



# Imus City: Free Bayong, ayuda, negokarts, medical mission, atbp



**DALAWANG** daang (200) bayong ang ipinamigay noong nakaraang Sabado, Abril 22 sa mga mamimili sa Imus Public Market, ito ay sa layuning mabawasan ang basurang plastik at maiwasan ang polusyon sa lungsod.

Ang pamimigay ng libreng bayong ay ginawa ni Imus City Mayor Alex 'AA' Advincula, kasama si Konsehal Exequiel 'Totie' Ropeta, ABC President AJ Sapitan at Chief of Staff Jeff Purisima.

IMUS CITY • 4

## 340 FILIPINOS FROM CONFLICT TORN-SUDAN ARRIVING TO PH SOON: DMW

The government is set to repatriate some 340 overseas Filipino workers (OFWs) from the conflict-torn Sudan in the coming days, Department of Migrant Workers (DMW) Secretary Susan "Toots" Ople said Saturday.

Ople told President Ferdinand R. Marcos Jr. that a DMW team and a contingent from the Philippine embassy in Cairo, Egypt are now tending to the Filipinos seeking to return home after being caught in the midst of clashes between two warring factions in Sudan.

340 FILIPINOS • 6

## SIM REGISTRATION, EXTENDED NA!

Magbibigay ang pamahalaan ng 90 araw na extension para sa SIM Registration, ayon kay Justice Secretary Jesus Crispin Remulla.

Ito ay matapos hilingin ng mga telecommunications company sa bansa na palawigin ang deadline para sa SIM Registration para sa mga subscriber na wala pang kumpletong requirements upang mairehistro ang kanilang SIM.

Matatandaang inanunsyo ng Department of Information and Communications Technology - DICT at National Telecommunication Technology (NTC) hanggang Abril 26 na lamang ang SIM Registration. #SimRegNaTayo



# NEWS

## Vatican announces laypeople, including women, will vote in Synod on Synodality assembly

**ROME—** The Vatican announced Wednesday that there will be laypeople participating as voting members in the Synod on Synodality's October assembly, a break with past custom, which allowed laypeople to participate without the right to vote.

Pope Francis will also approve every member in advance.

The general assembly of the Synod on Synodality will take place in two sessions, in October 2023 and October 2024.

After the vote on a final document for the assembly, the pope alone decides whether to take any actions based on the recommendations in the final text or whether to adopt it as an official Church document.

The leadership of the synod released information in a FAQ sheet April 26 about who will attend the 16th Ordinary General Assembly of the Synod of Bishops in October and how they will be chosen.

The biggest change announced Wednesday was the removal of the "auditor" role. In past synods, auditors included priests, religious, and laypeople, who did not have the right to vote in synod deliberations.

Now, these 70 members, who may be priests, consecrated women, deacons, and laypeople, will be able to vote. They will be chosen by the pope from among a list of 140 people selected by the leadership of this year's continental synod meetings.

According to the synod leadership, it is requested that "50% of [the selected people] be women and that the presence of young people also be emphasized."

"In selecting them, account is taken not only of their general culture and prudence but also of their knowledge, both theoretical and practical, as well as their participation in various capacities in the synod process," the FAQ sheet says.

A second change states that five women religious and five men religious will be elected to represent their institutes of consecrated life rather than 10 religious priests as in the past.

The last modification is that Pope Francis will personally choose the repre-

sentatives of the Vatican dicasteries who participate in the assembly.

"It's a change, but it's not a revolution," Cardinal Jean-Claude Hollerich, relator general of the Synod on Synodality, told journalists during a meeting to explain the changes April 26. "Change is normal in life, in history," he added.

Approximately 21% of the total participation, expected to be 370 people, will be non-bishops, Hollerich explained.

Cardinal Mario Grech, the secretary general of the Synod of Bishops, said the non-bishop participants — among them priests, religious, deacons, and laypeople — "are witnesses of the memory of the process, of the itinerary, of the discernment that began two years ago."

Grech told CNA after the meeting that the synod of bishops has asked the presidents of the continental assemblies, which took place this spring, and the leadership of the Eastern Catholic Churches, to each submit a list of 20 people, 10 men and 10 women. From these lists, Pope Francis will choose 10 members.

He said the decision to include laypeople as full members does not "undermine" the nature of the synod as a meeting of bishops.

"It will remain a synod of bishops," he said, "but it enriches all of the Church" to have the participation of others.

The process for electing the bishops to represent the various countries will remain the same, with one small addition, Hollerich said.

Previously, countries too small to have a bishops' conference did not have a representative at the synod, he said. Now they will each send one bishop.

The other bishops will be elected by their bishops' conferences. The number of bishop representatives

for each country is determined based on the size of the bishops' conference. Pope Francis must also ratify the elections of bishops as members of the synod assembly.

There will also be participants with a nonvoting capacity, who are experts, facilitators, and fraternal delegates from non-Catholic faiths.

The norms regulating synods of bishops were updated by Pope Francis in 2018 in the apostolic constitution *Episcopalis Communio*.

According to the FAQ sheet from the Secretariat of the Synod of Bishops, the norms continue to be based on *Episcopalis Communio* "with some modifications and new features to the composition of the assembly and the kinds of participants."

The document called the changes "warranted within the context of the synodal process."

"This synodal process, initiated by the Holy Father, the 'visible principle and foundation of unity' of the whole Church (cf. *Lumen Gentium* 23), was possible because each bishop opened, accompanied, and concluded the phase of consultation of the People of God," the FAQ sheet said.

"In this way," it continued, "the synodal process was at the same time an act of the entire People of God and of its pastors, as 'the visible principle and foundation of unity in their particular churches, fashioned after the model of the universal Church, in and from which churches comes into being the one and only Catholic Church' (LG, 23)."

"It is in this perspective that one must understand the Holy Father's decision to maintain the specifically episcopal nature of the assembly convened in Rome, while at the same time not limiting its composition to bishops alone by admitting a certain number of non-bishops as full members," it said.

## DTI Rizal Initiates the Simple Business Plan Workshop of Persons with Disability in Cainta

**April 27-28, 2023 |** DTI Rizal thru Negosyo Center Cainta headed the discussion of the Simple Business Plan Workshop of Cainta PWD, held at Barangay San Juan Emergency and Disaster Response Center, Cainta, Rizal.



This workshop was their second session of Entrepreneurship seminar under the Thrive Together: Empowering Youth with Disabilities under Self-employment Training of Cainta PWD Office. This program was initiated by the NGO Humanity and Inclusion in partnership with FWD Insurance and Leonard Cheshire Disability-Philippines Foundation Inc.

Negosyo Center Business Counselor - Cainta Jaymie Benito was one of the representatives of DTI Rizal who tackled the Simple Business Plan, she presented the first

part of the business plan which is the Marketing aspect. Ms. Benito explained each part of the Marketing aspect carefully and understandably. After the discussion, participants were given the time to answer their business plan on marketing part.

Another speaker was Ms. Marlene De Luna, Senior Trade and Industry Specialist, she discussed and explained thoroughly the Technical and Organizational Aspect. After her presentation, participants were given another time to fill-up their business plan on

technical and organizational part.

After answering their business plan, two representatives were given the opportunity to share their output. Then, next session of the workshop on Financial Aspect was discussed by CFIDP Account Officer Jerome Montealegre and Business Counselor Raymond Melendres. They assisted participants in preparing projected financial statements for proposed businesses. Likewise, Technical Officers and Specialist from partner NGOs also assisted the participants.



**PAMBANSANG BUWAN NG PAMANA 2023**

**TAGAPANAYAM**



**PROP. FELIPE M. DE LEON JR, PhD**  
Kompositor at Iskolar  
Punò, National Committee on Music  
Pambansang Komisyon para sa Kultura at mga Sining

Paksa: **Pamana: Pagbabago at Pagsulong (Heritage: Change and Continuity)**

3 Mayo 2023, 10:00 nu–12:00 nt  
Bulwagang Norberto L. Romualdez  
naka-stream sa  
opisyal na Facebook Page ng KWF

**KWF, Nakikiisa sa Pambansang Buwan ng Pamana 2023! Bilang Pakikiisa sa Pambansang Buwan ng Pamana 2023, ang Komisyon sa Wikang Filipino (KWF) ay magsasagawa ng lektura hinggil sa tema ng pagdiriwang na "Pamana: Pagpapatuloy at Pagbabago (Heritage: Change and Continuity)" sa 3 Mayo 2023, 10:00 nu–12:00 nt sa Bulwagang Norberto L. Romualdez, Komisyon sa Wikang Filipino na naka-stream sa opisyal na Facebook Page ng KWF. Magsisilbing tagapanayam si PROP. FELIPE M. DE LEON, JR na kilalang eksperto sa kultura at kalinangang Pilipino at dating Tagapangulo ng Pambansang Komisyon para sa Kultura at mga Sining (NCCA).**

## Editorial

### Artificial intelligence needs intelligent regulation

**I**n last Sunday's editorial, we considered the impact the rapidly growing phenomenon of artificial intelligence (AI) may have on the business process outsourcing (BPO) sector in the Philippines. This is no small concern, because the BPO sector is one of the most important drivers of our economy, contributing more than 7 percent of annual GDP, and it also happens to be a sector in which AI can and will be widely used.

Not all of the consequences of that are bad, of course; it can greatly enhance the capabilities of the sector and make it even more competitive. But it can also lead to serious business disruption and displacement of workers if not managed well, and we continue to urge the BPO industry and government to work together to do exactly that.

However, concerns about AI go far beyond any one economic sector, and the views of the man who is considered "the godfather of AI," published in a story Wednesday, should serve as cautionary advice.

Geoffrey Hinton, the developer of a foundational technology for AI and until very recently, a scientist at Google, told the New York Times in an interview that advances in AI pose "profound risks to society and humanity."

Hinton reportedly resigned his position at Google last month in order to speak out about the potential dangers of the unchecked development of AI. To be sure, Hinton was not criticizing the concept of AI itself, but explained that competition between the tech giants — among them Google, OpenAI, Microsoft and IBM — was pushing them to develop new AI applications too quickly, without considering how they might disrupt jobs, be misused to spread disinformation or cause other harm.

From our perspective, blindly rushing forward to use AI without consideration of the possible consequences is rash. A warning that has been frequently repeated of late is, "Regulate AI before it regulates you," and while that might sound a bit glib, it ought to be taken seriously. Just as we have seen with other world-changing technologies, such as the internet, the products of human ingenuity can and do grow beyond our control when we only react to their implications, and not exercise some critical forethought.

By the same token, fearmongering about the hazards of AI — one example is the recent call by tech entrepreneur Elon Musk and others to "pause" AI research and regulate it "before it's too late — is equally rash. Yes, it is obvious some regulation is needed, but it is equally obvious that there are an almost unimaginable number of potential benefits of AI, if it is applied for good. Regulation is a blunt



instrument under the best of circumstances, and the prospects of it being applied to the best effect to a fast-moving form of technology that is not completely understood are poor indeed.

In order to formulate a regulatory approach in a properly proactive way, we would offer three recommendations to the government. First, any notion of regulating AI research should be off the table; that will only serve to stifle innovation, and prevent improvements to the technology. Regulation should focus instead on its application.

Second, the government should formulate rules for the use of AI in government offices and processes. This will force the government to think carefully about how AI is used, and can be used, and will implement at least some safe guidelines before it grows beyond

control. These rules can also be closely monitored and adjusted to suit real-world and real-time conditions, without having to go through a time-consuming bureaucratic process. Then, after a reasonable period of time to address whatever bugs might be encountered, the rules can be used as the basis for the crafting of an actual law governing AI.

Finally, businesses operating in the Philippines should be required to publicly disclose their use of AI. There need not be any limits imposed on the use of AI by private enterprise — at least not initially, except for clear cases of illegal activity — but transparency is critical, both for the informed choice of consumers and other businesses, and for the sake of information-gathering on the part of the government for the eventual development of smart regulation.

## Sakit Sa Puso Sa Kababaihan

**A**ng sakit sa puso ay ang pangunahing sanhi ng pagkamatay sa mundo. Dati rati ay iniisip natin na ang mga lalaki lamang ang madalas nagkakasakit sa puso. Pero ayon sa bagong datos, dumarami na ang mga babaeng inaatake sa puso.

Bakit ito nangyayari? Heto ang mga dahilan:

1. Kapag ang babae ay nag-menopause o lampas na sa edad 50, tumataas na ang tsansa niyang magkasakit sa puso. Ito ay dahil nawawala na ang proteksyon na ibinibigay ng estrogen hormones. Kapag wala nang regla ang babae, bumababa na ang kanyang estrogen hormones. Sa katunayan, kapag lumampas na sa edad 65, may pagkakataon na mas marami pang babae ang inaatake sa puso kumpara sa lalaki.

2. Iba ang sintomas ng atake sa puso (heart attack) sa lalaki kumpara sa babae. Sa mga lalaki, nakakaramdam sila ng paninikip ng dibdib. Ngunit sa mga babae, ang sintomas nila ay kakaiba tulad ng hirap sa paghinga, pagsusuka, pagkahilo at pagkawala ng malay. Minsan ay hindi sumasakit ang dibdib ng mga babaeng inaatake sa puso. Dahil dito, dapat ay maging maagap at dalhin agad ang pasyente sa ospital kapag may ganitong sintomas.

3. Mas maraming babae ang matataba kumpara sa lalaki. Ayon sa pagsusuri, 31% ng mga kababaihan edad 50 hanggang 65 ang sobra sa timbang o overweight. Kung ikukumpara sa mga lalaki, 4.3% lang ang matataba. Nakakagulat hindi ba? Marahil ito ay dahil inuubos ng mga nanay ang tiring pagkain sa bahay.

Bukod sa mga nabanggit, may mga risk factors na parehong nakikita sa kalalakhian at kababaihan. Tataas ang tsansa mong magkasakit sa puso kung ikaw ay mayroon ng mga sumusunod: high blood pressure, mataas ang kolesterol, may diabetes,

### DOKTOR NG MASA

ni Dr. Willie Ong



naninigarilyo, kulang sa ehersisyo at may lahi ng sakit sa puso.

Tandaan: Nakamamatay ang sakit sa puso. Ingatan ang iyong puso sa pamamagitan ng tamang pamumuhay at pag-inom ng maintenance na gamot kung kinakailangan. Good luck po.



### Sakit Sa Puso Sa Kababaihan



Ni Dr. Willie T. Ong

#### 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.

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# LEGAL NOTICES

REPUBLIC OF THE PHILIPPINES  
 FOURTH JUDICIAL REGION  
 REGIONAL TRIAL COURT  
 BRANCH 15, NAIC, CAVITE  
 rtc1na015@judiciary.gov.ph  
 rtcbranch15naiccavite@gmail.com  
 09171146230

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

Mortgagee/Petitioner,

**- versus - FNC – 2023-238**

For: Extra-Judicial Foreclosure of Real Estate Mortgage under Act 3135, as Amended by Act 4118

**MARY ANN LUZON MALATE, single**  
 Mortgagor/Respondent.

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/petitioner, with principal office address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against **MARY ANN LUZON MALATE, single** with postal address at 20 BE Matambok St., Tanza, Cavite to satisfy the mortgage indebtedness which as of February 13, 2023 amounts to **FOUR HUNDRED FOURTEEN THOUSAND SIX HUNDRED THIRTY-THREE PESOS AND 48/100 (P 414,633.48)** Philippine currency, inclusive of interest, penalties and other charges, the undersigned Sheriff will sell at public auction on **May 30, 2023 at 10:00 o'clock in the morning** or soon thereafter at the main entrance of the Office of the Ex-Officio Sheriff at the Hall of Justice formerly Mayor Macario B. Pena Memorial Hall, Naic, Cavite, to the highest bidder, for cash and in Philippine currency, the following described property with all the improvements existing thereon, to wit:

**TRANSFER CERTIFICATE OF TITLE NO. 057-2017064278**

A certain land situated in Sabang (Formerly Timalan) Naic, Cavite, Luzon, bounded and described as follows:  
**Lot No: 37, Block No. 8, Plan No: PCS-04-030597**  
**Portion of:** Cons. Subd. of Lots 2935 and 2936, FLS-986-D (Naic Estate) (VS-04-000597)  
**Location:** Sabang (Formerly Timalan), Naic, Cavite, Luzon

**Boundaries:**

LINE	DIRECTION	ADJOINING LOT (S)
1-2	NE	Lot 38, Block Blk 8 PCS-04-030597
2-3	SE	Alley Lot 6 PCS-04-030597
3-4	SW	Lot 36 Block Blk 8 PCS-04-030597
4-1	NW	Lot 20, Block Blk 8 PCS-04-030597

**Area: TWENTY-EIGHT SQUARE METERS (28), more or less**  
**Description of Corners:** All points are referred on the plan by P.S. Cyl. Conc. Mons. 15x40 cms. x x x x x

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

Prospective bidders or buyers are hereby enjoined to investigate for themselves, the title herein above-described and the encumbrances thereon, if any there be.

In case of the absence of any participating bidder on the above-scheduled date, said auction sale will be reset and finally held on **June 06, 2023** at the same place and time above-mentioned.

Naic, Cavite, April 11, 2023.

(Sgd.) **MA. CAROLINA M. POTENTE**  
 Sheriff IV

**Copy furnished:**

**Home Development Mutual Fund (PAG-IBIG FUND)**  
 The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City

**MARY ANN LUZON MALATE, single**  
 20 BE Matambok St., Tanza, Cavite / Blk. 8, Lot 37, Phase 1, Pasinaya Homes 1 Subdivision, Sabang, Naic, Cavite

**Maria Victoria D. Capiral**  
 c/o Atty. John Lincoln F. Lauron  
 Attorney-In-Fact, The Law Firm of Lauron Delos Reyes and Partners  
 Unit 1003 Union Square Condominium #145 15th Avenue, Cubao, Quezon City

Publication: PMC Pulso ng Makabagong Caviteño News Publication  
 Dates: April 24 May 1 & 8, 2023

REPUBLIC OF THE PHILIPPINES  
 FOURTH JUDICIAL REGION  
 REGIONAL TRIAL COURT  
 OFFICE OF THE CLERK OF COURT  
 DASMARIÑAS CITY, CAVITE

**NATIONAL HOME MORTGAGE FINANCE CORPORATION (NHMFC),**

Petitioner/Mortgagee,

**- versus - File No. FC-DC-0587-023**

EXTRA JUDICIAL FORECLOSURE OF REAL ESTATE MORTGAGE UNDER ACT 3135, AS AMENDED BY ACT 4118

**MARICHOU F. FABREGAS,**  
 Respondent/Mortgagor.

X----- X

**NOTICE OF SHERIFF'S SALE**

Upon extra-judicial petition for sale under Act 3135, as amended by Act 4118 filed by the petitioner/mortgagee, **NATIONAL HOME MORTGAGE FINANCE CORPORATION (NHMFC)**, a government owned and controlled corporation created under P.D. No. 1267, with postal address at 104 Amorsolo St., Legaspi Village, Makati City against respondent/mortgagor, **MARICHOU F. FABREGAS** with postal addresses at Summerwind Village IV, Lot 1 Blk. 19, Brgy. San Agustin, Dasmariñas City, Cavite and 1723 Arevalo Street, Sampaloc, Manila and for the satisfaction of the mortgaged debt which as of February 28, 2023 amounts to **THREE MILLION ONE HUNDRED SIXTY SIX THOUSAND FOUR HUNDRED THIRTY ONE PESOS & 11/100 (Php3,166,431.11)**, exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **June 01, 2023 at 10:00 o'clock in the morning** or soon thereafter in the Court Room of Branch 90, Regional Trial Court, Ground Floor, Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Buro I, Dasmariñas City, Province of Cavite to the highest bidder and for CASH or CERTIFIED CHECK, in Philippine Currency, the following described real property together with all the buildings and other improvements existing thereon, to wit:

**Transfer Certificate of Title No. T-332549**

IT IS HEREBY CERTIFIED that certain land situated in the Mun. of Dasmariñas, Province of Cavite bounded and described as follows: A parcel of land (Lot 1, Blk. 19, of the subd. plan, Psd-04043335, being a portion of Lot 19, Pcs-04-002183, L.R.C. Rec. No. ), situated in the Brgy. of San Agustin, Mun. of Dasmariñas, Province of Cavite. Bounded on the W., along line 1-2 by lot 3, Blk. 19; on the N., along lines 2-3-4 by Road lot 18; on the E., along line 4-5 by Road lot 4; on the S., along line 5-1 by lot 2, Blk. 9, all of the subd. plan. Beginning at a pt. marked "1" on plan, being N. 63 deg. 03'E., 1223.09 m. from Mon. 147, Imus Estate; thence N. 9 deg. 18'W., 10.00 m. to pt. 2; thence N. 80 deg. 42'E., 7.44 m. to pt. 3; thence S. 54 deg. 22'E., 4.00 m. to pt. 4; thence S. 9 deg. 18'E., 7.17 m. to pt. 5; thence S. 80 deg. 42'W., 10.26 m. to the pt. of beginning, containing an area of **NINETY (90) SQ. METERS**. All pts. referred to are indicated on the plan and are marked on the ground by P.S. cyl. conc. mons. 15x60 cm.; bearings true; date of orig survey, on May 2-14, 1990 and was approved on Aug. 2, 1990.

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

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

In the event the publication auction should not take place on the said date and time, it shall be held on **June 15, 2023** at the same time and place without further notice.

27 March 2023, Dasmariñas City, Province of Cavite.

(Sgd.) **RODRIGO C. ESTOGERO, JR.**  
 Sheriff IV

(Sgd.) **ATTY. MARCELA L. BAYBAY**  
 Clerk of Court VI & Ex-Officio Sheriff

**Copy furnished:**

## Imus City

from page 1

"Layunin po nitong tulungan ang mga nagtitindangmakasunod sa Ordinansa Bilang 2012-134 o Pagbabawal sa paggamit ng mga sando bag o anumang plastic sa dry goods sa kanilang mga ipinagbibili," sabi sa social media post ni Mayor Advincula.

Sa ipinamigay na bayong, mahihikayat ang mga mamimili ng magdala ng sarili nilang bayong, at maiwasan ang paggamit ng nakasisira sa kalikasang gamit na plastik.

Nabatid ng BantayBalita na tuwing Sabado, mamimigay ng libreng bayong sa mga public market ng lungsod.

Inoobliga na rin ang mga barangay na kada Sabado ay magsagawa ng paglilinis na sinimulan ng nakaraang linggo.

Gamit ang mga backhoe, walis, garbage trucks, "sinalakay" ng City Environment and Natural Resources Office (CENRO). City Engineering Office (CEO), River Rangers, City Disaster Risk Reduction and Management Office (CDRRMO) ang mga ilog, daluyan ng tubig at inalis ang mga basura, iba pang dumi na nagdudulot ng pulusyon sa siyudad.

Namigay rin ang pamahalaang lungsod ng Negokarts at livelihood packages sa 13 Imuseno sa tulong ng Department of Labor Cavite director Marivic Martinez.

Ayon kay Mayor AA, ginawa ang proyekto para matulungan ang mga nawalan ng trabaho at laban

din sa child labor.

"Livelihood assistance ito sa mga magulang ng profiled child laborers iba pang miyembro ng informal sectors," sabi ng alkalde.

Kamakailan, dinayo ni 3rd District Rep. Adrian Jay 'Aj' Advincula ang Cluster 2 para magbigay ng libreng konsultasyon, gamot, bakuna at laboratory test katuwang ang provincial health office at mga volunteer ng Batch '86 ng Imus Institute.

Ayon kay Cong. AJ, ang proyekto ay bahagi ng tuloy-tuloy na proyektong libreng serbisyong medikal ni Gov. JonVic Remullam katuwang ang kanyang opisina.

"Mahalaga po na mabantayan ang kalusugan ng bawat Imuseno at abangan nyo ang susunod na medical mission natin," sabi ni Rep. Advincula.

Nito ring nakaraang linggo, kasama si Vice Mayor Homer 'Saki' Saquilayan at ilang miyembro ng Sangguniang Panlungsod.

muling nagbigay ng medical, burial assistance sa mahigit na 629 kapos-sa-buhay na Imuseno ang mag-amang Mayor AA at Cong. AJ sa Imus Sports Complex.

Kinuha ang pondong ayuda mula sa pondo ng Department of Social Welfare and Development (DSWD).

Patotoo ang naturang mga aktibidad sa layuning #AAngatAngImus at #AlagangAdvincula sa mamamayang Imuseno./ **ELI TAPARAN, ADELA ZAMORA**

**EXTRA-JUDICIAL SETTLEMENT WITH WAIVER**

NOTICE is hereby given that the estate of the late **MILAGROS M. PARAS**, who died in Imus, Cavite on May 13, 2021, said deceased died intestate, without any testament or will, at the time of her death, the deceased left a certain sum of money deposited at the **PHILIPPINE NATIONAL BANK (PNB)** Imus Branch located in Imus City, joint account with Donato M. Paras, under **Dollar Savings Account No. 2433-60007-9767**, the decedent's share in the amount of **Four Thousand Two (\$4,002.74) & 74/100 US Dollars**, more or less, out of the total joint deposit in the amount of **Eight Thousand Four (\$8,005.48) & 21/100 US Dollars**, more or less were Extra-Judicially Settled among the legal heirs of the said deceased in the said instrument, executed on 27th day of April 2023 and ratified before Notary Public **Atty. Hobert N. Lluz**, under Doc. No. 430, Page No. 87, Book No. 06, Series of 2023.

Publication: PMC Pulso ng Makabagong Caviteño News Publication  
 Dates: May 1, 8 & 15, 2023

**NATIONAL HOME MORTGAGE FINANCE CORPORATION (NHMFC)**

104 Amorsolo St., Legaspi Village, Makati City

**MARICHOU F. FABREGAS**

Summerwind Village IV, Lot 1 Blk. 19, Brgy. San Agustin, Dasmariñas City, Cavite and 1723 Arevalo Street, Sampaloc, Manila

Publication: PMC Pulso ng Makabagong Caviteño News Publication  
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Branch 90  
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HOME DEVELOPMENT MUTUAL FUND  
(Otherwise known as PAG-IBIG Fund),  
Petitioner/Mortgagee,

- versus - **File No. FC-DC-0601-023**  
EXTRA JUDICIAL FORECLOSURE OF  
REAL ESTATE MORTGAGE UNDER  
ACT 3135, AS AMENDED BY ACT 4118

**SPS. GILBERT O ASIS AND  
GUADALISA T. ASIS,**  
Respondent/Mortgagor.

X- - - - - X

**NOTICE OF SHERIFF'S SALE**

Upon extra-judicial petition for sale under Act 3135, as amended by Act 4118 filed by the petitioner/mortgagee, **HOME DEVELOPMENT MUTUAL FUND (Otherwise known as PAG-IBIG Fund)**, a government financial institution duly organized and existing under by virtue of Republic Act No. 9679, with postal address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against respondents/mortgagors, **SPS. GILBERT O ASIS AND GUADALISA T. ASIS** with postal address at (1) 628 Good Year Park Subd., Almanza I, Las Piñas City; (2) Lot 33 Block 16, St. Joseph Ridgeview, Paliparan and for the satisfaction of the mortgaged debt which as of March 15, 2023 amounts to **SEVEN HUNDRED SEVENTY THOUSAND TWENTY THREE PESOS AND 65/100 (Php770,023.65)**, exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **May 23, 2023 at 10:00 o'clock in the morning** or soon thereafter in the Court Room of Branch 90, Regional Trial Court, Ground Floor, Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Buro I, Dasmariñas City, Province of Cavite to the highest bidder and for CASH or CERTIFIED CHECK, in Philippine Currency, the following described real property together with all the buildings and other improvements existing thereon, to wit:

**Transfer Certificate of Title No. 057-2021004418**

IT IS HEREBY CERTIFIED that certain land situated in BARRIO OF PALIPARAN, MUNICIPALITY OF DASMARIÑAS, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows: A PARCEL OF LAND (LOT 33, BLK 16 OF THE SUBDIVISION PLAN PSD-04-218531, BEING A PORTION OF LOT 5732-C-2, PSD-042109-062503, L.R.C. RECORD NO. 8843) SITUATED IN THE BARRIO OF PALIPARAN MUNICIPALITY OF DASMARIÑAS, PROVINCE OF CAVITE, ISLAND OF LUZON. BOUNDED ON THE SE., ALONG LINE 1-2 BY LOT 34, BLK 16; ON THE SW., ALONG LINE 2-3 BY ROAD LOT 10; ON THE NW., ALONG LINE 3-4 BY LOT 32, BLK 16 AND ON THE NE., ALONG LINE 4-1 BY LOT 15, BLK 16 ALL OF THE SUBDIVISION PLAN. BEGINNING AT A POINT MARKED "1" ON PLAN, BEING S. 10 DEG. 09'E., 732.77 M. FROM MON. NO. 74; IMUS ESTATE, THENCE S. 23 DEG. 28' W., 10.00 M. TO POINT 2; THENCE N. 66 DEG. 32' W., 6.00 M. TO POINT 3; THENCE N. 23 DEG. 28'E., 10.00 M. TO POINT 4; THENCE 8, 66 DEG. 32'E., 6.00 M. TO THE POINT OF BEGINNING. CONTAINING AN AREA OF **SIXTY (60) SQUARE METERS MORE OR LESS.**

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

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 **June 06, 2023** at the same time and place without further notice.

Dasmariñas City, Province of Cavite, April 17, 2023.

(Sgd.) **ATTY. ARLYN P. BARCELON**  
Sheriff IV

(Sgd.) **ATTY. MARCELA L. BAYBAY**

Republic of the Philippines  
Fourth Judicial Region  
REGIONAL TRIAL COURT  
OFFICE OF THE CLERK OF COURT  
AND EX-OFFICIO SHERIFF  
Dasmariñas City, Cavite

HOME DEVELOPMENT MUTUAL FUND  
(PAG-IBIG FUND),  
Petitioner/Mortgagee,

- versus - **File No. FC-DC-0613-23**  
For: Extra-Judicial Foreclosure of Real  
Estate Mortgage under Act No.  
3135 as amended by Act No. 4118

**WALTER B. DOHINA** represented by his  
**Attorney-in-Fact, Marcelo Dimailig,**  
Respondent/Mortgagor.

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**NOTICE OF SHERIFF'S SALE**

Upon extra-judicial petition for sale under Act 3135, as amended by Act 4118 filed by the petitioner/mortgagee, **HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)**, a government financial institution duly organized and existing under by virtue of Republic Act No. 9679, with postal address at The Petron Mega Plaza Building No. 358 Sen. Gil Puyat Avenue, Makati City against respondent/mortgagor, **WALTER B. DOHINA** represented by his **Attorney-in-Fact, Marcelo Dimailig**, with postal address at #122 (B) Magsaysay Avenue, Purok I Magsaysay, San Pedro, Laguna and Lot 31 Blk. 4, St. Joseph Ridgeview, Barrio of Paliparan 2, Dasmariñas City, Cavite and for the satisfaction of the mortgaged debt which as of 28 February 2023 amounts to **ONE MILLION THREE HUNDRED THIRTY EIGHT THOUSAND TWO HUNDRED EIGHTY SIX PESOS & 97/100 (Php1,338,286.97)**, exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **June 2, 2023 at 10:00 o'clock in the morning** or soon thereafter in the Court Room of Branch 90, Regional Trial Court, Ground Floor, Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Buro I, Dasmariñas City, Province of Cavite to the highest bidder and for CASH or CERTIFIED CHECK, in Philippine Currency, the following described real property together with all the buildings and other improvements existing thereon, to wit:

**TRANSFER CERTIFICATE OF TITLE No. 057-2017052461**

IT IS HEREBY CERTIFIED that certain land situated in Barrio of Paliparan, Municipality of Dasmariñas, Province of Cavite, Island of Luzon bounded and described as follows: A parcel of land (Lot 31 Blk 4 of the subd. plan, PSD-04-218531, being a portion of Lot 5732-C-2, PSD-042109-062503, LRC Rec. No. ), situated in the Barrio of Paliparan, Municipality of Dasmariñas, Province of Cavite, Island of Luzon. Bounded on the SW., along line 1-2 by Lot 32, Blk 4; on the NW., along line 2-3 by Road Lot 3; on the NE., along line 3-4 by Lot 30, Blk 4 and on the SE., along line 4-1 by Lot 13, Blk 4, all of the subd. plan Beginning

Clerk of Court VI & Ex-Officio Sheriff

Copy furnished:

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

**MARIA VICTORIA D. CAPIRAL  
C/O MICHAEL YANCY P. YNGSON**  
Unit C, 10th Floor, Strata 2000 Bldg., F. Ortigas Jr. Rd., Ortigas Center, Pasig City

**SPS. GILBERT O ASIS AND GUADALISA T. ASIS**  
(1) 628 Good Year Park Subd., Almanza I, Las Piñas City;  
(2) Lot 33 Block 16, St. Joseph Ridgeview, Paliparan

Publication: PMC Pulso ng Makabagong Caviteño News Publication  
Dates: April 24 May 1 & 8, 2023

at a point marked "1" on plan being S. 00 thence N. 39 Deg. 20'E., 8.00 m. to point 3; thence S. 50 Deg. 40'E., 10.00 m. to point 4; thence S. 39 Deg. 20'W., 8.00 m. to the point of beginning; containing an area of **EIGHTY (80) Sq. Meters**. All points referred to are indicated on the plan and are marked on the ground by P.S., CYL. CONC. MONS. 15X40 cm; Bearings true; Date of original survey July 27, 1995 – June 11, 1908 and that of subd. survey, August 1-15, 2010 and was approved on Jan. 27, 2011.

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

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

In the event the publication auction should not take place on the said date and time, it shall be held on **June 16, 2023** at the same time and place without further notice.

Dasmariñas City, Province of Cavite, April 19, 2023.

(Sgd.) **GERALD A. FARGAS**  
Sheriff IV

(Sgd.) **ATTY. MARCELA L. BAYBAY**  
Clerk of Court VI & Ex-Officio Sheriff

Copy furnished:

**Home Development Mutual Fund (PAG-IBIG FUND)**,  
The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City

**Atty. Nicolina C. Madrid**  
Attorney-in-Fact, S.P. Madrid & Associates  
Unit 2010 20th/Fir Herrera Tower, V.A. Rufino cor Valero Streets, Makati City

**WALTER B. DOHINA** represented by his  
**Attorney-in-Fact, Marcelo Dimailig,**  
#122 (B) Magsaysay Avenue, Purok I Magsaysay, San Pedro, Laguna  
Lot 31 Blk. 4, St. Joseph Ridgeview, Barrio of Paliparan 2, Dasmariñas City, Cavite

Publication: PMC Pulso ng Makabagong Caviteño News Publication  
Dates: April 24 May 1 & 8, 2023



The provincial government of Cavite held a successful medical mission in Barangay Poblacion V General Mariano Alvarez, Cavite on April 26, 2023. A total of 277 patients were provided with free consultation and medicine. The medical mission aimed to provide immediate medical attention to the residents who have limited access to healthcare services in the community. Patients who came to the event were given the opportunity to consult with the medical professionals who provided a range of services including general check-ups, vital signs monitoring, and medical advice on various health concerns. The event was led by the provincial government of Cavite, and supported by local health workers and volunteers from the barangay who assisted in the implementation of the program. The medical team also provided free medicines to the patients, based on their medical needs. The medical mission proved to be an effective way of addressing the health needs of the community, as it provided accessible and free healthcare services to those who are in need. The initiative of the provincial government of Cavite has shown its commitment to ensuring the health and wellbeing of its constituents. Overall, the medical mission was a success, as it was able to provide much-needed healthcare services to the residents of Barangay Poblacion V. (PICAD)

# NEWS

## STARBOOKS Deployed to Doña Paz Sumulong Tanjuatco Elementary School in Tanay, Rizal

This month has been filled with magnitudes that Science and Technology can reach. Such is the deployment of Science & Technology Academic and Research?Based Openly?Operated Kiosks (STARBOOKS) at Doña Paz Sumulong Tanjuatco Elementary School located in Tanay, Rizal last 11 April.

STARBOOKS is an initiative by the Department of Science and Technology (DOST)-Science and Technology Information Institute (STII) which includes kiosks that serve as information access portals in key areas in the

Philippines. Local government units (LGUs), non-government organizations (NGOs), educational institutions, and private institutions can avail the one-stop Science and Technology (S&T) information source.

Councilor Paula De Guzman of Tanay LGU, Mr. Owen Cammayo, Executive Director of the Bank of the Philippine Islands (BPI) Foundation Inc., Director Richard Burgos of DOST-STII, Engr. Trinidad Sager of



### Dr. Gomez

from page 8

nakakarami sa ngayon, na meron na tayong laboratoryo na kung saan ipoproseso ang Marijuana para gawing Medical cannabis."

Matatanda ang lumabas sa ilang pahayagan taong 2019 na mismong si dating House Speaker Gloria Macapagal-Arroyo ay umaming gumamit ng medical cannabis, na isa umano sa nagbenepisyo nito. Nilalagyan umano ng pain patch na medicinal marijuana ang cervical spine na sumasakit kay Gng. Arroyo.

Subalit paglilinaw nito, na sa ibang bansa niya ito ginagawa kung saan pinapayagan ang paggamit ng cannabis para sa medical purposes at hindi rito sa Pilipinas dahil wala pang batas na sumusuporta rito. Naniniwala ang dating SGMA, na bukod sa kanya, ay marami pang

may sakit ang matutulungan at mapapagaling ng medical cannabis. Kung kaya isa rin umano siya sa may-akda ng panukalang inihain sa Kamara na gawing legal ang medical cannabis sa bansa sa kanyang kapanahunan.

Naging panauhin sa ginanap na forum sina: Dr. MacGerald Cueto, Associate Professor, UERM, Memorial Center Inc., Doc-Atty. Leo Olarte, Former President Philippine Medical Association, Dr. Gem Mutia, Founder, Philippine Society of Cannabinoid Medicine.

Ipinaliwanag ni Dr. MacGerald Cueto ang tungkol sa Acupuncture bilang bihasang acupuncturist lalo na pagdating sa pain management. Ang Acupuncture ay ang pagtusok ng mga maninipis na karayom sa iba't ibang bahagi ng katawan na

base sa pag-aaral ng siyensiya.

Ang pamamaraang ito ay nakatutulong laban sa chronic pain, headaches, migraine at iba pa. Nalulunas din ang ang problema ng mga kalalakihan pagdating sa erectile dysfunction, ayon pa kay Dr. Cueto.

Sinabi naman ni Dr. Gem Mutia na dapat suportahan ng gobyerno ang pagsasabatas ng paggamit ng Medical cannabis, ang halamang gamot na marijuana. Huwag maging negatibo ang pananaw lalo na pagdating sa marijuana dahil ito umano ang magpapagaling sa milyong Pilipinong may sakit. Magbibigay din ito ng dagdag kita sa kaban ng bayan. Suportado naman ni Doc. Atty. Olarte, ang pagsasabatas ng medical cannabis sa bansa.

Nagsilbing host sa nasabing BAUERTEK Media Health Forum sina: Edwin Eusebio at Rolly Lakay Gonzalo. **(Raffy Rico)**

dream is for the business to prosper and secure CPR so I can display in malls and export my products.)

Mama Jita's Tablea is a chocolate bar for champorado (chocolate porridge) and sikwate (hot chocolate drink). Her products, the tablea and the cold chocolate drink, are made from 100% pure, native cacao variety, with strong aroma. It is available to select pasalubong centers and malls in region 10.

SETUP is a nationwide strategy encouraging and assisting micro, small, and medium enterprises (MSMEs) to adopt technological innovations to improve their products, services, operations and increase their productivity and competitiveness. **(Efraem O. Egoc/DOST 10)**

DOST Rizal, and faculty and students of Doña Paz Sumulong Tanjuatco Elementary School were present during the event.

Upon the arrival of the visitors, the lively elementary students gave their warm greetings. Ms. Nieva Tongohan, Principal of said school, welcomed and acknowledged each stakeholder and donor.

DOST-STII Dir. Burgos of DOST-STII delivered his keynote message to extend his support to the students and teachers of Doña Paz where he emphasized the importance of advancing education through STI.

This was followed by Mr. Cammayo, who discussed the role of BPI as a financial stakeholder in

the collaboration with DOST, after which, led a game and offered prizes for those who participated.

Toward the end of the program, Councilor De Guzman expressed her gratitude that their community was chosen as one of the beneficiaries of STARBOOKS.

"Lubos pong nagpapasalamat ang Lokal ng Tanay sa pagkakataong inyong binigay para sa ating mga mag-aaral," she stated.

DOST and BPI Foundation Inc. then presented the STARBOOKS units to the school, represented by Principal Nieva Tongohan, during the ceremony proper.

On behalf of Provincial Director Fernando Ablaza of DOST Rizal, Engr.

Sager delivered the closing remarks where he extended his gratitude for the trust and support of the BPI Foundation Inc. towards the project and wishes for constant partnership as allies for development.

Note to editors: DOST-CALABARZON is one of

the regional offices of the Department of Science and Technology and is located at Jamboree Road, Brgy. Timugan, Los Baños, Laguna. For more information, you may visit us on Facebook at facebook.com/dostcalabarzon or website www.region4a.dost.gov.ph. You may also reach us at parcu@ro4a.dost.gov.ph. **(By: Arthea Marie M. Genova)**

### DOST's SETUP

from page 8

DOST also provided technological consultancy services to the firm, such as Good Manufacturing Practices and food safety seminar-workshops, smart packaging assistance, Halal awareness seminar, MPEX or Manufacturing Productivity Extension, and others.

The agency also provided assistance in the drafting of the firm's Sanitation Standard Operating Procedures (SSOP), which was among the major documents needed to acquire License to Operate from the Food and Drug Administration. Mama Jita's Food Products acquired LTO in August last year. The LTO certification enabled Mama Jita's Food

Products to enter neighboring malls and supermarkets in the region.

The technology upgrading helped the firm catch up with the overwhelming purchase orders from partner pasalubong centers, malls, supermarkets, and outlets for their two main products: Tablea and Tablea Choco drink.

During the DOST Secretary's visit in April this year, Secretary Renato U. Solidum Jr asked Dela Cerna her aspirations for her business. "Ang pangarap ko na mas lumago pa (business), target maka CPR (Certificate of Product Registration) para maka display sa mga malls at saka (maka)export." (My

### 340 Filipinos

from page 1

"The embassy and our DMW teams will make sure they will all be treated well onboard buses and in Cairo," Ople said.

Ople added the Department of Foreign Affairs (DFA) officials and personnel are now processing the required clearances and exit visas for the immediate departure of the Filipinos from the northeastern African country.

Ople earlier flew to Cairo to lead the distribution of welfare assistance to evacuated OFWs from Sudan.

This developed as the DFA announced the said Filipino migrant workers were safely evacuated from Sudan in the last 12 hours through government efforts.

Philippine Ambassador to Egypt Ezzedin Tago welcomed 340 Filipinos from Khartoum at the Argeen border Saturday

morning there after they were cleared by Egyptian authorities for entry. There have been delays in the processing at the Egyptian border due to the influx of evacuees.

Eight Filipinos from Khartoum arrived in Greece on a military aircraft. Philippine Ambassador Giovanni Palec received the evacuees, who will be repatriated via the next available flight to Manila, the DFA added.

To date, there are 58 Filipinos in Port Sudan, awaiting the ship that will bring them to Jeddah, Saudi Arabia, where 16 Filipinos have already been received by the team led by Consul General Edgar Tomas Auxilian.

DFA teams in Athens, Jeddah, and at the Egypt-Sudan border have been assisting Filipinos from Khartoum and are making arrangements for their repatriation via the

next available flights.

Coordination with the governments of Egypt, Saudi Arabia, and Greece on the safe passage of Filipino evacuees is continuing through the respective Philippine embassies.

So far, some 496 Filipinos have fled Khartoum, the DFA reported.

On Tuesday, President Marcos said the government is doing the necessary preparations in anticipation of the 72-hour ceasefire declared in Sudan, hoping it could provide an opportunity to bring home Filipinos from the war-torn country.

"Right now, we are hoping that the 72-hour ceasefire that has been declared will hold and we will --- we are preparing ourselves," the President said.

"So we're trying --- we're watching this situation very, very closely and to see if there's a window of opportunity na mailabas natin ang mga Philippine nationals natin," he added. | **PND**

# MAGLIBANG TAYO

## KAPALARAN

**ARIES (Mar. 21-Apr. 19)** - Huwag mo nang patagalin kung kailan mo sisimulan ang iyong mga plano. Ngayon ang tamang panahon upang mabilis mong maisagawa ang mga ito. Masuwerteng kulay-beige. Tips sa lotto-8-10-23-29-30-31.

**TAURUS (Apr. 20-May 20)** - Magpasalamat ka sa nasa itaas dahil binigyan ka ng isang nagmamahal sa iyo na itutulak ka para gawin ang mga hakbang para sa iyong pag-asenso. Masuwerteng kulay-blue. Tips sa lotto-7-19-20-21-24-33.

**GEMINI (May 21-June 20)** - Kusang nawala ang mga kontrabida sa buhay mo, kaya ngayon mo samantalain at gawin ang mga gusto mong matapos, na dati pang sinasalungat ng mga nasa paligid mo. Masuwerteng kulay-black. Tips sa lotto-5-18-22-26-34-35.

**CANCER (June 21-July 22)** - Dumating na ang tag-init at ang hindi magtatampisaw ay malulungkot. Bago mo pasukin ang binabalak mong negosyo, ihanda mo ang iyong sarili at ang mga kakailanganin mo. Masuwerteng kulay-violet. Tips sa lotto-7-19-25-26-27-35.

**LEO (July 23-Aug. 22)** - Nadidisgrasya ang sasakyan kapag mabilis ang pagpapatakbo. Magdahan-dahan ka at mas maganda kung kokontrolin mo ang iyong emosyon. Tandaan, nasa huli ang pagsisisi. Masuwerteng kulay-peach. Tips sa lotto-6-10-15-16-22-27.

**VIRGO (Aug. 23-Sept. 22)** - Malaki ang panalo ng malakas ang loob, kaya lakasan mo ang iyong loob. Makipagsapalaran ka at makakaasa ka na malalaki ang iyong mapapanalunan. Masuwerteng kulay-red. Tips sa lotto-4-17-20-21-26-28.

**LIBRA (Sept. 23-Oct. 22)** - Talunan ang nag-aalinlangan dahil siya ay mauunahan ng kanyang mga karibal. Huwag mong hayaan na maghari ang pag-aalinlangan. Ito ang mensahe para sa iyo sa araw na ito. Masuwerteng kulay-lilac. Tips sa lotto-18-26-28-31-39-42.

**SCORPIO (Oct. 23-Nov. 21)** - Nasusorpresang kalaban sa biglaang pagsugod. Magkunwari kang mahina at biglan mong ipatupad ang iyong mga plano. Makakaasa kang huli na bago sila makahabol sa iyo. Masuwerteng kulay-white. Tips sa lotto-7-10-15-16-28-33.

**SAGITTARIUS (Nov. 22-Dec. 21)** - Kahit gaano katindi ang init ng araw, nakakasingit din ang masarap na hip ng hangin. Maghanda ka dahil maisisingit mo ang mga gusto mong mangyari, na akala mo'y 'di mo magagawa. Masuwerteng kulay-green. Tips sa lotto-9-12-24-36-39-42.

**CAPRICORN (Dec. 22-Jan. 19)** - Itago mo ang pagiging mahiyain. Kumilos ka nang may tiwala sa sarili at makakaasa kang mabilis na aangat ang kabuhayan mo at hahangaan ka ng mga nasa paligid mo. Masuwerteng kulay-yellow. Tips sa lotto-12-19-25-34-39-40.

**AQUARIUS (Jan. 20-Feb. 18)** - Sakyan mo lang ang agos ng iyong kapalaran. Dadalhin ka nito sa lugar kung saan makakaharap mo nang mukhaan ang magagandang kapalaran na noon pa nakalaan sa iyo. Masuwerteng kulay-purple. Tips sa lotto-19-21-25-39-40-41.

**PISCES (Feb. 19-Mar. 20)** - Nasa isip mo lang ang mga imbentong problema. Nakalimutan mo na ba nag hindi mo pinansin ang iyong mga suliranin, ang mga ito ay nawala na parang bula? Masuwerteng kulay-pink. Tips sa lotto-18-21-25-26-35-37.

## SUDOKU

	9		1	7				
	2		5					
4	7	1	2	3	9			
8								
		3	9	8				1
	1		3			8	4	
			4	2				
1		7						
		9	7	3	4			

### SAGOT: SUDOKU VOL. 20 #6

8	9	6	4	7	1	2	3	5
4	1	5	2	3	8	6	9	7
7	3	2	6	9	5	4	1	8
5	2	3	9	8	7	1	6	4
1	8	4	3	6	2	7	5	9
6	7	9	5	1	4	3	8	2
2	4	8	1	5	6	9	7	3
9	5	1	7	4	3	8	2	6
3	6	7	8	2	9	5	4	1

**HOW TO PLAY:** Sudoku puzzle is made up of a 9-by-9 grid with nine 3-by-3 sub-grids called boxes. There are 9 rows, 9 columns and 9 boxes in every puzzle. The object of the game is to fill all squares in the grid with the correct number.

The rules are: • Every row, column and box must contain all the digits 1 to 9.

• Each number can only appear once in every row, column or box.

• Every puzzle has only one correct solution!

## Did You Know?

### THERE'S A ROCK IN AUSTRALIA THAT'S BIGGER THAN AYER'S ROCK ULURU

When we talk about big rocks in Australia, the famed Uluru is usually what comes to mind — you can even see it from space!

However, there's an even bigger rock in town. Mount Augustus is two and a half times the size of Uluru, and you have to drive 54km to get around it!

But at the end of the day, Uluru still is the largest single rock formation in the world, also known as a monolith whereas Mount Augustus' massive stature may be composed of many layers of sand and gravel.

If you're planning to road trip in Western Australia, be sure to stop by this big boy!



## WORD HUNT

### Car Makers

Y	O	L	A	M	B	O	R	G	H	I	N	I	R
O	L	A	A	U	D	I	I	R	A	R	R	E	F
C	N	T	R	A	A	N	D	R	O	F	I	N	E
H	A	O	B	M	S	I	N	T	D	A	T	I	B
E	L	Y	E	C	T	F	R	E	A	N	G	E	S
V	P	O	N	L	O	W	E	P	A	G	A	N	I
Y	I	T	T	A	N	M	L	S	D	S	E	I	N
U	T	L	L	R	M	B	S	I	G	F	A	T	N
J	T	Y	E	E	A	I	Y	A	M	A	A	I	I
E	A	N	Y	N	R	T	R	D	C	R	M	N	S
E	G	A	P	U	T	V	H	N	O	U	I	I	S
P	U	I	C	A	I	L	C	U	R	C	C	F	A
N	B	R	A	L	N	S	L	Y	N	A	I	N	N
D	E	G	D	O	D	U	C	H	D	I	L	I	N

- BMW
- DODGE
- FERRARI
- TOYOTA
- ASTON MARTIN
- LAMBORGHINI
- AUDI
- FORD
- CHEVY
- CHRYSLER
- MCLAREN
- GMC
- INFINITI
- PAGANI
- BUGATTI
- NISSAN
- BENTLEY
- HYUNDAI
- ACURA
- JEEP



# DOST's SETUP Program Helps Camiguin Woman Entrepreneur Scale Up Cacao Processing Venture



The Department of Science and Technology (DOST)'s banner program, Small Enterprise Technology Program (SETUP) helps Camiguin-based woman entrepreneur and farmer, Julieta Butalid-Dela Cerna, scale up her cacao processing venture through science, technology, and innovation.

DOST's intervention brought about a remarkable transformation for the business, achieving a 20% boost in productivity, a solid 25% increase in sales, and successfully reducing rejects from 40% to 35%. Additionally, the intervention led to the creation of two direct and three indirect jobs, boosting the local economy.

In 2021, the firm was able to acquire food-grade equipment with better specifications through SETUP. Among the equipment availed are roaster machine, a cacao colloid mill, an industrial multipurpose cacao cracker/dehuller winnower, and more.

"Eto ang pinakamalaki na tulong sa akin kase may grace period one year at saka three years to pay so hindi mabigat sa pagbayad", Dela Cerna said. (This is the biggest help because of the one-year grace period and the three-year payment fulfillment; hence, it is not heavy to pay.)

DOST'S SETUP • 6

## 6 barangay ng Dasmariñas, drug cleared na



**NADAGDAGAN ng anim pang barangay sa Dasmariñas City na ideneklarang 'drug cleared.'**

Ito ang Brgy. St. Peter I; Brgy. Sampaloc V; Brgy. San Mateo; Brgy. San Miguel I, Brgy. Zone I, at Brgy. Fatima II.

Ayon kay Dasmariñas City police chief, Lt. Colonel John Oruga na nalinis sa ilegal na droga ang naturang barangay bunga ng masikap na trabaho ng pulisya sa tulong ng mga nagmamalasakit na residente ng lungsod.

Pinasalamatan ni Oruga ang malaking suporta ng pamahalaang lungsod sa pamumuno ni Mayor Jenny A. Barzaga sa pagdami ng mga barangay na nalinis sa bawal na gamot.

Una rito, naideklara ring 'drug cleared; ang tatlong barangay, ito ang Brgy. Sta. Cruz II; Brgy. Sta. Cristina II; a Brgy. San Antonio de Padua I.



**San Pablo Sports Federation**



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## DR. GOMEZ: MEDICAL CANNABIS MALAPIT NG MAISABATAS



Bagamat araw ng pagawa ngayong araw May 1, 2023 at walang pasok ang mga nag-oopisina sa gobyerno at pribadong sector, tuloy pa rin ang nakagawian ng BAUERTEK Media Health Forum na ginaganap tuwing lunes sa isang restaurant sa lungsod Quezon.

Ito ay pinangungunahan pa rin ni Dr. Richard Nixon Gomez bilang General Manager ng BAUERTEK, na ang adbokasiya ay maisabatas at maging legal ang paggamit ng halamang gamot na marijuana o cannabis sa bansa. Ito ay ipoproseso sa isang laboratoryo para gawing Medical Cannabis na kung saan ang laboratoryo ay nakatayo na at handang handa na, hinihintay na lamang na maisabatas ito at maging legal.

Ayon kay Dr. Gomez, ang medical cannabis ay matagal nang ginagamit bilang gamot sa mahabang panahon at milyon-milyong pasyente na ang gumagamit worldwide. "Bakit sa Pilipinas, ayaw pang ipagamit ang medical cannabis, samantalang maari nitong matulungan ang isang milyong Pilipinong may sakit?"

Dagdag pa ni Dr Gomez, "Ang medical cannabis ay malapit ng maisa-batas, dahil na rin umano sa dami na ng sumusuportang politiko, government official, at kilalang mga personalidad, dahil din umano sa alam na ng DR. GOMEZ • 6