to full coverage. Available in 20 shades for the perfect match, it enhances the appearance of the complexion and spotlights the skin's radiance in the right places. Dab on with the wand applicator and blend into skin for a seamless, luminous finish.

Global Google searches for vitamin C, a superstar ingredient in glow-boosting skincare, have soared by 1000% since 2020, while searches for 'how to get glowing skin' have climbed by 400%. Skincare has taken centre stage in recent years. In fact, a whopping 73% of people have upgraded their skincare routine since the pandemic.

If natural radiance feels like something of a wonder, let The Body Shop's new and improved Vitamin C range do the heavy lifting. The brand has squeezed even more vitamin C into its bestselling formulas, now with concentrations of up to 10% and made with at least 90% ingredients of natural origin.

As one of nature's richest sources of vitamin C, the Amazonian camu camu berry extract is the hero ingredient in some of the new and improved Vitamin C creations. Native to the tropical forests of South America, camu camu berries have long

been considered a symbol of good health and strength. Naturally rich in antioxidants, they're acclaimed in beauty for their potential to help protect skin from free radicals and other oxidising agents that take a toll on the complexion.

At the same time, celebrated skincare ingredient bakuchiol also takes the spotlight in one of the brand's freshly innovated formulas. Known for its complexion-boosting capabilities, it's said to help improve the appearance of uneven pigmentation and skin texture. It stars in the all-new Glow Revealing Serum, enriched with 10% vitamin C – the brand's highest concentration ever.

Two trusty favourites, the Daily Glow Cleansing Polish and Glow Boosting Moisturiser, also feature in the range, alongside brand new creations to transform that inner fire into a sizzling natural radiance. Get ready to glow like never before.

Go with the Glow with The Body Shop's new Vi-

tamin C Range! This is available at The Body Shop stores and on its online store www.thebodyshop.com.ph

About The Body Shop

The Body Shop was founded in 1976 by Dame Anita Roddick in Little Hampton, England. The beauty brand pioneered corporate activism and was built on a philosophy that business can be a force for good. With its brand expression, Beauty with Heart, the company continues to be focused on five core values: Against Animal Testing, Support Community Fair Trade, Activate Self Esteem, Defend Human Rights and Protect the Planet.

All products are created using the finest ingredients sourced from the four corners of the globe, which are not tested on animals and are 100% vegetarian. The Body Shop has been in the Philippine market for twenty-five years with over 60 strategically located stores nationwide.

dreds of volunteers joined in the cleanup of open canals in the area.

In General Trias City, Mayor Luis "Jon-Jon" Ferrer 4th, Vice Mayor Jonas Labuguen, and City Environment and Natural Resources Office head Renato Escurel led the cleaning of the stretch of Ilang-Ilang River.

In Tanza town, Mayor Yuri Pacumio, Vice Mayor Simon Matro and the councilors helped clean the shores in Barangay Julungan with hundreds of volunteers.

In upland Silang town, Mayor Kevin Anarna also took part with his constituents as they cleaned the river walls of the municipal waters. **(By Dennis Abrina)**

DOST

from page 1

The adoption of MEDOWW Treatment System technology is one of DOST-CALABARZON's answers to the call of the Local Government Unit of Mabini (LGU-Mabini) for a science and technology-based solution to mitigate the environmental pollution brought about by untreated wastewater. Generally, the technology works to improve the wastewater management at the Municipal Tourism Office Building and Public Market, both located at Anilao Proper. The tech-

characteristics of community domestic wastewater.

What makes MEDOWW more relevant to Anilao, Mabini, Batangas is that it reduces health risks due to sanitation problems, ineffective septic system, drainage system failure, and water contamination. It also promotes responsible water utilization, which is significant to a world-known dive site like Anilao, Mabini. More than this, the MEDOWW technology ensures that effluents meet the re-

results obtained met the DAO 2016-08 requirements.

Both the MEDOWW Treatment System and Vigormin organominerals are technologies developed by Dr. Merlinda Palencia, a Chemical Engineering Professor at Adamson University, with funding from the Philippine Council for Industry, Energy and Emerging Technology Research and Development (DOST-PCIEERD). The adoption of this technology for Mabini, Batangas was funded by DOST-CALABARZON and the spinoff company of Adamson University, Envigor Natural Products



nology uses a flexible design for domestic wastewater treatment and establishes an effective combination of anaerobic and aerobic mechanisms. It is built with several chambers and operates with the application of Vigormin organominerals which hastens the decomposition of harmful bacteria that lodge in septic tanks.

The application of Vigormin helps in the bioremediation and at the same time in the settling of pollutants or pollution load. The reason for having several chambers in the design is to allow settling which results to lowering of the particulate settleable solids (PSS). Vigormin is then consumed by the good bacteria present in the septic water which enhances the bioremediation condition so the natural bacteria can do its job in cleaning the water. The combined effect of MEDOWW design and application of vigormin is already proven to improve the

requirements of the DENR Administrative Order (DAO) 2016-08 known as the Water Quality Guidelines and General Effluent Standards of 2016.

Based from the previous deployment of MEDOWW technology in Palo, Leyte, San Fernando, La Union, Siargao Island, LGU Mainit and LGU Alegria, Surigao del Norte, and Boracay Island among others, varying concentrations of organominerals were used to determine the optimum retention time and treatment dosage to wastewater. Parameters used for such include coliform count, biochemical oxygen demand (BOD), volatile organic compounds (VOC), and chemical oxygen demand (COD) and increase in dissolved oxygen (DO) level. Same testing was conducted in the deployment of MEDOWW technology in Anilao Proper, Mabini, Batangas following the required dosage of with Vigormin organominerals and test

Manufacturing Inc., facilitates its construction based on the specifications and design requirements of Dr. Palencia.

Ms. Emelita P. Bagsit, DOST-CALABARZON Regional Director, Cong. Gerville "Jinky Bitrics" R. Luistro of the second District of Batangas, Mayor Nilo M. Villanueva of LGU-Mabini, Dr. Merlinda A. Palencia, inventor of MEDOWW technology and Vigormin organomineral, Ms. Felina C. Malabanan, DOST-Batangas Provincial Director, and Brgy. Captain Guillermo G. Guerra, Jr of Anilao Proper, Mabini, Batangas, led the inauguration of the two units of MEDOWW.

The said project sites are set to serve as benchmark facilities of resort owners, public and private establishments, and households interested to adopt the MEDOWW technology and use of vigormin organominerals. **(By: John Maico M. Hernandez)**

Cavite joins

from page 1

also cleaned up their rivers and environment to fight dengue.

In Bacoor City, Mayor Edwin "Strike" Revilla led the cleanup in Barangay Sineguelasan together with employees of the local government here in cooperation with the local police, local Fire bureau, Coast Guard and nongovernment organizations.

The local government of Kawit, led by Mayor Angelo Aguinaldo, joined with the Kawit municipal environment office. Working with staff from various government agencies, they cleaned

the riverbanks in Barangay Pulvorista, where some of their local folks are fishermen residing in the area.

In Noveleta town, Mayor Dino Chua accompanied French Ambassador Michèle Bocoz in cleaning the shore of Barangay San Rafael 3 and San Rafael 4.

By signing up with an email address, I acknowledge that I have read and agree to the Terms of Service and Privacy Policy.

The City Government of Imus under Mayor Alex Advincula and hun-

SM Supermalls begins 100 Days of Happiness

Officially starts the Christmas countdown by creating a circle of happiness among Filipinos

To kickstart the Christmas countdown, SM Supermalls began its 100 Days of Happiness last September 16, where they aim to create a circle of happiness with 76 participating malls, shoppers, the marginalized communities of women, persons deprived of liberty, artisans, cause-oriented organizations, and select local government units.

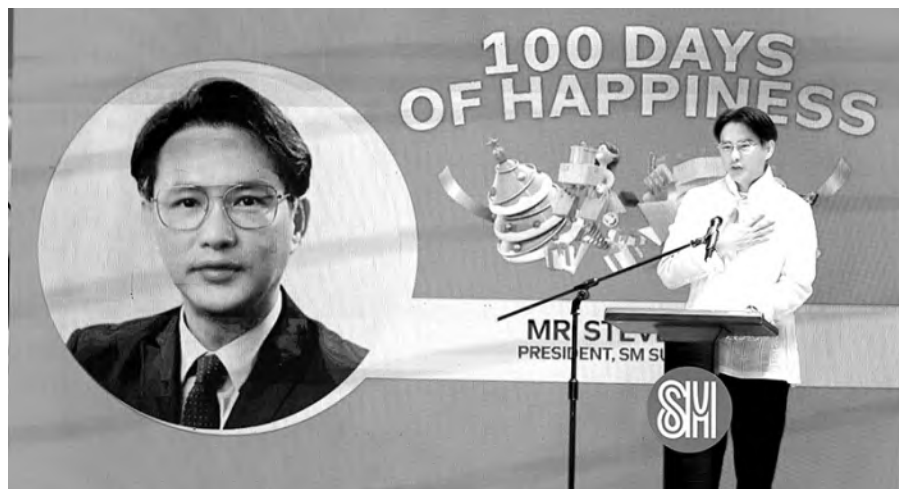
"We want to create a circle of happiness in all our SM malls by featuring products of cause-oriented programs which we will offer to our shoppers who, in turn, give them to friends and family, and ultimately, benefit the communities that created these prod-

ucts," said SM Supermalls President Steven T. Tan.

Through the campaign, SM Supermalls encourages Filipinos to support the advocacies of individuals and organizations that provide opportunities and create livelihood for their communities. For this year, SM



In photo: men and women of substance from the Quezon City LGU, SM Supermalls, Girl Scouts of the Philippines, Brownies Unlimited, Spark PH, and Down Syndrome Association of the Philippines



SM Supermalls President Steven Tan giving his welcome remarks during the launch of 100 Days of Happiness

partnered with bag designer Zarah Juan, Spark PH, the Girl Scouts of the Philippines (GSP), the Association of Foot and Mouth Artists of the Philippines, UNICEF, and the Quezon City LGU for its Vote to Tote initiative, among others.

The launch event held at SM North EDSA The Block was attended by SM Supermalls President Steven Tan and SVP for Marketing Joaquin San Agustin; Quezon City Mayor

Joy Belmonte, Vice Mayor Gian Sotto, and select councilors of the city; Spark PH Founder Mica Teves; GSP President Dr. Nina Lim-Yuson; designer Zarah Juan; and Brownies Unlimited Marketing head Dustin Ngo.

Equipping young girls to lead and build the future, one box of brownies at a time

For this year's 100 Days campaign, SM Megamall, along with 9 other SM malls, is collaborating with Brown-

ies Unlimited and the Girl Scouts of the Philippines. For every purchase of a special GSP-themed box of brownies in-mall and via the SM Malls Online App, one girl will be sponsored with a GSP membership for a year.

"We have a lot of young girls across the country and they've had such difficult times during the pandemic. Our membership dropped significantly. By buying a box, you can sponsor a girl for one year and she can



Designer Zarah Juan, along with the local government of QC, Spark PH, and SM Supermalls partner on the Vote to Tote program - an initiative fueled for, and by, marginalized women and female persons deprived of liberty. Women of Substance Gina Pareño and Ces Drilon walk the runway to show support for the 100 Days of Happiness' causes and initiatives.

learn so many things like being independent, loving her country more, and helping her community," said GSP President Nina Lim-Yuson.

Recently, SM Supermalls helped the GSP vaccinate all its 70,000 members nationwide. By providing them with convenient and safe COVID-19 vaccines, SM Supermalls was able to ensure that the GSP members have access to quality healthcare services.

SM shoppers can purchase a box of brownies from 46 Brownies Unlimited branches nationwide and the SM Malls Online App.

Giving marginalized women and persons deprived of liberty hope for the future

Apart from the GSP partnership, SM Supermalls also partnered with the local government of Quezon City for its Vote to Tote program, Spark PH, and bag designer Zarah Juan to sell upcycled tarpaulin handmade tote bags sewn by marginalized women and female persons deprived of liberty.

"Christmas is all about giving. We are very happy that this year, the communities of Quezon City are included as beneficiaries in this program. And apart from helping the women in our communities, we are also able to help the environment by upcycling 70 tons of election tarpaulins that we've collected," said Mayor Belmonte.

Juan, the designer, was the brainchild of the upcycling initiative. "During the elections, there were tons of election campaign wastes. I wanted to do something and I thought I have my platform— my designs. If my designs can actually solve this problem, then it's worthwhile. Then I pitched the idea to Maica Teves, the founder of Spark PH. From there, we gathered all the help we can— from the Quezon City LGU who will help us collect tarpaulins, the women communities that can help us create, and SM Supermalls who can provide us the platform to distribute."

A Happiness Walk was done to showcase the upcycled tote bags that shoppers can buy in SM malls. Joining the Happiness Walk were men and women of substance including select Girl Scouts members, Jeremy Lapena and Bernce Sevilla of the Downs Syndrome Association of the Phils, Mylene Abiva of WomenBiz, media celebrities Ces Oreña Drilon, and Gina Pareño among others.

The proceeds of the upcycled tote bags will be given to the women PDLs in Camp Karingal, and the marginalized women of Barangays Sto. Cristo, Greater Lagro, and Pinyahan in Quezon City. The tote bags will be sold in the following SM malls:

- * SM Aura Premier
- * SM Southmall
- * SM City Fairview
- * SM City North EDSA
- * SM Megamall

Helping a community of artists

And in the south of Metro Manila, the SM Mall of Asia family will be partnering with the Association of Foot and Mouth Artists in selling painted Christmas cards to the shoppers.

"All these and more will start to unfold in the coming days as we continue spreading happiness across all SM malls around the country. Let us not waste our next 100 days and use it to make one another happy by giving. Today, let the countdown begin to a hundred days of happiness!" Tan closed.

This is the second time SM Supermalls has started a holiday countdown campaign. In 2021, the biggest mall network in the Philippines showed the world more than a hundred ways of giving through 100 Days of Caring. Underserved communities surrounding the 76 SM malls were provided with their urgent needs through in-kind and monetary donations by the malls, its various business units, and the employees.

For the list of all partner institutions and their beneficiaries visit www.smsupermalls.com and follow @smsupermalls on all social media accounts.



SM City Dasmariñas showcases the works of Artist Eladio Santos - SM City Dasmariñas recently held lifelike portraits of artist Eladio Santos in line with the celebration of Tourism and arts month and the September birthday celebration of Mayor Jenny Barzaga. The exhibit opening was graced by the City Officials headed by Mayor Jenny Barzaga and Vice Mayor Rex Mangubat.

MPT South and One Cavite Transport Consortium Join Forces for Bus Drivers' Road Safety Orientation

Metro Pacific Tollways South (MPT South), a subsidiary of Metro Pacific Tollways Corporation (MPTC), the toll road development arm of Metro Pacific Investments Corporation (MPIC), held its biggest in-person "Drayberks" road safety seminar over the past two years since the pandemic.



In partnership with One Cavite Transport Consortium Inc., and Paranaque Integrated Terminal Exchange (PITX), at least 50 bus drivers from the bus transportation companies of Saugog Transit, Westcaboia, and Saint Anthony De Padua were re-educated on road safety to improve awareness now that the travel demand continues to soar. These are public utility vehicle drivers that ply Manila-Cavite Toll Expressway (CAVITEX) daily.

"MPT South continues to be an advocate for road safety especially now that we are getting back to the normal traffic we had pre-pandemic, buses and other public vehicles included. We hope that with this Drayberks road safety orientation program, it will help drivers be more conscious of being a defensive driver. This mindset of safety is valuable in keeping the bus drivers, MPT SOUTH • 5

Calling all Government Agency Employees! As our way of giving back to all your dedication and hardwork, Ace Hardware is giving 25% OFF on a wide range of items and another P200 OFF for a minimum purchase of P2,000. Just present your government ID and ACE Rewards/SMAC cards. Visit ACE Hardware at the lower ground floor of SM City Molino from September 22-25, 2022 and enjoy great, exclusive deals crafted for you.

Sports Life



By Francis Buenaventura

NBTC-Cavite for Global Games

The National Basketball Training Center-Global Games is on its thirteenth season and our Province of Cavite has been given twelve slots for teams to play in the NBTC-Cavite Qualifiers. Coach Macky Torres has been very active in guiding the coaches about the requirements and eligibility both players and coaches. As of this writing, the NBTC Area managers Alvin Guadines and Jhun Formoso Laus are calling for try-outs and so is the City of Bacoor under the guidance of Coach Drew Anselmo.

At the end of the qualifiers, two teams from Cavite will move up to the Nationals where they'll be playing against other finalists from around the Philippines. If you will remember, the Juniors team of Lyceum University of the Philippines-Cavite played in the NBTC Finals, the last one before this pandemic hit. So good luck!

Let us now continue on my story in sports.

Fast forward to today, at the age of 46.

I have become a PE and Health teacher in an IB school here in the Philippines. Getting certified by two federations as a coach: Basketball by Samahang Basketball ng Pilipinas and Chess by the National Chess Federation of the Philippines.



Along the way, I have also received training and licensing from the Jr NBA Coaches Development Program, Philippine Sports Commission- licensed and other studies and certifications that I knew would help me in my vision of seeing youth and adults engage in sports and wellness activities.

I know how powerful sports and wellness activities are in promoting a healthy mind and a healthy body.

In the last ten years, I have run my own sports camps, Scholastic Chess Camp and Scholastic Basketball Camp. I have been involved in the grassroots development in our community and neighboring cities as well. Because of this, I have seen the power of volunteering in these programs. I realized as well that sometimes, these kids' only chance of doing better in life is the sports activities we give them.

Into my credentials, I am a Philippine-licensed teacher with two US-credentialing certificates, one for the State of Alaska (2021) and the State of California (2001). I have completed the required units for my master's in special education but do not have the diploma since I did not push through with the thesis writing.

At 46, I now know what I want to get for my Graduate diploma—and that is in the Sports Area. I wish to become a full-time national sports coach or run my own sports program here in the Philippines or overseas.

I would like to look into the grassroots sports in my city or region and find out how it truly changes the lives of the kids—the participants. I hope to create and propose solutions for the problems grassroots sports programs may have.

I trust and believe that with a USSA Master of Sports Science Degree, I will be closer to my dreams of implementing sports programs. I wish I could direct sports programs in big cities. I wish to run sports programs in Singapore, or in the Middle East, or probably be part of a national sports program that will compete locally and overseas.

It is never too late to begin to work on this aspiration of mine. I know I have the opportunity to achieve this for the youth I work with every Saturday and Sunday for free. My time is my gift to these kids – and I hope I get the gift of USSA Education as well.

I'd like to end this personal statement of mine with one of the best speeches ever on The Dream, by Kobe Bryant:

"Those times when you get up early and you work hard, those times when you stay up late and you work hard, those times when you don't feel like working, you're too tired, you don't want to push yourself, but you do it anyway. That is actually the dream. That's the dream. It's not the destination, it's the journey. And if you guys can understand that, then what you'll see happen is you won't accomplish your dreams, your dreams won't come true; something greater will." -KB