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Lent 2025: Key dates, fasting, and abstinence guidelines for Catholics

Rev. Fr. Michael Dela Cerna of St. Francis of Assisi Parish in General Trias City, Cavite puts ash in a sign of the cross on the forehead of parishioners during Ash Wednesday.

Distribution of Education Assistance for City College of Tagaytay Students

A significant event unfolded at Sigtuna Hall in Tagaytay City, where 5,522 students from the City College of Tagaytay received educational assistance worth P3,500 each from the Provincial Government of Cavite. This initiative was designed to support students in their academic pursuits and alleviate the financial challenges associated with their education.

The program was spearheaded by Governor Athena Tolentino through the Office of the Provincial Governor - Provincial Scholarship Committee. Governor Tolentino's efforts in facilitating this assistance highlight her commitment to ensuring that education remains accessible to all students in the province.

The event was graced by notable figures, including Congresswoman Aniela Tolentino, Mayor Bambol Tolentino, and Vice Mayor Agnes Tolentino, who were present to show their support for the students and the educational assistance program.

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Cavite celebrates Pista ng Sining 2025



The vibrant tapestry of Cavite's artistic community was on full display during the Pista ng Sining 2025, a three-day workshop held on February 26 to 28, 2025 at the Alitaptap Artist Community in Amadeo, Cavite. This year's festival showcased the remarkable talents of students from various schools and universities across the province, fostering creativity and collaboration through engaging arts workshops.

The energy was palpable as participants immersed themselves in CAVITE • 6



MARCH 5, 2025

SC STRIKES DOWN COMELEC RULING DECLARING INDIGENOUS PERSON NUISANCE CANDIDATE

The Supreme Court (SC) on Tuesday reversed the resolution of the Comelec, which declared Zambales gubernatorial aspirant Chito Bulatao Balintay as a nuisance candidacy for the 2025 midterm elections.

In a press release, the high court noted that the poll body committed grave abuse of discretion when it refused to allow Balintay, a member of the indigenous peoples of Zambales, to run for governor.

The order stemmed from the Comelec's decision rejecting Balintay's candidacy on the grounds that he filed his COC past 5 pm on the last day of filing. The poll body initially refused to accept his documents as they were incomplete—missing a required fifth copy and documentary stamps— SC STRIKES • 4

NEWS

DMW Region IV-A explores collaboration with DOST-CALABARZON for iFWD PH

On February 26, 2025, the Department of Migrant Workers (DMW) Region IV-A visited the Department of Science and Technology (DOST)-CALABARZON to conduct an exploratory meeting on the Innovation for Filipinos Working Distantly from the Philippines (iFWD PH) program.



The meeting focused on future partnerships and collaboration between DMW

and DOST to enhance support for overseas Filipino workers (OFWs) through

science, technology, and innovation (STI)-based reintegration solutions.



Key attendees included Atty. April R. Casabuena, DMW Regional Director; Ms. Karen M. Quilao, DMW Assistant Regional Director; and representatives Mr. Lito C. Doblado, Mr. Romwell Q.

Aguilar, and Mr. Joel M. Gustino. Discussions centered on potential initiatives to maximize the impact of STI-driven programs for OFW reintegration and livelihood development.

The iFWD PH was a DOST program that aimed to provide support and opportunities for OFWs and their immediate families to establish technology-based enterprises in the country.

DTI and Local Partners Support Footwear MSMEs with Tech Development

Liliw, Laguna — The Department of Trade and Industry (DTI) - Laguna Provincial Office, in collaboration with DTI Ilocos Norte and the Local Government Units of Vintar in Ilocos Norte and of Liliw in Laguna, successfully conducted a benchmarking activity focused on "Technology Development Support for the Footwear Industry" on February 26, 2025.



The activity aimed to provide insights regarding the various types of footwear that can be produced and the methods for making different shoes and slippers.

Nine (9) micro, small, and medium enterprises (MSMEs) from the Siwawer Local Council for Women and Dream Weavers of Vintar, Ilocos Norte, participated in the said visit. These MSMEs were able to observe the production processes of several footwear MSMEs in Liliw, Laguna, including Leigh Ann Footwear,

Monedo's Footwear, Ginter Footwear, Jhaz Footwear, and Ai-She Fashion. This hands-on experience allowed the participants to learn firsthand about the production techniques and innovations driving the local footwear industry.

The group was joined by Vintar Municipal Mayor Richard A. Degala and Liliw Municipal Mayor Ildelfonso D. Monleon. Together, they explored various footwear businesses in Liliw, gaining exposure to different production methods and innovations that could po-

tentially be applied in Ilocos Norte. DTI Ilocos Norte Provincial Director Amelia E. Galvez also participated, offering her full support to the MSMEs from Vintar and ensuring that they have the resources and guidance needed to succeed in the footwear industry.

This benchmarking activity provided valuable insights to the MSMEs from Ilocos Norte, sparking ideas for potential new business ventures. It also offered an opportunity to highlight Liliw, Laguna's expertise in



footwear production.

The initiative reflects the ongoing commitment and passion of DTI La-

guna and DTI Ilocos Norte to provide both established and aspiring entrepreneurs with the

resources and knowledge needed for success (LMMalabanan, DTI Laguna).

Editorial

World Wildlife Day: Protect PH natural treasures

Every March 3, the global community comes together to celebrate World Wildlife Day, a crucial occasion to reflect on the importance of protecting the world's biodiversity. For the Philippines—an archipelago renowned for its rich ecosystems and endemic species—this observance underlines the urgent need to safeguard our natural heritage from the growing threats of habitat destruction, climate change, and human encroachment.

Member-countries of the United Nations are called upon to participate in achieving the Strategic Vision of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), the 2030 Agenda for Sustainable Development, and the Kunming-Montreal Global Diversity Framework.

Considering that more than half of global gross domestic product (GDP) is nature-based, it is imperative that sustainability of biodiversity becomes a priority concern of governments. Further decimation of biodiversity translates into threats to livelihood at the grassroots and financial stability of nations.

According to latest studies, more than one million species of Philippine wildlife are threatened with extinction; thus, the urgency of innovative finance for wildlife conservation cannot be overemphasized.

The Philippines is home to several UNESCO World Heritage Sites that exemplify our country's unique and fragile biodiversity. Among them is the Puerto Princesa Subterranean River National Park, a marvel of nature that supports a diverse range of flora and fauna, including the endangered Palawan hornbill and the Philippine cockatoo. Another iconic site is the Tubbataha Reefs Natural Park, an underwater sanctuary teeming with marine life and serving as a vital breeding ground for various fish species, sea turtles, and sharks.

Equally significant are the Mount Hamiguitan Range Wildlife Sanctuary, a haven for rare species such as the Philippine eagle and the pygmy fruit bat, and the Ifugao Rice Terraces, which, beyond their cultural



significance, sustain diverse ecosystems and traditional farming practices that promote environmental balance. These sites are more than just picturesque landscapes; they are vital ecological zones that support both wildlife and human communities.

These precious sites face mounting threats. Deforestation, often driven by illegal logging and agricultural expansion, continues to diminish crucial habitats. Pollution, particularly plastic waste and chemical runoff, endangers marine ecosystems and the species that depend on them. Climate change accelerates coral bleaching in Tubbataha and disrupts ecological cycles, while poaching and illegal wildlife trade further deplete already endangered species.

If left unaddressed, these threats could lead to irreversible biodiversity loss, undermining not only ecological balance but also local economies that depend on ecotourism and sustainable natural resources.

Protecting the Philippines' wildlife and natural heritage requires a collective effort from

government agencies, local communities, private enterprises, and individuals. Strengthening environmental laws and enforcement is essential, particularly against illegal logging, mining, and wildlife trafficking. Investments in sustainable ecotourism can provide livelihood opportunities while promoting conservation.

Additionally, community engagement and education are key to fostering environmental stewardship. Indigenous knowledge and traditional practices should be integrated into conservation strategies to ensure that local communities become active partners in protecting their natural surroundings. Climate resilience measures, such as reforestation and coral reef restoration, must also be prioritized to mitigate the impacts of global warming.

As we mark World Wildlife Day 2025, let this be a clarion call for Filipinos to champion the protection of our UNESCO World Heritage Sites and the vast biodiversity they nurture. The responsibility to conserve our environment does not rest solely on policymakers or conservationists. It is a duty we all share.

Para Lumiit Ang Bilbil (Tiyan): Anong Gagawin?

Marami sa atin ang may problema sa lumalaking bilbil, lalo na pag nagkakaedad. Kung overweight o kulang sa ehersisyo ay puwede din lumaki ang bilbil. Ano ang ating magagawa para mapaliit ito?

Heto ang ilang payo para lumiit ang bilbil:

1. Uminom ng isang basong tubig bago kumain. Nakabubusog ang tubig at mas kaunti ang iyong makakakain.
2. Kumain ng mas madalas pero kaunti lamang. Ang isang saging o mansanas ay puwedeng pangmeryenda na.
3. Bawasan ang pagkain ng kanin. Kung dati-rati ay 2 tasang kanin, gawin na lang 1 tasang kanin.
4. Kumain ng mas mabagal. Kapag mabagal ka kumain, mas mararamdaman mo ang pagkabusog at mababawasan ang iyong makakain.
5. Mag-ehersisyo ng 3 hanggang 4 beses kada lingo. Subukang mag-aerobic exercise ng 30 minutos hanggang isang oras.
6. Palakas ang masel sa tiyan. Mag-aral ng mga ehersisyo para lumakas ang tiyan, tulad ng stomach crunches.
7. Magkaroon ng tamang tindig (posture). Huwag maging kuba sa pag-upo at pagtayo.
8. Umiwas sa matatamis na inumin tulad ng soft drinks, iced tea at juices. Nakatataba ito at

DOKTOR NG MASA

ni Dr. Willie Ong



nakakadagdag sa laki ng bilbil.

9. Kumain ng almusal araw-araw. Kapag hindi ka nag-almusal, mas gugutumin ka pag dating ng tanghalian at mapaparami ang iyong makakain.

10. Bawasan ang pag-inom ng alak at beer. Nakalalaki iyan ng bilbil.

11. Bawasan ang pagkain ng maaalat. Ang asin at alat ay nagdudulot ng pagmamamas ng katawan.

12. Kumain ng 2 tasang gulay at 2 tasang prutas araw-araw. Umiwas sa matataba at mamantikang pagkain.

13. Maglakad ng madalas at umakyat ng 1 o 2 palapag ng hagdanan.

14. Bawasan ang stress at matulog ng sapat.

15. Maging masipag. Ituloy lang ang mabuting pamumuhay at regular na ehersisyo para hindi lumaki ang bilbil. Good luck po.

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LEGAL NOTICES



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

HOME DEVELOPMENT MUTUAL FUND
(Otherwise known as PAG-IBIG Fund),
Petitioner/Mortgagee,

-versus- File No. FC-DC-1631-25
EXTRA-JUDICIAL FORECLOSURE OF
REAL ESTATE MORTGAGE UNDER
ACT 3135, AS AMENDED BY ACT 4118

AMELIA A. PEÑA, married to
DANILO T. PEÑA,
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 and 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, **AMELIA A. PEÑA, married to DANILO T. PEÑA**, with postal addresses at 1770 E. Jorge St., Punta, Sta. Ana, Manila and Lot 29 Blk 48 Mabuhay Homes 2000 Dasma, Bo. Paliparan, Dasmariñas, Cavite and for the satisfaction of the mortgaged debt which as of JANUARY 6, 2025 amounts to **ONE HUNDRED SEVENTY SEVEN THOUSAND FIVE HUNDRED FIFTY FIVE PESOS AND 47/100 (Php177,555.47)**, exclusive of all legal fees and expenses incidental to this foreclosure and sale, the undersigned Sheriff will sell at public auction on **March 27, 2025 at 10:00 o'clock in the morning** or soon thereafter in the Ground Floor Lobby of Dasmariñas Community Affairs (DASCA) Building, Congressional Road, Burol II, 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-548540

IT IS HEREBY CERTIFIED that certain land situated in the Mun. of Dasmariñas, Prov. of Cavite bounded and described as follows. A parcel of land (Lot 29 Blk. 48 of the subd. plan Psd-042106-074555, being a portion of Lot 1, Pcs-042106-008804, LRC Rec. No.), situated In the Brgy. of Paliparan, Mun. of Dasmariñas, Prov. of Cavite, Island of Luzon. Bounded on the SW., along line 1-2 by Lot 28; on the NW., along line 2-3 by Lot 31 both Blk. 48; on the NE., along line 3-4 by FootPath 43, & on the SE., along line 4-1 by Lot 27 Blk. 48, all of the subd. plan. Beginning at a point marked "1" on plan, being S. 12 deg. 2'E., 1,933.38 m. from Mon. 163, Imus Estate, thence N. 3 deg. 51'W., 5.00 m. to pt. 2; thence N. 86 deg. 9'E., 8.60 m. to pt. 3; thence S. 3 deg. 51'E., 5.00 m. to pt. 4; thence S. 86 deg. 9'W., 8.60 m. to the pt. of beginning, containing an area of **FORTY THREE (43) SQ. METERS**. All pts. referred to are indicated on the plan and are marked on the ground by PS cyl. cons. mons. 15x60 cm; bearings true; date of orig. survey July 27, 1905-June 11, 1908 & that of the subd. survey July 15-Aug. 10, 1994 & was approved on Nov. 21, 1994. is registered in accordance with the provisions of the Property Registration Decree in the name of **AMELIA A. PEÑA**, Filipino, of legal age, married to **Daniilo T. Peña**.

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 that the public auction should not take place on the said date and time, it shall be held on April 10, 2025, at the same time and place without further notice.

17 February 2025 Dasmariñas City, Province of Cavite.

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

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

Republic of the Philippines
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-24-170
FOR: Application for Extra-Judicial
Foreclosure of Mortgage
(Under Act No. 3135, As Amended)

HAZEL T. DELOS REYES,
Debtor/Mortgagor.
X----- X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial foreclosure sale under Act No. 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 33rd Floor, BDO Corporate Center Ortigas, No. 12 ADB Avenue, Mandaluyong City, pursuant to the terms and conditions of the Real Estate Mortgage ("MORTGAGE") executed and notarized on October 9, 2018, by Debtor/Mortgagor, **HAZEL T. DELOS REYES**, of legal age, Filipino, with residence and postal address/es at: (1) Unit 711-A Grass Residences, Nueva Viscaya St., Brgy. Sto. Cristo, Quezon City, and (2) Unit No. 0332, 3rd Floor, Tower 3, Wind Residences, Emilio Aguinaldo Highway, Brgy. Maharlika West, Tagaytay City, Cavite, in favor of Mortgagee, over a real estate property including improvements thereon, described in and covered by **CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2018002025** of the Registry of Deeds for Tagaytay City, in order to satisfy the outstanding loan obligation of the Debtor/Mortgagor in the amount of **ONE MILLION FOUR HUNDRED NINETY-EIGHT THOUSAND FOUR HUNDRED EIGHTY-ONE PESOS AND 37/100 (Php1,498,481.37)**, as of November 15, 2024, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Baby Leem B. Maristela, will sell at public auction on **March 19, 2025 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. 076-2018002025

Registry of Deeds for the Tagaytay City

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

TOWER 3 – 3RD FLOOR
UNIT – 0332
RESORT RESIDENTIAL UNIT – 2
UNIT AREA – 34.89 SQ. M.

in the diagrammatic floor plan appended to the enabling or master deed of the condominium project annotated on **TRANSFER CERTIFICATE OF TITLE 2012004157; 2012004158; 2012004159** which embraces and

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

ATTY. JULIUS VOLTAIRE ROMMEL C. CUBELO
24K Accounts Consultant, Inc.,
3F Fass Inteli College Bldg., No. 11, Pittsburgh St., Brgy. Silangan, Cubao, Quezon City

AMELIA A. PEÑA, married to DANILO T. PEÑA
1770 E. Jorge St., Punta, Sta. Ana, Manila and
Lot 29 Blk 48 Mabuhay Homes 2000 Dasma, Bo. Paliparan, Dasmariñas, Cavite

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Dates: February 24, March 3 & 10, 2025

describes the land located at MAHARLIKA WEST, TAGAYTAY CITY with an area of **SEVENTEEN THOUSAND SIX HUNDRED SIXTY-TWO (17,662) Square Meter**, is registered in the name of:
Owner: HAZEL T. DELOS REYES, FILIPINO CITIZEN, OF LEGALAGE, SINGLE
Address: UNIT 711-A GRASS RESIDENCES, NUEVA ECIIJA STREET AND MISAMIS STREET, BAGO BANTAY, QUEZON CITY, PHILIPPINES"

In the event the public auction should not take place on the said date, it shall be held on **March 26, 2025** without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the **CONDOMINIUM CERTIFICATE OF TITLE NO. 076-2018002025**, 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, February 6, 2025.

(Sgd.) ATTY. APRIL GRACE M. TENORIO
Clerk of Court V/OIC

(Sgd.) BABY LEEM B. MARISTELA
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
33rd Floor, BDO Corporate Center Ortigas, No. 12 ADB Avenue, Mandaluyong City

HAZEL T. DELOS REYES
Mortgagor
(1) Unit 711-A Grass Residences, Nueva Viscaya St., Brgy. Sto. Cristo, Quezon City, and
(2) Unit No. 0332, 3rd Floor, Tower 3, Wind Residences, Emilio Aguinaldo Highway, Brgy. Maharlika West, Tagaytay City, Cavite

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SC strikes

from page 1

he was advised to complete his documents but returned late.

"The SC has recognized that elections are not conducted under laboratory conditions—the Comelec must be prepared to make quick decisions in response to unforeseen circumstances that could undermine or subvert the will of the voters," the SC said.

The high court clarified that although Section 37 of Comelec Resolution No. 11045 provides that the incomplete COCs will neither be accepted nor stamped "received," even if submitted on time. But the court suggested the poll body to "reexamine" whether its rules serve the interest of justice and fair play.

"Given these considerations, along with Balintay's unique circumstances, the SC found that the Comelec's strict application of its rules was unjustified, warranting the reversal of its decision," the SC said.

It can be recalled that on January 14, 2025, the SC had issued a temporary restraining order (TRO), preventing the COMELEC from implementing its decision rejecting Balintay's candidacy. **#batasph**

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LEGAL NOTICES

NEWS

Cavite

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a diverse range of artistic disciplines. Workshops offered included dance by Ms. Nina Ricci de Leon, theater by Mr. Soliman Cruz on the first day, the innovative field of crypto art by Mohini Ochangco, hand-build pottery by Ms. Cristy Ancanan on the second day, and the unique painting workshop "Sabayang Pahid" by Mr. Judie Garibay, Mr. Emmanuel Nim and Mr. Pula Ancanan followed by the cultural performances by Juan Isip Band, Malaya and Jovani, and Pablo Segundo Band, to cap the event on the third day. The festival fos-

tered a dynamic exchange of ideas and techniques, enriching the participants' artistic journeys.

A key highlight was the collaborative spirit by Governor Athena Bryana Tolentino among students from different universities in the pottery workshop. They interacted, shared insights, and learned from each other, building a sense of unity and mutual respect. This cross-pollination of artistic perspectives broadened their understanding of Cavite's diverse artistic landscape.

The festival culminated in a spectacular

exhibition showcasing the participants' creations. The artwork, reflecting individual styles and perspectives, served as a powerful testament to the workshops' success.

Pista ng Sining 2025 transcended a mere festival; it was a celebration of artistic expression, collaboration, and Cavite's rich cultural heritage. It underscored the importance of nurturing creativity and providing opportunities for young artists to grow. The event's success sets a high bar for future festivals, promising continued growth and innovation within Cavite's artistic community. **(Office of the Provincial Tourism Officer)**



Filipino

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these hard-earned accolades to President Ferdinand "Bongbong" Marcos Jr. in recognition of the unparalleled ingenuity of Filipino inventors.

A Medical Breakthrough That Stole the Spotlight Among the standout achievements was a Gold Medal-winning medical breakthrough for the non-surgical treatment for skin cancer or basal cell carcinoma most common type of skin cancer invented by world class inventors named, Inventor Rommel B dela Cruz, which also received a Special Award from the National Research Council of Thailand. This revolutionary innovation is set to redefine cancer treatment, offering new hope for millions of patients worldwide. "This victory is a testament to the world-class talent of Filipino inventors," said

Ronald Pagsanghan. "Each medal we bring home represents our dedication to pushing the boundaries of science and technology. The Philippines is not just keeping up—we are leading in global innovation."

Filipino Creativity Takes the Global Stage Echoing this sentiment, Sonny Valenzuela emphasized that these victories underscore the resilience and creativity of Filipino inventors. "We are proving that the Philippines is a powerhouse of innovation. Our inventors are tackling real-world challenges and creating solutions that can change lives, not just for Filipinos but for people around the world."

A Milestone for Philippine Innovation President Ferdinand Marcos Jr. is expected to honor the award-winning inventors, commending them for their contributions to na-

tional development and reinforcing his administration's commitment to investing in research and technology. The Thailand Inventors' Fair is one of the most prestigious international platforms for scientific and technological advancements, showcasing cutting-edge developments in medicine, engineering, sustainable technology, and more. The Philippines' impressive medal haul highlights the country's growing influence in global innovation.

Inspiring the Next Generation of Inventors With this monumental success, Filipino inventors continue to inspire a new generation of young minds, proving that the Philippines is a global leader in creativity, scientific discovery, and technological progress. For media inquiries, please contact: Ronald Pagsanghan President, Filipino Inventors Society Inc. Tel: 09985340453

Empowering

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Shers Food Products. Each business presented its proposals and discussed its goals for growth and innovation through SETUP interventions.

Assistant Regional Director Dr. Laila A. Taguinod, representing Regional Director Dr. Vir-

ginia G. Bilgera, reiterated that DOST's assistance extends beyond funding, providing technological interventions such as packaging and labeling assistance, training, consultancy services, and laboratory assays. The evaluation serves as a critical step

in ensuring that these MSMEs receive the necessary support to improve their productivity, competitiveness, and sustainability.

The insights gathered from the assessment will guide MSMEs in refining their business strategies while strengthening DOST's mission to foster economic growth through science, technology, and innovation.



Distribution

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This generous distribution is part of the provin-

cial government's ongoing commitment to supporting

and empowering students, ensuring they have the necessary resources to pursue their academic goals and succeed in their studies. **(A. Sarte)**



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MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Malalaking kita ang naghihintay sa iyo. Kaya manatili ka sa iyong direksyon at huwag nang lumingon pa. Masuwerteng kulay-blue. Tips sa lotto-7-14-21-30-35-43.

TAURUS (Apr. 20-May 20) - Masdan mo ang panibagong mundo sa iyong harapan. Ito na ang tamang oras upang makalaya ka mula sa kalungkutan. Masuwerteng kulay-burgundy. Tips sa lotto-5-11-17-29-36-44.

GEMINI (May 21-June 20) - Ang araw na ito ay para sa iyo. Makikita mong nag-uumpapaw ang biyaya na ipagkakaloob sa iyo ng langit, kaya't ibahagi mo ang ilan upang makapagbigay ka rin ng kasiyahan sa iba. Masuwerteng kulay-violet. Tips sa lotto-4-18-20-25-33-45.

CANCER (June 21-July 22) - Pahalagahan mo ang iyong sarili, sapagkat mali kung inuuna mong bigyang halaga ang iba. Masuwerteng kulay-peach. Tips sa lotto-2-16-22-27-35-40.

LEO (July 23-Aug. 22) - Maghinay-hinay ka, dahil mas mainam kung magbabagal ka. Masuwerteng kulay-red. Tips sa lotto-7-19-28-31-39-41.

VIRGO (Aug. 23-Sept. 22) - Magtataka ka sa iyong sarili, dahil ang mga bagay na hindi mo nagawa noon dahil sa takot ay kaya mo nang gawin ngayon. Masuwerteng kulay-mocha brown. Tips sa lotto-4-18-25-34-37-42.

LIBRA (Sept. 23-Oct. 22) - Mabilis kang mapapa-"oo", kahit hindi ka naman sigurado. Masuwerteng kulay-white. Tips sa lotto-5-14-21-24-28-45.

SCORPIO (Oct. 23-Nov. 21) - Huwag kang magpakalugmok at huwag mo ring lokohin ang iyong sarili. Masuwerteng kulay-green. Tips sa lotto-12-15-26-30-33-35.

SAGITTARIUS (Nov. 22-Dec. 21) - Hanapin mo ang kulang sa iyo at huwag kang tumulad sa iba. Masuwerteng kulay-yellow. Tips sa lotto-9-11-13-27-34-38-42.

CAPRICORN (Dec. 22-Jan. 19) - Patatatagin pa ng langit ang iyong kabuhayan, subalit mangyayari lamang ito kung patuloy mong pahahalagahan ang mga bagay na nasa iyo na. Masuwerteng kulay-purple. Tips sa lotto-8-17-20-27-31-40.

AQUARIUS (Jan. 20-Feb. 18) - Nakakasawa rin ang marangyang buhay na tinatamasa mo. Kaya't huwag kang magulat kung minsan ay nakakaramdam ka ng lungkot. Masuwerteng kulay-pink. Tips sa lotto-6-10-15-20-23-37.

PISCES (Feb. 19-Mar. 20) - Ang walang laman ay kailangang punan, gaya ng iyong pangarap na tila naubos na. Kaya muli kang mangarap. Masuwerteng kulay-beige. Tips sa lotto-7-11-19-25-35-45.

SUDOKU

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

SAGOT: SUDOKU VOL. 21 #52

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

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?



DID YOU KNOW GOATS HAVE

EMOTIONAL INTELLIGENCE?

Research shows that goats are socially aware of the environment they're in. They can "differentiate between other goats' happiness or displeasure by listening to their voices," according to National Geographic. Check out these other "facts" about animals you might have wrong.

WORD HUNT

Punishment & Corrections

E	O	I	H	I	S	N	C	I	N	E	T	Z	E
N	T	N	S	O	C	E	E	N	T	I	T	I	T
H	W	V	C	N	C	E	L	E	V	E	N	S	L
T	E	E	E	C	E	E	S	E	C	E	E	E	S
E	U	E	N	E	O	E	U	E	O	I	N	V	O
E	E	L	E	T	V	T	O	W	T	T	N	I	R
S	E	E	E	E	O	O	C	H	O	E	C	C	N
D	E	E	N	O	N	I	N	C	T	C	O	N	O
I	I	I	E	W	E	O	S	O	R	T	A	U	C
E	T	I	S	O	O	I	E	R	U	O	F	S	T
Z	H	O	E	V	E	U	N	E	V	I	F	E	V
F	G	D	S	T	R	C	T	T	S	U	E	R	U
E	I	O	E	E	R	H	T	I	C	R	U	T	E
N	E	S	O	U	R	C	S	S	E	T	R	H	D

WORKHOUSES
EXECUTION
JUDGE
OFFICERS
SENTENCING
PENITENTIARY
PROBATION
PRISONS
PRISONERS
CUSTODY
JAILS
ALTERNATIVES
CORRECTIONAL
FACILITIES
PAROLE
JURY
DETENTION
FENCES
MONITOR

DOST Region 1's First Surveillance Audit on ISO 9001 2015: "No NC!"

The Department of Science and Technology Region 1 (DOST Region 1), led by Regional Director Teresita A. Tabaog, successfully concluded its ISO First Surveillance Audit with zero (0) non-conformities, reaffirming its commitment to quality management and continuous improvement.



The audit, conducted by Certification International Philippines, Inc. (CIPi) Auditor Justo R. Batoon, Jr. assessed DOST Region 1's compliance with the ISO 9001:2015 Quality Management System (QMS). Engr. Batoon reviewed the department's processes, documentation, and implementation of quality standards across Science and Technology (S&T) Transfer Services of the provincial offices, S&T Scholarships, Testing and Calibration Services, Context of the Organization, Customer Satisfaction, QMS Scope and Management Review. The results confirmed that DOST Region 1 continues to uphold the highest standards of efficiency, effectiveness, and customer satisfaction.

"Let us be grateful of what has been undertaken for the past three (3) days. I am proud of all of you. This proves that we are doing great. But we should not rest on our laurels, let this be a motivation to make continuous improvement, moving forward," said Regional Director Teresita A. Tabaog.

DOST Region 1's successful audit outcome demonstrates its ability to maintain a well-structured QMS that ensures transparency, accountability, and continuous process improvement. Moving forward, the department remains focused on enhancing its operations, addressing stakeholder needs, and sustaining its ISO certification. *(Carla Joyce B. Cajala)*



FILIPINO INVENTORS DOMINATE THAILAND INVENTORS' FAIR 2025, BRINGING HOME 13 MEDALS

Bangkok, Thailand – In a stunning display of innovation and ingenuity, Filipino inventors have once again proven their world-class brilliance, securing an outstanding 6 Gold Medals, 4 Silver Medals, and 3 Bronze Medals at Thailand Inventors' Day 2025.



The prestigious event, held from February 2 to 6 at the Bangkok International Trade & Exhibition Centre (BITEC), showcased over 1,000 breakthrough innovations from around the world. Leading the Philippine delegation were Filipino Inventors Society Inc. (FISI) President Ronald Pagsanghan and Manila Young Inventors President Sonny Valenzuela, who will personally present **FILIPINO • 6**

Empowering the Food Industry: DOST Region 2 Evaluates 16 SETUP Proposals for the Food Processing Sector



Tuguegarao City, Cagayan – The Department of Science and Technology (DOST) Region 2 continues its commitment to strengthening micro, small, and medium enterprises (MSMEs) through the sixth Regional Technical Evaluation Committee (RTEC) Assessment for the Small Enterprise Technology Upgrading Program (SETUP). The recent evaluation focused on the food processing sector, assessing a total of 16 MSMEs.

Led by RTEC Chairperson Dr. Angel Encarnacion, alongside committee members Dr. Edgar Garcia, Dr. Amancia Magusib, and Mr. Arturo Tabbu, the assessment provided in-depth technical and financial reviews of the proposals. The

initiative ensures that MSMEs receive valuable insights to enhance their business operations, optimize production, and adopt innovative technologies through SETUP assistance.

Among the MSMEs evaluated were S&D Food Products, Honey Buns' Bakeshop, Aqua Drops Water Refilling Station, Jem Food Products, Maria Café, ThirTeaAnn R2 Milktea, Bianca Sizzling House, CMJ Food Products, Edskie's Meat and Vegetable Store, Teresita Cuntapay Food Products, Aginaldo Water Refilling Station, MNE Bakeshop, Quelly's Food Products Manufacturing, Ghiaccio Purified Ice Trading, Castillo Water System Services, and 3 **EMPOWERING • 6**