



2025 NUTRITION FORUM

07 JULY 2025 AUDITORIUM, CCCPH BUILDING, TRECE MARTIRES CITY



2025 NUTRITION FORUM

On July 7, 2025 the Office of the Provincial Health Officer – Nutrition team, in collaboration with Provincial Nutrition Committee, brought community stakeholders together at the Cavite Collaboration Center for Public Health, Trece Martires City for the 2025 Nutrition Forum, themed “Strengthening Food Security through Nutrition and Local Action” which emphasized grassroots solutions to malnutrition and food insecurity. The day-long event is part of the provincial celebration of the 51st Nutrition Month.

Ms. Dessa May R. Alibangbang, District Nutrition Program Coordinator, officially opened the forum with a warm welcome and acknowledgment of guests and participants. Dr. Nelson Soriano, Provincial Health Officer I delivered his opening address, stressing the holistic link between balanced nutrition and healthy lifestyle as foundational to public health.

Setting the program's tone, Dr. Maria Victoria Salvatus-Torres, Head of the Family Health Cluster, delivered a stirring Nutrition Message that food security is not just a goal but a commitment to dignity, equality and justice.

Ms. Angeles P. Peñalba, Provincial Nutrition Action Officer, formally elaborated on this year's nutrition month sub-theme, “Food at Nutrition Security, Maging Priority! Sapat na Pagkain, Karapatan Natin!” – underscoring food and nutrition security as a fundamental human right.

2025 NUTRITION • 5

1st Cavite Nutritionist-Dietitians' Conference



In a landmark effort to strengthen nutrition services and its health workforce, the Provincial Government of Cavite, through the Office of the Provincial Health Officer – Nutrition Program Team, launched the 1st Cavite Nutritionist-Dietitians' Conference in celebration of National Nutrition Month 2025. Held on July 4, 2025, at the Cavite Collaboration Center for Public Health in Trece Martires City, the conference carried the theme “Strengthening Capacities Towards Enhanced Nutrition Service Delivery.”

1ST CAVITE • 6

CREATIVITY, CULTURE, AND FRIENDSHIP SHINE AT FFCCCI's TIKTOK VIDEO COMPETITION AWARDING CEREMONY

Young Filipino Content Creators Celebrate 50 Years of PH-China Friendship Through Stellar Storytelling

MANILA, PHILIPPINES – The Federation of Filipino Chinese Chambers of Commerce & Industry, Inc. (FFCCCI), led by President Dr. Victor Lim, in collaboration with special guests from the Chinese Embassy headed by Minister Councilor Wang Yulei, celebrated the extraordinary talent of Filipino youth at the TikTok Video Competition Awarding Ceremony held today, July 5, 2025.



The event comes on the heels of the recent induction of newly-elected FFCCCI officers, where President Bongbong Marcos urged the Federation to help promote better economic cooperation, trade and diplomacy between the Philippines and China, the country's biggest trade partner.

The competition, which invited young creators aged 18 to 35 nationwide to showcase the rich cultural ties and enduring friendship between the Philippines and China, drew hundreds of dynamic entries. After a rigorous two-round judging process by an esteemed Board of Judges, the most compelling, creative, and heartfelt videos emerged victorious.

ANIGHT OF TRIUMPH AND INSPIRATION

The ceremony honored winners whose works captured the essence of shared heritage, mutual respect, and the vibrant future of PH-China relations.

GRANDPRIZE WINNERS

1st Prize (P100,000): #1 The Fusion of Filipino & Chinese Traditions – Mark Capareda (Tagum City, Davao del Norte)
A visually stunning masterpiece blending festivals, cuisine, CREATIVITY • 6

NEWS

Chinese online literature offers global readers a window into modern China

Once a niche form of entertainment, Chinese online literature, from serialized novels to adaptations in television, gaming, and animation, is emerging as a new cultural bridge to the world - drawing millions of international readers into its vivid narratives and offering a fresh perspective on contemporary China.



Charles Dewees attends an activity about Chinese online literature in Paris, France. (Photo provided by Charles Dewees)

In 2024, the overseas market for Chinese online literature exceeded 5 billion yuan (\$695.09 million), according to a report by the Chinese Academy of Social Sciences. The expanding community now includes 460,000 overseas web novel authors and over 350 million readers across more than 200 countries and regions.

In Cannes, France, a mother found inspiration in *Release That Witch*, a fantasy novel set in an alternate medieval world. Taken by a scene describing a Chinese desert, she handcrafted "ice-skin baozi" for her children, eager to bring a taste of China into her own home. Thousands of miles away in Quebec,

Canada, a young woman working in a kindergarten spends her night translating her favorite Chinese web novels into French, uploading them online to share with fellow readers.

"Chinese online fiction doesn't just captivate through fantasy. It reflects real emotional and moral concerns," said Charles Dewees, co-founder and editor-in-chief of Chireads, a France-based online reading community.

Founded in 2017, Chireads has become the largest hub for Chinese web novel translations in the French-speaking world, attracting nearly one million monthly active users, primarily from

France, Belgium, Luxembourg, Monaco, and Canada. On average, users spend more than 50 minutes a day on the site.

The forum has flourished thanks to licensing agreements with leading Chinese platforms such as Qidian and China Literature, enabling high-quality translations that preserve the nuance of the original texts. Comments on the site - "Fantastic!" "Engaging!" "Legendary!" - testify to their growing popularity.

Dewees sees Chinese web literature as both a storytelling powerhouse and a cultural ambassador. "With its thrilling plots, imaginative fantasy, and heartfelt emotion, it resonates far beyond China's borders," he said.

For Andeez Ziauddin, a Bangladeshi student at Fudan University in Shanghai, Chinese online fiction played a formative role in her life. Her first encounter came during childhood visits to Guangzhou, south China's Guangdong province, where her entrepreneur parents often traveled for business. She discovered Chinese novels at local libraries, including web fiction, and was instantly hooked. Even after returning to Bangladesh for secondary school, she continued reading online.

Now 27 and in her seventh at Fudan University, Ziauddin has been a fan



An exhibition on Chinese online literature and related products is held in Singapore, attracting many local visitors. (Photo by Xiang Lai)



Andeez Ziauddin speaks at an event hosted by Fudan University's School of Journalism. (Photo by Wu Jing)

of Chinese web literature for over two decades. She believes the appeal lies in shared cultural values. "South Asian readers can relate deeply to Chinese stories about perseverance, destiny and justice," she said.

In South Korea, translator Park Nu Lee has witnessed the rising appeal of Chinese online literature firsthand. She first found them from TV adaptations such as *Joy of Life* and *Nirvana in Fire*, which sparked her interest in the original novels. Today, she works with professional institutions to bring more of these works to Korean audiences through translation.

The influence of Chinese web literature in South Korea has grown remarkably, with adaptations into television dramas winning popularity among young audiences, Park noted.

She said Chinese



Park Nu Lee speaks at the launch ceremony of a Chinese book in Hangzhou, east China's Zhejiang province. (Photo provided by Park Nu Lee)

online literature covers a variety of genres, including history, fantasy, sci-fi, mystery, wuxia and romance. "There's something for everyone."

She credits the genre's growing momentum in part to the strength of China's online literature industry, which has developed a mature ecosystem of

spin-offs and adaptations. "In South Korea, many learn about Chinese web novels through TV shows or animations, then return to the original works. That adaptation cycle - how it loops back to the source - is something quite unique," Park explained. (By Zhang Bolan, Zhao Yipu, Mang Jiuchen, *People's Daily*)



Online novelists from various countries pose for a picture during the third Shanghai International Online Literature Week in Shanghai. (Photo by Xiang Lai)

Editorial

Mystery still shrouds Covid pandemic's origins

FIVE years on, the origins of Covid-19 continue to confound health experts.

How the pandemic that killed 20 million people and ravaged economies around the world started remains an enigma, despite a lengthy investigation by the World Health Organization.

Finger-pointing, politics and disinformation made the search even more difficult.

The lack of a definitive confirmation has spawned wild conjectures and even conspiracy theories about how Covid-19 came to be.

"As things stand, all hypotheses must remain on the table, including zoonotic spillover and lab leak," said the WHO Director-General Tedros Adhanom Ghebreyesus in a report released last week.

The zoonotic spillover theory suggests that SARS-CoV-2, a virus that infects primarily animals, was passed on to humans at a wet market in Wuhan, China.

The lab theory speculates that the virus leaked from a virology research facility, also in Wuhan, where studies on coronaviruses were being carried out.

During the early days of the pandemic, WHO sent a team to China to look at clinical data on Covid-19 compiled by Chinese health officials. The report the UN agency later issued gave weight to the spillover theory, and downplayed the lab theory as "extremely unlikely."

Critics came down hard on WHO for giving the study its imprimatur despite the limited access its team was given by the Chinese.

Geopolitical rivalries further clouded the issue. The United States president at that time, Donald Trump, strongly promoted the lab-leak theory. US media helped along by divulging a classified intelligence report that three researchers at the Wuhan laboratory were treated in hospital in November 2019, before China acknowledged a coronavirus outbreak.

Some Trump administration officials even raised suspicions that China was developing the coronavirus as a biological weapon.

Beijing countered by claiming that the coronavirus was developed in a biomedical



center in Maryland that conducts research on deadly viruses, including Ebola and smallpox.

To clear the air and to restore its credibility, WHO launched another investigation, this time involving 27 international experts. On Friday, the group released its findings in a 28-page report.

The study was still inconclusive "until further requests for information are met, or more scientific data becomes available..."

What WHO did acknowledge was that the Wuhan market "appears to be the location for amplification of infection in humans."

The lab leak theory "could not be investigated or excluded" because WHO could not get its hands on intelligence reports compiled by US, China, and other countries on the origins of Covid-19.

"Despite our repeated requests, China hasn't provided hundreds of vital sequences from individuals with Covid-19 early in the pandemic, more detailed information on animals sold at markets in Wuhan, and information on work done and biosafety conditions at laboratories in Wuhan," Tedros said.

In declaring the end to the Covid-19 public health emergency in 2023, Tedros said the pandemic had "exposed political fault lines, within and between nations. It has eroded trust between

people, governments and institutions, fueled by a torrent of mis- and disinformation."

The coronavirus "infodemic" makes it hard for people to find trustworthy sources and reliable guidance when they need it, he said.

Gigi Gronvall, an environmental health and engineering expert, highlights a "mismatch in our capabilities and expectations."

"We have the potential to trace a virus being transferred from one person to another. There is no sample that we can't analyze. What you can't do is go back in time and [analyze] samples that no longer exist. We have this expectation that we can analyze everything to the ninth decimal point but, in a lot of cases, you can't look at what you didn't bother to collect," Gronvall said.

"We don't know what's brewing in that sea of genomic information. We may think we have a good handle on coronaviruses or flu viruses, but there is a limit to how much we have been collecting. There's a lot out there for people to discover."

Finding out Covid's origins is critical in preventing — and responding to — similar outbreaks in the future. But right now, according to Gronvall, "we're not doing nearly enough. We're barely doing anything."

Check-up Sa Lalaki

Kung ikaw ay edad 40 pataas, kailangan mo ng check-up. Kung wala ka pang 40, pero may lahi ka ng sakit sa puso, diabetes o kanser, kailangan mo din magpacheck up ng maaga.

Heto ang mga dapat tandaan:

1. Magpa-blood test bawat taon – Heto ang mga tests na dapat gawin. Complete blood count (para malaman ang dami ng dugo), creatinine (para sa kidneys), uric acid (para sa arthritis), cholesterol (para sa puso), fasting blood sugar (para sa diabetes), at SGPT (para sa atay).

2. Urinalysis – Para masuri ang kidneys at malaman kung may impeksyon sa ihi.

3. Chest X-ray - Para makita ang бага at puso. Kailangan ito kapag naninigarilyo ka o laging may ubo.

4. ECG - Para malaman kung may sakit sa puso.

5. Bantayan ang Prostate – Kapag nagkakaed ang lalaki, lumalaki ang prostate. Minsan ay nagiging kanser pa ito. Ipa-check ang iyong PSA test para malaman kung may diprensiya o wala.

6. Bantayan ang Colon cancer – Para makaiwas sa colon cancer, kumain ng maraming gulay at prutas. Pag lampas ng edad 50, kailangan magpasilip sa puwit (sigmoidoscopy o colonoscopy). Ipa-check din ang dumi (stool exam with occult blood) para makasiguro na walang dugo sa dumi.

7. Ihinto ang paninigarilyo – Halos 60% ng kalalakihan ay naninigarilyo. Ang sigarilyo ay nagdudulot ng kanser sa bibig, lalamunan, бага at

DOKTOR NG MASA

ni Dr. Willie Ong



prostate. Mag-ingat.

8. Limitahan ang pag-inom ng alak – Huwag maniwala sa mga sabi-sabi na mabuti ang red wine para sa iyo. Kapag nasobrahan ka sa alak ay masisira ang iyong atay, bituka at utak.

9. Mag-ehersisyo – Ang tamang pag-e-ehersisyo ay 30 minutos hanggang 1 oras, at gawin ito ng 3-5 beses sa isang linggo. Huwag din magpataba.

10. Alamin ang BP –Ang normal na blood pressure ay 120 over 80. Kapag lumampas ka sa 140 over 90, ang ibig sabihin ay may altapresyon ka na. Magpatingin sa doktor.

11. Magbawas ng stress – Masama ang stress sa ating katawan dahil naglalabas ito ng cortisol. Ang cortisol ay nakasisira sa ating mga organo.

12. Magpabakuna – Para sa mga edad 50 pataas, kailangan ninyo magpabakuna laban sa Pulmonya at Trangkaso. Ang tawag dito ay pneumonia vaccine at flu vaccine. Sa mga kabataan, magpacheck din kung kailangan ninyo ng Hepatitis B vaccine.

Hindi mahal ang magpa-check up. Sa katunayan ay mas hahaba pa ang iyong buhay. Sana ay nakumbinsi natin ang mga lalaki na alagaan ang kanilang sarili.



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LEGAL NOTICES



**REPUBLIC OF THE PHILIPPINES
REGIONAL TRIAL COURT
FOURTH JUDICIAL REGION
NAIC CAVITE
OFFICE OF THE CLERK OF COURT
AND EX-OFFICIO SHERIFF**

HOME DEVELOPMENT MUTUAL FUND
Petitioner-Mortgagee,

-versus- FNC 2023-411

**JUANA RAGANAS CASTILLO,
Married to DIONISIO SAN PEDRO CASTILLO,**
Respondent-Mortgagor.

X- ----- X

NOTICE OF EXTRA-JUDICIAL SALE

WHEREAS, upon Extra-Judicial Petition for Sale under Act No. 3135 as amended by the Act No. 4118, filed by **HOME DEVELOPMENT MUTUAL FUND**, Mortgagee, with postal address at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City against **JUANA RAGANAS CASTILLO married to DIONISIO SAN PEDRO CASTILLO**, Mortgagors, with postal address at 1259, Gonzalo St., San Andres, Malate, Manila to satisfy the mortgage indebtedness which as of April 28, 2023, amounted to **ONE HUNDRED THIRTY FIVE THOUSAND TWENTY ONE PESOS & 28/100 (Php. 135,021.28)** Philippine Currency, excluding penalties, Attorney's Fees and expenses of the foreclosure, the undersigned authorized Sheriff IV, will sell at public auction on **July 22, 2025 at 9:00 in the morning** or soon thereafter at the Regional Trial Court, Naic Cavite, to the highest bidder in CASH or MANAGER'S CHECK and in Philippine Currency the property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-2011005596

IT IS HEREBY CERTIFIED that a certain land situated in BRGY. OF TIMALAN, MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows: A PARCEL OF LAND (LOT 28 BLK. 3 OF THE SUBDIVISION PLAN PSD-04-181259, BEING A PORTION OF LOT 4, PCS-04-021231, L.R.C. RECORD NO. ____), SITUATED IN BRGY. TIMALAN, MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON. BOUNDED ON THE SW., ALONG LINE 1-2 BY FOOTPATH 10, ON THE NE., ALONG LINE 3 BY LOT 21 BLK. 3; ON THE NE., ALONG LINE 3-4 BY LOT 82 BLK. 3 PARKS; AND ON THE SE., ALONG LINE 4-1 BY LOT 29 BLK. 3, ALL OF THE SUBD. PLAN BEGINNING AT A POINT MARKED "1", BEING S. 60 DEG. 00'E, 710.53M. FROM MON. 17 NAIC ESTATE. THENCE; x x x CONTAINING AN AREA OF **THIRTY TWO (32) SQ. METERS.** x x x

Prospective bidders are hereby enjoined to investigate for themselves the title of the above-described property and to the encumbrance existing thereon, if any there be.

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 **July 29, 2025** at the same time and at the same place mentioned above without further notice.

Municipality of Naic, Province of Cavite, January 8, 2025

(Sgd.) JANELLE V. LAGADON, MBA
Sheriff IV

Copy furnished:

HOME DEVELOPMENT MUTUAL FUND – The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City

Juana Raganas Castillo married to Dionisio San Pedro Castillo – 1259, Gonzalo St., San Andres, Malate, Manila and/or Lot 28 Block 3, Ciudad Nuevo, Phase 1B, Timalan, Naic, Cavite

Maria Victoria D. Capiral c/o 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

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Dates: June 23, 30 & July 7, 2025

**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**

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

-versus- EJF NO. TG-24-143
FOR: Extrajudicial Foreclosure of
Real Estate Mortgage under Act
3135 as amended by Act 4118

**LILIBETH B. OLIGARIO MARRIED
TO NOEL R. OLIGARIO,**
Respondents/Mortgagors,

X- ----- X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure sale under Act 3135, as Amended by Act No. 4118, filed by 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 principal office at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, pursuant to the terms and conditions of the Loan and Mortgage Agreement executed and notarized on October 11, 1999 by Respondent/Mortgagor **LILIBETH B. OLIGARIO married to NOEL R. OLIGARIO**, both of legal age, Filipino citizens with postal address/es at (1) 246 Paliparan III, Dasmariñas, Cavite; and (2) Lot 32, Blk. 5, Franceville Executive Homes, Brgy. Bulihan, Silang, Cavite, in favor of the Petitioner/Mortgagee, over a real estate property including improvements thereon, described in and covered by **TRANSFER CERTIFICATE OF TITLE NO. (T-887090) 25818**, of the Registry of Deeds for the Province of Cavite, in order to satisfy the outstanding loan obligation of the Respondents/Mortgagors in the amount of **TWO HUNDRED FOUR THOUSAND SIX HUNDRED EIGHTY SEVEN PESOS & 54/ 100 (Php204,687.54)**, inclusive of interest, penalties and other charges, as of September 16, 2024, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru her deputy, Rhiz Sañel C. Toledo, will sell at public auction on **September 9, 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:

**TRANSFER CERTIFICATE OF TITLE NO. (T-887090)
25818**

Registry of Deeds for the Province of Cavite

"IT IS HEREBY CERTIFIED That Certain Land Situated in The Municipality of Silang, Province of Cavite, Bounded and Described As Follows: "A parcel of land (Lot 32 of the cons.-subd. plan, Pcs-04-010965, being a portion of the cons. of Lots 1-22, Blk. 5. Psd-04-076724, L.R.C. Rec. No.), situated in the Brgy. Bulihan, Mun. of Silang, Province of Cavite, Island of Luzon. Bounded on the SE., along line 1-2 by Lot 34 of the cons.-subd. plan; on the SW., along line 2-3 by Road Lot 3 Psd-04-076724; on the NW., along line 3-4 by Lot 30; on the NE., along line 4-1 by Lot 31 both of the cons.-subd. plan. Beginning at a pt. marked "1" on plan, being S. 47 deg. 59'W., 7368.49 m. from BLBM No. 1, Bo. Kabilang Baybay, Carmona, Cavite; thence S. 23 deg. 06'W., 10.97 m. to pt. 2; thence N. 66 deg. 54'W., 3.74 m. to pt. 3; thence N. 23 deg. 06'E., 10.97 m. to pt. 4; thence S. 66 deg. 54'E., 3.74 m. to the pt. of beginning, containing an area of FORTY ONE (41) Sq. meters. All pts. referred to are indicated on the plan and are marked on the ground by PS cyl. conc. mons. 15x60 cm.; bearings true; date of orig. survey, June 7-15, 1943 and that of the cons.-subd. survey, July 30, 1995 and was approved on October 6, 1995" is registered in accordance with the provisions of the Property Registration Decree in the name of **LILIBETH B. OLIGARIO**, Filipino, of legal age, **married to Noel R. Oligario**

In the event the public auction should not take place on the said date, it shall be held on **September 16, 2025** without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the Transfer Certificate

**EXTRAJUDICIAL SETTLEMENT OF
ESTATE OF THE LATE SUSANA
GOLINGO NOTO AND ROWELL
MAGTAAN MUTUC**

NOTICE is hereby given that the estate of the late **SUSANA GOLINGO NOTO AND ROWELL MAGTAAN MUTUC**, who died on August 15, 2021 at Ospital ng Imus Pedro Reyes, Imus City, Cavite and September 3, 2021 at 217 Patio Tirona Brgy. Malagasang 2-D, Imus City, Cavite, that at the time of their death they left us a parcel of land located at Brgy. San Gabriel, General Trias City, Cavite, covered by **Transfer Certificate of Title No. 057-2012032870** containing an area of One Hundred Three (103) square meters, and was Extra-Judicially Settled among the legal heirs, executed on June 11, 2025 and ratified before Notary Public **Atty. Gabriel B. Octava**, under Doc. No. 349, Page No. 70, Book No. III, Series of 2025.

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: June 30, July 7 & 14, 2025

**AFFIDAVIT OF SELF-
ADJUDICATION WITH DEED OF
ABSOLUTE SALE**

NOTICE is hereby given that the estate of the late **SUSANA GOLINGO NOTO AND ROWELL MAGTAAN MUTUC**, who died on August 15, 2021 at Ospital ng Imus Pedro Reyes, Imus City, Cavite and September 3, 2021 at 217 Patio Tirona Brgy. Malagasang 2-D, Imus City, Cavite, the said deceased is the registered owner of a Two (2) parcel of land located at Brgy. San Gabriel, General Trias City, Cavite, covered by **Transfer Certificate of Title No. 057-2012034798** containing an area of Fifty-Four (54) square meters and **Transfer Certificate of Title No. 057-2012032870** containing an area of One Hundred Three (103) square meters, and was Extra-Judicially Settled among the legal heirs, executed before Notary Public **Atty. Gabriel B. Octava**, under Doc. No. 348, Page No. 70, Book No. III, Series of 2025.

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Dates: June 30, July 7 & 14, 2025

of Title No. (T-887090) 25818 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, June 10, 2025.

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

(Sgd.) RHIZ SAÑEL C. TOLEDO
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:

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

**MARIA VICTORIA D. CAPIRAL
C/O JEFFREY A. RAMIENTAS, C.P.A**
Attorney-in-Fact
GREATSOURCE CORPORATION
2546 A. Bonifacio St., Bangkal, Makati City

LILIBETH B. OLIGARIO MARRIED TO NOEL R. OLIGARIO
Debtor/Mortgagor
(1) 246 Paliparan III, Dasmariñas, Cavite
(2) Lot 32, Blk. 5, Franceville Executive Homes, Brgy. Bulihan, Silang, Cavite

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Dengue

from
page 8

THE PROBLEM

Dengue remains a major threat in the Philippines; however, limited access to vaccines and health facilities hinders effective response. Therefore, proactive prevention strategies are urgently needed.

Dengue cases in Isabela continued to rise in 2025, with 659 cases reported from January to February 21—up from 434 cases during the same period in 2024. The increase has been linked to the rainy season, which contributes to the spread of mosquitoes.

Photo courtesy: Miguel de Guzman

Project C-Dews (Community Dengue Early Warning System)

Project CDEWS is an in-house development of the Business Intelligence Research and Development Center, a collaborative project between Cauayan LGU, Isabela State University, and the Department of Science and Technology under the Smarter City Project.

It is an online platform using an IoT-based OL trap to predict the level of household mosquito infestation and provide early warning and recommend sanitation practices to prevent dengue.



posed Project C-DEWS (Community Dengue Early Warning System). The proposal aims to strengthen public health through an early warning system that raises awareness, alerts households, and encourages active community participation in dengue prevention.

Project C-DEWS is an online platform that uses an IoT-based OL trap to predict household mosquito infestation levels. It provides early warnings and recommends sanitation

practices to help prevent the spread of dengue.

This project is a collaboration between the Cauayan LGU, Isabela State University (ISU), and the Department of Science and Technology (DOST) under the Smarter City Project.

Liveable Cities Philippines, a proud local partner of Bloomberg Philanthropies Bloomberg Mayors Challenge, will continue working with Cauayan City throughout the challenge.

EXTRAJUDICIAL SETTLEMENT OF ESTATE OF THE LATE ANTONIO MADLANGBAYAN AND BENITA DELA CRUZ MADLANGBAYAN

NOTICE is hereby given that the estate of the late **ANTONIO MADLANGBAYAN AND BENITA DELA CRUZ MADLANGBAYAN**, who died on November 8, 1962 in Kawit, Cavite and February 20, 1975 in Kawit, Cavite, without any will or testament and without any outstanding debts in favor of any person or entity, that said deceased are the registered owner of a parcel of land located at Toclong, Kawit, Cavite issued by **Tax Declaration No. AA 11-0012-04044** without improvements containing an area of 2176 square meters, and was Extra-Judicially Settled among the legal heirs, executed on June 7, 2025 and ratified before Notary Public **Atty. Aejay V. Barias**, under Doc. No. 59, Page No. 13, Book No. I, Series of 2025.

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2025 Nutrition

from
page 1

Three distinguished speakers shared practical lessons and innovative models:

Mr. John M. Mendoza, Training Specialist I, Agricultural Training Institute Region IV-A, presented "Strengthening Food System through Local Agriculture," offering household planting strategies to boost food

production.

Hon. Amanda G. Manalo, Barangay Chairperson of Kaybagal South, Tagaytay City, showcased the barangay initiative on Purok Governance Functionality Challenge fitting the topic, "Sa Barangay Nagsisimula: Food and Nutrition Security in Action." She highlighted community-led

efforts and innovations to supply fresh vegetables throughout their locale. Their initiative also addressed waste management concerns and provided livelihood to the community.

Mr. Alvin T. Cayetano, Nurse II, DepEd SDO Cavite, spoke on "Gulayan sa Paaralan: Cultivating Nutrition in our Schools," illustrating how the program on school garden contribute to fostering nutrition

education among students and the innovations they introduced over the years.

The forum concluded with an inspiring message from Ms. Liberty M. Guzman, District Nutrition Program Coordinator, urging all participants to harness their shared knowledge and uphold multi-sectorial partnerships to ensure sustainable, community-based nutrition systems. **(A. Sarte)**



Sports Life

from
page 8

program is gaining attention. Yet beyond the drills and the tweets, it was the sense of community that made Day 1 truly special. While chatting briefly with Ken, the president of Pocari Sweat Philippines, I mentioned how his brand now shows up everywhere—from barangay games to national finals, and even in some overseas matches.

His words stuck in my mind long after we spoke. With genuine calm, he told me:

"We try to reach everyone and make real, deep and meaningful connections. Beyond the contests, we want to help kids believe they can dream bigger."

That simple yet strong message sums up why this program shines. Its aim goes beyond quick publicity; it seeks to be present on purpose. The team shows up where young athletes train and works to inspire them every day. Hearing him, I remembered that Pocari is not just refueling bodies—it is powering dreams, one court at a time.

What's at Stake? A Dream Flight to Japan

The top performers from Cavite Day 1 will join the standouts from Day 2, forming Cavite's Top 10. This small group moves on to the South Luzon Final Tryouts, where they face the best players from the Batangas and Laguna legs.

But the journey doesn't stop there.

From South Luzon, finalists will mix with finalists from Bulacan and Pampanga, creating a bigger bracket. Out of that huge crowd, only 8 players will be picked for the free one-week training camp in Japan in 2026. It's a rare chance many young athletes only dream about—a prize for talent, steady effort, and showing up ready to work each round.

Even those who don't board the plane still gain a lot from the program. Players leave with sharper skills, boosted confidence, and an experience that sticks with them long after the last whistle.

In the end, Live Your Dream isn't only about who wins the ticket—it's about how far each athlete learns to reach for it.

A Slam Dunk for Caviteño Basketball

Today, many youth programs swing from short

tournaments to quick pick-up games, leaving real growth almost by accident. Pocari Sweat Lives Your Dream flips that script by stepping in with a plan, showing how heart-driven business support can reach corners the big leagues often miss.

That effort brings Cavite, a province already crazy about hoops, a front-row seat and an honest road map for young players ready to chase something bigger.

And by the way, congratulations to the Top Five Finalist for Day 1:

Jersey #23 Christian Jhovic D. Mateo - City of General Trias

Jersey #28 Kyle Rafael A. Beronio - Imus City

Jersey #66 Josiah Jaden A. Gallo - Imus City

Jersey #76 Zyre Joward B. Villar - Imus City

Jersey #77 John Stephen Malaga - Bacoor City Looking Ahead

Mark your calendars: Day 2 of the Cavite leg hits PCU-Dasmariñas soon. This will determine who gets into the Top Five to complete the Ten Cavite Finalists. Coaches, parents, and neighbors are invited to fill the stands, cheer loud, and honor the athletes who showcase classic Caviteño grit and push. As we follow their rise in the weeks ahead, let us keep celebrating the stars along with the whole system that builds work ethic, offers real chances, and rewards anyone willing to sweat, show up, and live the dream.

Until then, semper ad meliora!

Join me. Support the Movement

As the founder of Scholastic Sports Camp, I invite you to be of my work. Be part of this growing community of passionate, doers and believers.

Follow "Sports Life" weekly here at Pulso ng Makabagong Caviteño for grassroots updates, athlete spotlights, and real stories behind youth development in sports.

Like and follow my Facebook Page: FB@CoachFrancisPH/

Subscribe to my YouTube Channel: YT@CoachFrancisPH

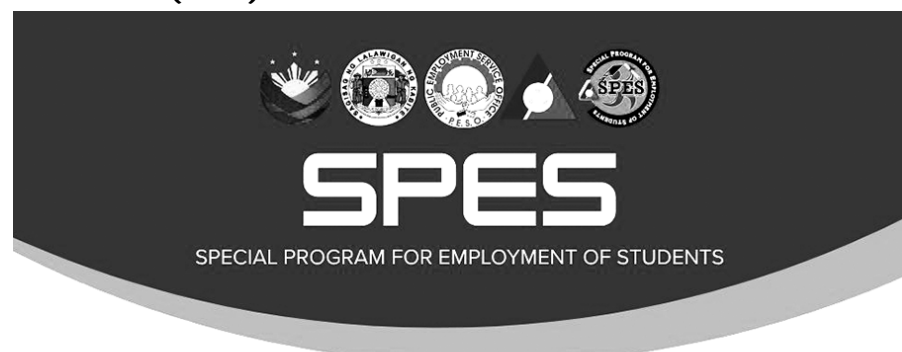
Read my Blog on WordPress: Sports Life – A Blog by Coach FrancisPH [https://buenaventurafa.wordpress.com/]

Help me continue building this movement. Like. Share. Subscribe. Support. Let's shape the future of youth sports—together.

NEWS

Calling all students and out-of-school youth!

We're excited to announce that the Special Program for Employment of Students (SPES) is back!



QUALIFICATIONS

- Students or out-of school youth (OSY) at least 15 but not more than 30 years old
- Combined net income after tax of parents, including his/her own, if any, does not exceed the regional poverty threshold
- Students have obtained a passing general weighted average
- OSY must be certified by the local Social Welfare and Development Office as OSY

REQUIREMENTS

- Updated resume/ curriculum vitae
- Photocopy of birth certificate
- Copy of the parents' latest income tax return (ITR) issued by the BIR or the parents' certificate of indigency issued by barangay
- For **Students**: Copy of grades
- For **Out-of-School Youth**: Original copy of Certification as OSY issued by the Barangay Chairman or by the Social Welfare and Development Office in the LGU

APPLY HERE

<https://tinyurl.com/CaviteSPES2025>



MULA SA BAYAN, PARA SA BAYAN

Successful applicants will be assigned at the Provincial Government of Cavite for a period of 22 working days, and we are currently looking for 7 beneficiaries.

Check the registration details in the poster below.

Qualified applicants will be contacted for an interview and assessment.

This is your chance to gain valuable government work experience and earn while you learn. Don't miss

out — register now and take the first step toward a productive and meaningful SPES journey! **#MulaSaBayanParaSaBayan #dolecavite #caviteprovincialpeso #Cavite #SPES2025**

Lanao

from page 8

both virtual and augmented reality (VR and AR) systems. Other educational innovations introduced were COURSEWARE, Strategic Intervention Material for Teaching with Augmented Reality (SIMATAR), and the Learning English Application for Pinoys (LEAP).

The 21st CLEM classroom is equipped with reconfigurable desks and chairs; instructional, immersive, and creative educational technologies; and oOpen Learning Spaces (OLS) to support flexible and interactive learning.

Key stakeholders such as DepEd Region 10 Assistant Regional Director Dr. Federico P. Martin, CESO III, and DOST Lanao del Norte Provin-

cial Science and Technology Director Engr. Roy C. Sagrado underscored the long-term educational benefits of the project and its transformative impact on the province's learning ecosystem.

Provincial Gov. Imelda Quibranza-Dimaporo reaffirmed her commitment to educational progress, saying: "With the rapid advancements in technology today, I firmly believe that the introduction of the 21st Century Learning Environment Model is not just about infrastructure, it is an investment in the future of our students, in the hopes and dreams of our learners, and in the advancement of a progressive learning system. The provincial government of Lanao del Norte,

through the Provincial School Board and with the invaluable support of our dedicated partners, especially the Department of Science and Technology (DOST), is making this dream a reality."

The initiative not only fosters 21st century competencies and strengthens STEM education but also provides essential tools to enhance teaching and learning processes. It directly supports Sustainable Development Goal No. 4, which advocates for inclusive, equitable, and quality education while promoting lifelong learning opportunities for all.

Moreover, it aligns with the DOST's Strategic Pillar of promoting human well-being through science and technology. **(SAALI, MAHDonio/DOST Lanao del Norte)**

Creativity

from page 1

and traditions in a dazzling display of unity.

2nd Prize (P50,000): #24 PHChina50years – Emmanuel Labrador (Navotas)

A moving tribute to five decades of diplomacy, trade, and camaraderie.

3rd Prize (P30,000): #6 Magkaibigan (Pilipinas at Tsina) – Richard Samulde (South Cotabato)

A heartwarming narrative of cross-cultural friendship that resonated deeply with audiences.

SPECIAL AWARDEES

President's Choice (P20,000): #14 Dugong Tsino, Pusong Pinoy – Ricardo Todio Jr. (Leyte)

A powerful testament to the Filipino-Chinese identity, chosen by FFCCCII President Dr. Victor Lim.

Youth & Integration Committee's Choice (P20,000): #16 Friendship Beyond Borders – Aaliyah Mara Adriano (Paombong, Bulacan)

A youthful, energetic portrayal of cross-border solidarity.

Media & Public Information Committee's

Choice (P20,000): #7 Pengyou hanggang dulo (Dugong Filipino, Pusong Tsino) – Liwileen Dalupang (Tarlac)

A viral sensation praised for its engaging storytelling and emotional depth.

Inspirational Story Award (P20,000): #10 A Wish Not Written on Khoom Fay (Sky Lanterns) – Aresteo Antalad (Navotas)

A poetic, visually arresting tale of hope and shared dreams.

Cultural Story Award (P20,000): #20 PhChina50years – Misra Aina (Sulu)

A rare and beautiful glimpse into the blending of cultures in the southern Philippines.

NOTABLE ENTRIES (P10,000 Each)

Eleven additional creators received Consolation Prizes for their outstanding contributions, showcasing humor, animation, historical deep dives, and personal narratives that captivated judges and audiences alike.

A CELEBRATION OF

1st Cavite

from page 1

The event gathered nutritionists and dietitians from local government units, different agencies, and academic institutions across the province, fostering collaboration, sharing of best practices, and professional growth in pursuit of improved public nutrition outcomes.

Dr. Nonie John Dalisay, Cavite Provincial Health Officer, warmly welcomed participants to the landmark gathering, emphasizing the critical role of nutrition professionals in advancing the province's healthcare agenda. "This conference is not just a celebration of your profession, but a recognition of your hard work and unwavering dedication," he affirmed, reinforcing the value of their service in community health.

Ms. Angeles Peñalba, Provincial Nutrition Action Officer, expressed heartfelt appreciation for the attendees' pres-

ence, highlighting how their collective efforts shape the province's nutrition landscape. She shared that the idea for the conference was inspired by the recent Regional Nutritionist-Dietitians Conference, sparking the initiative to create a similar platform for Cavite's local nutrition professionals.

Adding further depth to the occasion, Ms. Jellie Anne Palencia delivered the keynote message, underscoring the vital role of registered nutritionists-dietitians in delivering holistic healthcare. She emphasized how proper nutrition serves as a foundation for wellness, prevention, and recovery – positioning RNDs as essential pillars in the healthcare system.

The conference was jam-packed with engaging talks and lectures, and sharing of experiences and practices from experienced

YOUTH, ART, AND DIPLOMACY

In his keynote speech, President Victor Lim praised the winners for their innovation and passion, stating:

"These videos are more than just content—they are bridges. Through creativity, our youth have strengthened the bond between two nations, proving that friendship knows no borders."

WATCH THE WINNING ENTRIES!

Relive the magic by searching #PHChina50years on TikTok or visiting FFCCCII's official social media pages.

GOOD NEWS! FFCCCII also announced the next FFCCCII TIKTOK YOUTH VIDEO COMPETITION shall have deadline of Sept. 30, 2025 midnight 12 am, same age range 18 to 35 years old, Filipino citizens. Short videos of not over 2 minutes on the theme: "Chinese Contributions to Philippine Progress (focusing on local Chinese community contributions to Philippine economy and philanthropy). Details are in the FFCCCII Facebook, TikTok and Instagram.

speakers – Ms. Cristina Elalto, from the City of Bacoor, presented the opportunities and challenges in LGU-based Nutrition Programs, while Ms. Ruchel Oasan, from the Adventist University of the Philippines, talked about Educating the Next Generation: The Academe's Role in Nutrition Advancement. Adding a clinical perspective, Ms. Dorothy Caroline Dela Cruz from Pagamutan ng Dasmariñas explored "Clinical Nutrition at the Forefront of Patient Care, and finally, Ms. Theresa A. Rivas of the National Nutrition Council – CALABARZON brought the conversation full circle with her compelling lecture on "Translating National Goals to Local Action: Where Do We Fit In?"

In closing, Ms. Dessa May Alibangbang, District Nutrition Program Coordinator, expressed their sincere gratitude to everyone that took time to partake in the said conference, making it a resounding success. **(J. Reyes)**

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Bawat suwerte mo ay dadagdagan pa ng langit kapag nakita ka Niyang tumutulong sa mga nangangailangan, at walang-wala. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-peach. Tips sa lotto-8-10-17-25-27-35.

TAURUS (Apr. 20-May 20) - Pakinggan mo ang awit ng mga ibon. Ito ay nagbabalita na ang mga suwerte ay darating na sa iyong buhay. Masuwerteng kulay-red. Tips sa lotto-2-11-14-26-34-36.

GEMINI (May 21-June 20) - Mapapansin mo ang sarili mo na parang masaya ka kahit may mga problema. Ibig sabihin, gaganda rin ang iyong kapalaran, at magsisimula na ito ngayon. Masuwerteng kulay-silver. Tips sa lotto-6-19-29-33-38-42.

CANCER (June 21-July 22) - Kumilos ka ayon sa hangarin mong mas gumanda pa ang buhay mo. Huwag mong pahirapan ang sarili mo, dahil lang sa nakaraang kabiguan. Ito ang mensahe para sa iyo. Masuwerteng kulay-white. Tips sa lotto-2-14-22-31-39-41.

LEO (July 23-Aug. 22) - Hindi mo kailangang patunayan sa mga nasa paligid mo na handa ka nang harapin ang hamon ng iyong kapalaran. Wala silang karapatang malaman kung ano ang gagawin mo sa iyong buhay. Masuwerteng kulay-green. Tips sa lotto-4-12-27-30-32-45.

VIRGO (Aug. 23-Sept. 22) - Huwag mong hanapin ang wala sa iyo. Ang pagtuunan mo ng pansin ay ang mga paligid mo. Tandaan mo, hindi ka dapat mabuhay sa negatibong pananaw. Masuwerteng kulay-yellow. Tips sa lotto-1-16-18-23-33-41.

LIBRA (Sept. 23-Oct. 22) - Pagagandahin ng langit ang iyong buhay. Maniwala ka man o hindi, ang mga suwerte mo ay nasa maliliit na saya at ligaya na iyong patuloy na nararanasan. Masuwerteng kulay-purple. Tips sa lotto-5-13-22-30-37-44.

SCORPIO (Oct. 23-Nov. 21) - Samantalahin mo ang magandang takbo ng kapalaran mo sa aspeto ng pagkakakitaan. Kahit mapagod ka at medyo mahirapan, kailangang hindi masayang ang mga araw na ito. Masuwerteng kulay-pink. Tips sa lotto-2-15-21-24-31-36.

SAGITTARIUS (Nov. 22-Dec. 21) - Unahin mo ang sarili mo. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-beige. Tips sa lotto-4-19-28-32-38-43

CAPRICORN (Dec. 22-Jan. 19) - Palihim kang dumikit sa mga taong may magandang kapalaran. Gawin mo ito, dahil ang ilang suwerte na para sa kanya, mahimalang sa iyo mapupunta. Masuwerteng kulay-blue. Tips sa lotto-7-17-23-25-34-45.

AQUARIUS (Jan. 20-Feb. 18) - Dagdag saya pa ang kailangan mo upang dumami pa ang mga suwerteng paparating sa buhay mo. Kaya ang lungkot ay hindi dapat makasingit sa iyong karanasan. Masuwerteng kulay-black. Tips sa lotto-2-9-13-28-30-33.

PISCES (Feb. 19-Mar. 20) - Kumilos at gumalaw ka! Gawin mo kahit wala ka pang anumang layunin. Dahil kapag hindi ka gumalaw at kumilos, ang mga negatibong bagay ay darapo sa iyo. Sa patuloy na pagkilos, maraming suwerte at magagandang kapalaran ang darating sa iyo. Masuwerteng kulay-violet. Tips sa lotto-4-11-19-27-37-41.

SUDOKU

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

SAGOT: SUDOKU VOL. 22 #18

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

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?



THE WORLD'S OLDEST WOODEN WHEEL HAS BEEN AROUND FOR MORE THAN 5,000 YEARS

Talk about one old tourist attraction! This wheel was found in 2002, approximately 12 miles south of Ljubljana, the capital of Slovenia, and is now housed in the city's museum. Radio-carbon dating was used to determine the wheel's age, which is somewhere between 5,100 and 5,350 years old.

WORD HUNT

Cod you believe it?

K	B	I	L	E	R	E	K	C	A	M	G	R	N
C	L	T	S	T	O	K	O	L	O	E	C	H	E
A	E	A	K	B	H	D	T	U	A	K	K	P	T
L	W	H	I	T	I	N	G	R	T	A	A	I	R
L	E	N	I	D	R	A	S	H	T	H	E	R	O
O	C	K	T	A	A	A	I	A	P	U	T	I	U
P	T	T	S	P	R	A	T	D	H	C	N	K	T
R	T	U	U	L	T	D	N	D	A	E	E	A	S
N	T	N	B	R	C	T	E	O	C	T	L	E	O
O	K	L	A	I	B	B	K	C	U	H	T	R	U
M	I	I	S	M	L	O	R	K	I	A	N	H	R
L	C	P	H	T	A	A	T	I	K	A	T	A	L
A	I	L	H	R	T	N	H	S	L	T	L	K	N
S	N	A	C	D	S	L	B	L	D	L	E	P	E

BRILL

HAKE

TURBOL

HALIBUT

TUNA

WHITING

TROUT

SALMON

PLAICE

COD

SPRAT

HADDOCK

MACKEREL

POLLACK

SKATE

SARDINE

Lanao del Norte, DepEd, DOST launch future-ready classroom with 21st century learning technology

Baroy, LANA DEL NORTE – IN a significant move to modernize the learning environment, the Department of Science and Technology Region 10 (DOST-10), in collaboration with the Department of Education (DepEd) and the provincial government of Lanao del Norte, launched the 21st Century Learning Environment Model (21st CLEM) at the Lanao del Norte National High School recently.



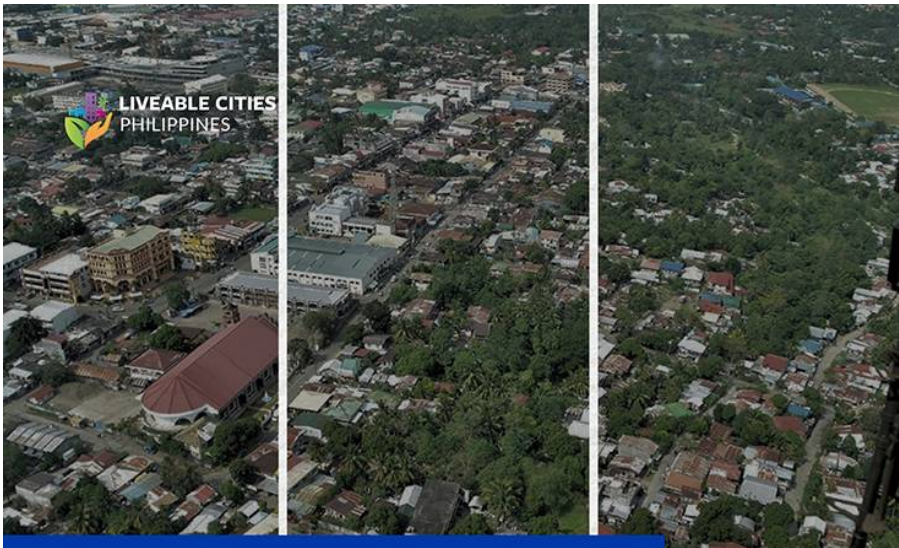
DOST's 21st CLEM project aims to establish future-ready classrooms designed to promote collaborative, tech-integrated, and student-centered learning. These innovative spaces combine flexible classroom designs with cutting-edge educational technologies to develop essential 21st century skills among learners.

"Our school is fortunate to be chosen as the recipient of the 21st CLEM in Northern Mindanao. Our learners in Lanao del Norte will now experience and enjoy the technology that comes with this initiative."

LANAO • 6

Dengue Cases Rise

From January to February 21, 2025, dengue cases in Isabela rose to 659—up from 434 during the same period last year.



CAUAYAN CITY

Cauayan City, one of the top 50 global finalists for the 2025 Bloomberg Mayors Challenge, proposed an early warning system for dengue outbreaks that uses data from mosquito traps, sensors, and other sources to better alert residents.

To address the surge, the Cauayan City Local Government—one of the Philippine cities named among the top 50 finalists in the 2025 Bloomberg Global Mayors Challenge—has pro-

DENGUE • 5

Sports Life

By Coach Francis A. Buenaventura



Live Your Dream Takes Flight in Cavite: Pocari Sweat Basketball Season 2 Kicks Off with Passion and Promise

On July 6, the Pocari Sweat Live Your Dream: Basketball Edition Season 2 rolled into Cavite and kicked off Day 1 with more than 60 eager young players taking the first step. This wasn't your typical basketball tryout, it was a launchpad for dreams, grit, and growth. Boys born between 2010 and 2012 showed up from every corner of the province, chasing a chance to turn their passion, sweat, and hard work into something real.



Day 1 Finalists (L-R: Prince Jilan Lacap, Jhovi Mateo, Josiah Jaden A. Gallo, John Stephen Malaga, Zyre Joward B. Villar)

A Program That Goes Beyond the Court

Now on its second season, Live Your Dream isn't just another selection camp. It's a multi-regional program designed to inspire and coach grassroots basketball talent all over the key provinces of Luzon. Launched in Batangas City under Coach JC Nuyles, the tour is making its way through South and North Luzon, including this Cavite stop led by Coach Francis Buenaventura, the province's Youth Development Coach.

Pocari Sweat is backing the whole program, so it mixes try-out competitions with fun learning clinics. Players show what they can do on the court while soaking up pointers from experienced coaches. Between drills and mini-games, they also pick up smart drinking habits, and a big lesson on fair play. That matches Pocari's push for healthier, cleaner sports everywhere.

Cavite Youth Responds with Grit and Heart

In Bacoor City, the first day buzzed with pure energy. joining only asked for three easy things: a birth certificate, proof of Cavite address, and one bottle of Pocari Sweat. Because of that, lots of local kids could step forward and show their moves, no matter their family background. By keeping it open, the selection really tapped into the province's home-grown talent.

As a bonus, all participants snagged a free training jersey, breakfast and lunch, unli-Pocari, and drills kicked off with plenty of smiles. From warm-up to final whistle, young ballers cycled through stations that pushed their shooting, ball-handling, defense, and court sense. Quick pick-up games and set drills let coaches see not just skill, but also how players talked, thought, and stuck to the rules.

Community Vibes & Real Development

Social media exploded with posts from coaches, organizers, and players alike. Hashtags like #LiveYourDream, #PocariSweatPH, and #CaviteLeg topped local trends, reflecting how quickly this grassroots basketball

SPORTS LIFE • 5