



Relief Goods Distribution and Courtesy Call

Patuloy tayong namahagi ng tulong sa ating mga kababayan sa Bacoor, Naic, at Mendez, na matinding naapektuhan ng nagdaang bagyo sa pamamagitan ng relief goods. Kasunod nito, atin din pong nakapanayam ang Regional Director at mga Provincial Directors ng Department of Labor and Employment (DOLE) upang higit pang palakasin ang ugnayan at talakayin ang mga programang tumutugon sa kapakanan ng ating mga manggagawa. #Cavite #MulaSaBayanParaSaBayan

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Cavite Promotes Inclusive Nutrition for Persons with Disabilities

In celebration of Nutrition Month 2025, the Provincial Government of Cavite, through the Office of the Provincial Health Officer, successfully conducted the "Nutrisyong Sapat Para sa Lahat: Promoting Inclusive Nutrition for Persons with Disabilities" on July 17, 2025, at the Auditorium, Cavite Collaboration Center for Public Health Building, Trece Martires City, Cavite.

In opening remarks, Ms. Dessa May R. Alibangbang, District Nutrition Program Coordinator emphasized the provinces continuous commitment in delivering inclusive nutrition services. Followed by Dr. Nelson C. Soriano, Provincial Health Officer I, highlighted the importance of equity in public initiatives.

Likewise, Ms. Angeles P. Penalba, delivered the key messages for this year's Nutrition Month campaign. While Ms. Karren T. Ikan, Nutritionist – Dietitian II, shared practical Nutri-Tips 101 for persons with disabilities. An Open Forum was also held, allowing participants to share insights and concerns.

Atty. Danilo C. Emelo, President of the Cavite Provincial Federation CAVITE • 4

OPA Distributes 5,000 Freshwater Prawns to Cavite Farmers



The Office of the Provincial Agriculturist (OPA) headed by its Officer-in-Charge, Engr. Anna Pamela Nova-Cruz, through the Fishery Extension section led by Mr. Eldrich H. Caparas, Aquaculturist II, distributed a total of 5,000 freshwater prawns (ulang) to 22 fisherfolk beneficiaries in Cavite on July 18, 2025, at the OPA Administrative Lobby in Trece Martires, City.

To ensure the proper handling and cultivation of the prawns, Ms. Sheryl Luna, Aquaculturist II led a brief orientation on freshwater prawn culture and stocking techniques, equipping the recipients with basic knowledge on freshwater prawn farming.

OPA DISTRIBUTES • 4



Ang Publishers' Association of the Philippines Inc. (PAPI) ay nakibahagi sa 2025 Post-SONA discussions na ginanap noong 29 Hulyo 2025 sa Makabagong San Juan National Government Center. Pinangunahan ang delegasyon ng Tagapangulo ng PAPI na si Nelson Santos at Pangulo ng PAPI na si Beck Velasquez, kasama ang iba pang miyembro ng samahan. Ang kanilang pagdalo ay nagpapakita ng matatag na pagpapahalaga ng organisasyon sa pakikilahok sa mga pambansang usapin at pagsuporta sa mga dayalogo na humuhubog sa kinabukasan ng pamamahala at serbisyong publiko. Bilang isang pangunahing tinig sa pamamahayag pangkomunidad, patuloy na itinataguyod ng PAPI ang layunin nitong isulong ang katotohanan, kaunlaran, at responsable na pamamahayag sa buong bansa. #PAPI2025

NEWS

Gaokao opens the door wider for all

Amid China's 2025 national college entrance examination, known as gaokao, scenes of quiet determination played out across the country.



The homeroom teacher of Jiang Xintong cheers her up before gaokao. (Photo from Ziyang Guancha)

In Suzhou, east China's Anhui province, Wang Ziwen, a student with osteogenesis imperfecta, also known as "brittle bone disease", was gently assisted into the exam hall by staff. In Ziyang, southwest China's Sichuan province, Jiang Xintong, paralyzed from the waist down due to myelitis, arrived at the examination room 30 minutes early via a special access route. In Shenzhen, Guangdong province in south China, Chen Xinhe, the only fully blind candidate in the province, took his braille exam with the support of special education teachers, a counselor, and medical staff arranged by the test center.

These touching moments reflect not only the resilience of the examinees, but also the progressive enhancement of inclusivity measures within China's education system.

Reasonable accommodations for examinees with disabilities are now systematically standardized: Blind candidates receive 150% of the standard exam duration; those with hearing impairments may utilize assistive devices such as

hearing aids or cochlear implants; candidates with severe upper limb disabilities or those with severe writing difficulties are granted a 30% time extension.

This year, among the 13.35 million students who registered for gaokao, over 14,000 candidates with disabilities qualified for specialized support - a stark contrast to the mere 100 students in 2012 - representing a 140-fold increase in just over a decade.

Gaokao has long been regarded in China as one of the most equitable systems for talent selection. This perception stems not only from its rigorous procedures and transparent mechanisms, but also from its institutional inclusiveness - offering individuals from all socioeconomic backgrounds an equitable pathway to pursue academic aspirations. For candidates with disabilities, this educational access constitutes a profound motivator.

The rights to survival and development are among the most fundamental human rights. As China advances economically while strengthening public services and

social security systems, the basic needs of people with disabilities are increasingly met. Building upon this foundation, more attention now focuses on fulfilling their self-actualization aspirations. The once-exceptional practice of requesting examination accommodations has evolved into standardized practice, exemplifying how a modern society elevates vulnerable populations through systemic compassion.

Education is essential to the holistic human development. As of 2024, China has more than 915,900 students enrolled in special education programs. Initiatives such as assistive device access in schools, large-print textbooks included in the national curriculum, as well as flexible programs like home-based instruction and remote learning, have helped special education steadily advance, creating a pathway for students with disabilities to achieve personal growth and success. While individual journeys differ, inspiring stories multiply of students overcoming physical challenges to lead fulfilling lives.

Beyond education,

China is working to improve support across the full spectrum of life.

In employment, tailored job assistance for college graduates with disabilities and local job creation projects have been rolled out, and more than 9 million people with disabilities were employed across China in 2024.

In healthcare, dynamic adjustment mechanisms for severe disability care subsidies are being refined, and participation in disability-inclusive health insurance programs continues to rise. A more comprehensive and tightly woven support network, ranging from daily care to medical treatment, is

being built to better empower people with disabilities in their pursuit of aspirations.

Through equitable, inclusive, and accessible approaches to public welfare, China is striving to ensure that the benefits of development are shared by all, regardless of physical conditions. (By Li Xinshu)

Clarin town in Misamis Occidental declares climate emergency; commits to addressing the climate crisis

Quezon City, Philippines — The Philippine Movement for Climate Justice (PMCJ) lauds the local government unit (LGU) of Clarin, Misamis Occidental, for doing its part in addressing the global climate crisis by declaring a climate emergency through a resolution.

This was made possible through the coordination of Gitib, Inc., Youth for Climate Justice (Y4CJ) Misamis Occidental, the Children and Youth Movement in Misamis Occidental, PMCJ Western Mindanao Chapter, and the Clarin LGU.

"Tukma sa panahon ang deklarasyon sa climate emergency aron epektibong maatubang sa katawhan ug sa nga LGU ang maong hulga. Angayang suportahan ang kasamtangang deklarasyon for climate emergency sa LGU Clarin, Misamis Occidental ug naga commit ang PMCJ chapter sa pakigtinabangay sa LGU ug ubang mga grupo para mahimong epektibo ug beneficial sa mga katawhan ug kabataan sa Clarin ang maong lakang. Hagit usab kini sa ubang LGU sa tibuok probinsya sa Misamis Occidental sa paghimo og susamang deklarasyon," said Roldan Gonzales, chairperson of PMCJ Western Mindanao Chapter. [The declaration of a climate emergency is timely and necessary so that the people and local governments can respond effectively to this growing threat. We strongly support the current Climate Emergency Declaration of the LGU of Clarin, Misamis Occidental, and the PMCJ chapter commits to working in solidarity with the LGU and other sectors to ensure that this declaration becomes effective and truly beneficial for the people—especially the children and youth of Clarin. This also serves as a challenge to other

LGUs across the province of Misamis Occidental to adopt similar declarations and take urgent climate action.]

The resolution aims to develop a climate emergency plan and advocates for policy reforms, among other measures. It stated that "there is no better time than now to recognize the interconnectedness" of protecting the environment and its people.

"Kini nga deklarasyon dili lang usa ka pulong — apan usa ka panawagan nga magkahiusa kita sa pagpanalipod sa atong mga lasang, katubigan, ug katawhan nga pinakaapektado sa epekto sa klima. Salamat sa pag-apil sa panaw sa kabatan-onan, sa pagdungog sa among tingog, ug sa paghatag ug prioridad sa kaluwasan sa umaabot nga henerasyon. [...] Padayon ta sa Clarin nga magpakita sa tibuok nasud nga posible ang kausaban kung kita magtinabangay," Y4CJ Misamis Occidental President Michael Lague said. [This declaration is more than a statement. It is a call to protect our forests, our waters, and our most vulnerable communities who are already experiencing the harsh impacts of climate change. Thank you for listening to the voices of the youth, for walking alongside us, and for prioritizing the safety and well-being of future generations. [...] Let Clarin inspire other communities across the country—showing that change is possible when we act to-

gether.]

The people of Misamis Occidental have staunchly fought against fossil fuels. In 2021, the province was one of the areas that had confirmed derailed coal projects in the pipeline.

"In 2022, the Department of Environment and Natural Resources (DENR) canceled the environmental compliance certificate (ECC) of Ozamiz Power Generation Inc. (OPGI) for its proposed 300-megawatt facility in Ozamiz City. Over the years, Misamis Occidental has actively participated in and initiated discussions, forums, and other activities to sustain its commitment to advancing the global fight for climate justice. Just last March 2025, PMCJ, Gitib, Inc., and other local organizations successfully hosted a forum in Sinacban, focusing on the just transition to renewable energy," PMCJ National Coordinator Ian Rivera said.

Rivera emphasized the importance of these types of advancements undertaken by subnational governments in our push for a national declaration of a climate emergency. "The communities in the provinces are experiencing the worst climate crisis impacts. We welcome and commend the LGUs that actively protect and fight alongside their constituents in attaining climate and social justice. Together, we challenge the national government to look at the efforts of the LGUs and try to keep up," he stressed.



Volunteers present Children's Day gifts to children in a special education school in Guanyun county, Lianyungang, east China's Jiangsu province. (Photo by Ren Yigang/People's Daily Online)

Editorial

Transparency would help

TO say that China has no love lost for Defense Secretary Gilberto Teodoro Jr. would be an understatement. Since he assumed the defense portfolio in 2023, Teodoro has been a vocal and passionate voice in defense of Philippine sovereignty in the West Philippine Sea, and a consistent and outspoken critic of Chinese aggression in our waters.

He has also been at the forefront of a military buildup in response to China's belligerent behavior toward our ships and boats in areas that are clearly within our exclusive economic zone. It was no surprise, then, that the good secretary questioned the motives behind an exclusive story in The Manila Times on July 14 that revealed he obtained a Maltese passport in 2016, suggesting he once held dual citizenship, which would have disqualified him from holding high government positions.

In response to the story, the Department of National Defense (DND) issued a terse statement saying Teodoro had, in fact, surrendered his Maltese passport in 2021 and that he had renounced his dual citizenship before he ran for the Senate in 2022.

The DND said the passport's existence was disclosed to the Bureau of Immigration and the Commission on Elections before the 2022 polls, and to the Committee on Appointments before Teodoro's confirmation as defense secretary. "The motive of this rumor is clear and known to Secretary Teodoro. The timing of the article adds to this motive," it added.

The short response did two things. First, it confirmed that the secretary did, in fact, hold a Maltese passport. Second, it left important questions unanswered, such as why he felt the need to obtain a second, foreign passport, and how he went about acquiring it.

Perhaps unsatisfied with the DND response, Teodoro told a radio interview that the Maltese passport issue was "not just fake news, but a smear campaign." Teodoro said someone had told him the issue would be raised, but he had brushed it off, as he was no longer a dual citizen.

"Now that I'm thinking about it, how it was done was very comprehensive because it was planted in a newspaper known for criticizing our policies against China," Teodoro said in English and Filipino.

It is, perhaps, important at this point to as-



sure the good secretary that we at The Manila Times despise "fake news" as much as he does, and that while our opinion pages are home to a wide range of views, our editorials have consistently been pro-Filipino and often critical of Chinese aggression in the West Philippine Sea. This is not fake news; anyone can check the archives to verify this point.

If the secretary was concerned he would be a target of a smear campaign, he could have simply responded to the numerous attempts that The Manila Times made to obtain his comment. The reporter assigned to the story contacted several numbers obtained from reliable sources said to be associated with Teodoro, but the calls went unanswered (Saturday, July 12). Our reporter also tried to reach DND spokesman Arsenio Andolong through the mobile number he is officially known to use. However, those calls were either not answered or the messages sent had not been read up to July 14, the day the story in question was published.

In his message to Andolong and phone conversations with personnel on July 12 and 13, the reporter explicitly stated that The Manila Times was preparing a sensitive and urgent story involving the DND, and respectfully requested an official contact number or any means by which Secretary Teodoro could be

reached to provide his side or an official statement. This request was also left unanswered.

Given the sensitive nature of the issue, we suggest some candor and greater transparency should have been shown.

For instance, did the secretary obtain his passport through Malta's controversial "golden passport" program, which allows wealthy individuals to obtain Maltese, and by extension, European Union citizenship, in exchange for substantial financial investments? Reports say Malta's scheme required a minimum contribution of €600,000 (roughly P39.7 million) to the Maltese government. Did the secretary, in fact, become a substantial investor to obtain his dual citizenship, before the European Court of Justice compelled Malta to terminate the said program in 2025? In the pursuit of truth and in the spirit of transparency, we would certainly welcome having the secretary speak with us face-to-face to clear the air. This would be far better than issuing press statements that leave no room for clarification.

For, in truth, we support many of Secretary Teodoro's actions to protect Philippine interests in the West Philippine Sea. This does not mean, however, that any questionable actions should be swept under the rug, simply because they might be used by opposing interests.

Gatas Ng Ina Para Bata'y Tumalino At Lumakas

Ayon sa Department of Health, mas masustansya ang gatas ng ina kumpara sa ordinaryong gatas. Sa wikang Ingles, "Breastmilk is better than cow's milk." Dahil dito, hinihikayat ng DOH na unahin ang pagpapa-breastfeed ng sanggol. Sa unang oras ng panganganak, dapat ipa-breastfeed na ang sanggol ng kanyang nanay. Maraming benepisyo ito:

Sangkap ng Gatas ng Ina:

Ang breastmilk ay may fats, protina, carbohydrates at minerals tulad ng calcium, phosphorus, sodium at potassium. Bukod dito, mayroon din itong panlaban sa sakit tulad ng IgA at IgG na espesyal na sangkap ng breast milk (na wala ang infant formula milk).

Benepisyo Para sa Sanggol:

1. Napatunayan na ng maraming pag-aaral na talagang panalo ang gatas ng ina kumpara sa cow's milk.

2. Ang gatas ng ina ay may sangkap na antibodies tulad ng IgA at IgG na nagpapalakas ng immune system ng bata.

3. Ang colostrum o "unang gatas" ng nanay ay napakasustansya. Tumatapal ito sa sikmura ng sanggol para hindi siya tamaan ng bacteria at allergy.

4. Sa breastfeeding, mababawasan ang pagtatae at pagsusuka ng bata. Hindi ito katulad ng gatas sa bote na hinahaluhan pa ng tubig na posibleng kontaminado ng bacteria. Malinis pa ang suso ng nanay kumpara sa bote.

5. Sa breastfeeding, mababawasan ang

DOKTOR NG MASA

ni Dr. Willie Ong



pagkakaroon ng hika, ubo, pulmonya, allergy at eczema. Makaiwas din sa pagkasira ng ngipin.

6. Mas matalino ang bata na nagpa-breastfeed. Ayon sa pagsusuri, tataas ang kanilang pagkatalino ng 10 to 12 IQ points.

Benepisyo Para sa Nanay:

1. Kapag nagpapadede ang nanay, hindi siya agad mabubuntis.

2. Ang nanay ay magiging mas malapit sa kanyang anak. Kakaiba ang kanilang bonding.

3. Mas sumasaya ang nanay habang nag-breastfeeding, dahil naglalabas ng endorphins o happy hormones ang kanyang katawan.

4. Malaki ang matitipid ng pamilya sa breastfeeding. Libre ang gatas ng ina. Ang gastos mo lamang ay ang mga pagkaing kakainin ng nanay.

May dagdag benepisyo pa ang breastfeeding sa ating komunidad. Kapag hindi magkakasakit ang mga bata, mas makakatipid ang pamilya at ang gobyerno.

Kaya sa mga nanay at tatay, subukan ninyong i-breastfeed ang inyong magiging anak. Makaiwas siya sa maraming sakit. At makatitipid pa kayo. Good luck po!

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LEGAL NOTICES



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

EAST WEST BANKING CORPORATION,
Petitioner/Mortgagee,

-versus- FORECLOSURE CASE NO. F-439-25

NORBERTO F. AMANCIO JR.,
Respondent/Mortgagor.

X- ----- X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Petitioner/Mortgagee, **EAST WEST BANKING CORPORATION**, with business address at EastWest Corporate Center, The Beaufort, 5th Ave. cor. 23rd St., Bonifacio Global City, Taguig City, against the Respondent/Mortgagor, **NORBERTO F. AMANCIO JR.**, with residence and postal address at Block No. 03, Lot No. 39, Kensington 16, Brgy. Navarro, General Trias, Cavite and/or Block 9 Lot 19 Sports Street Area 4, 4th Estate Subdivision, Brgy. San Dionisio, Parañaque City to satisfy the mortgage indebtedness as of May 30, 2025 amounts to **TWO MILLION SIX HUNDRED SIXTY THOUSAND SIX HUNDRED FIFTY EIGHT PESOS & 42/100 (PhP2,660,658.42)** including interest, penalties, expenses and other charges of foreclosure, the undersigned Sheriff will set at public auction on **August 12, 2025 at 10:00 o'clock in the morning** until 12:00 noon at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-
2017046159

LOT NO: 39, BLOCK NO: 3, PLAN NO: PCS-04-029826
PORTION OF: THE CONS/SUBD OF LOTS 78 & 80 BLOCK 2, PCS-04-028598; BLOCK 11, PCS-04-028596 & LOT 1716 & 1717, SAN FRANCISCO DE MALABON ESTATE, DECREED NO. 4270; LRC REC. NO. 5964

LOCATION: BARANGAY OF NAVARRO, MUNICIPALITY OF GEN. TRIAS, PROVINCE OF CAVITE
BOUNDARIES:

LINE	DIRECTION	ADJOINING LOT(S)
1-2	NE	LOT 37, BLOCK 3, PCS-04-029826
2-3	SE	ROAD LOT 2, PCS-04-029826
3-4	SW	LOT 40, BLOCK 3, PCS-04-029826
4-5	NW	LOT 45, BLOCK 3, PCS-04-029826
5-1	NW	LOT 38, BLOCK 3, PCS-04-029826

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

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

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

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

Trece Martires City, July 11, 2025.

(Sgd.) **RICARDO A. TOLEDO**
Sheriff IV

Copy Furnished:

EAST WEST CORPORATION, BANKING
EastWest Corporate Center, The Beaufort, 5th Ave. cor. 23rd St., Bonifacio Global City, Taguig City

ONA PAMFILO & BUBAN LAW OFFICES

Counsel for the Mortgagee
6/F, EastWest Corporate Center 5th Ave., cor. 23rd St., Bonifacio Global City, Taguig City 1634

NORBERTO F. AMANCIO, JR.,

Block No. 03, Lot No. 39, Kensington 16, Brgy. Navarro, General Trias, Cavite and/or
Block 9 Lot 19 Sports Street Area 4, 4th Estate Subdivision,

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

SECURITY BANK CORPORATION,
Mortgagee,

-versus- FORECLOSURE CASE NO. F-373-25

**SPS. ALBERT D. MANALILI AND
KATHERINE S. MANALILI,**
Debtor-Mortgagor.

X- ----- X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial Petition for Sale under Act 3135, as amended by Act 4118, filed by Mortgagee, **SECURITY BANK CORPORATION**, with business address at Security Bank Centre, 6776 Ayala Avenue, Makati City against the Debtor-Mortgagor, **SPS. ALBERT D. MANALILI AND KATHERINE S. MANALILI** with residence and postal addresses at Block 6 Lot 7, Woodcrest Phase 2 Brgy. Tapia, General Trias City, Cavite; and No. 13 Urbano Street, Bagbag, Novaliches, Quezon City, to satisfy the mortgage indebtedness as of March 20, 2025 amounts to **TWO MILLION THREE HUNDRED EIGHT THOUSAND ONE HUNDRED FORTY PESOS AND 99/100 (PhP2,308,140.99)** inclusive of interest and other charges of foreclosure, the undersigned Sheriff will set at public auction on **August 12, 2025 at 10:00 o'clock in the morning** until 12:00 noon at the main entrance of the Government Center Building located at the Provincial Capitol Compound, Trece Martires City, to the highest bidder for CASH and in Philippine Currency the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. 057-
2023026405

LOT NO: 7, BLOCK NO: 6, PLAN NO: PCS-04-032622
PORTION OF: LOT 1883, FRS-04-006228; 1882, FRS-006283, LOT 60, BLOCK 16, PCS-04-032466, RECORD NO: 5964, DECREE NO. 4270

LOCATION: BARANGAY OF: LOT 1883, FRS-04-006228; 1882, FRS-04-006283, LOT 60, BLOCK 16, PCS-04-032466, RECORD NO: 5964 OF TAPIA, MUNICIPALITY OF GEN. TRIAS, PROVINCE OF CAVITE, ISLAND OF LUZON

BOUNDARIES:

LINE	DIRECTION	ADJOINING LOT(S)
1-2	SE	LOT 5, BLOCK 6, PCS-04-032622
2-3	SW	ROAD LOT 8, PCS-04-032622
3-4	NW	LOT 9, BLOCK 6, PCS-04-032622
4-5	NE	LOT 6, BLOCK 6, PCS-04-032622
5-6	SE	LOT 3, BLOCK 6, PCS-04-032622
6-1	SE	LOT 4, BLOCK 6, PCS-04-032622

AREA: NINETY ONE (91) SQUARE METERS, MORE OR LESS

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

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

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

Trece Martires City, July 11, 2025.

(Sgd.) **JOANNAH AVIGAIL C. TIMKANG**
Sheriff IV

Copy Furnished:

SECURITY BANK CORPORATION

Brgy. San Dionisio, Parañaque City

WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF EXTRA-JUDICIAL SALE ON OR BEFORE THE DATE OF SALE

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: July 14, 21 & 28, 2025

Security Bank Centre, 6776 Ayala Avenue, Makati City

**LARIBA MANGROBANG MIRALLES DUMBRIQUE
FULGENCIO REGONDOLA RODRIGUEZ AYENTO and
SALAMAT**

Counsel for the Applicant-Mortgagee
Security Bank Corporation 6th Floor, Security Bank Centre
Building 6776 Ayala Avenue, Makati City
Tel No. (02) 888-7336 / docket@sblawfirm8.com

SPS. ALBERT D. MANALILI AND KATHERINE S. MANALILI
Block 6 Lot 7, Woodcrest Phase 2 Brgy. Tapia, General Trias City, Cavite; and
No. 13 Urbano Street, Bagbag, Novaliches, Quezon City

WARNING: IT IS ABSOLUTELY PROHIBITED TO REMOVE, DEFACE OR DESTROY THIS NOTICE OF EXTRA-JUDICIAL SALE ON OR BEFORE THE DATE OF SALE

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: July 14, 21 & 28, 2025



of Persons with Disabilities, expressed his appreciation for the initiative, and for the continued support that the PWD sector received in the province.

In closing, Ms. Marydel L. Pili, District Nutrition Program committee thanked everyone who

took time to participate in the event, contributing to its success.

The program aimed to raise awareness on the importance of inclusive nutrition, ensuring that persons with disabilities (PWDs) have equal access to health and nutrition services. **(R. Tanael)**

OPA Distributes

from
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In her closing message, Engr. Nova-Cruz encouraged the fisherfolks to reach out to their office whenever they need guidance. She assured everyone that the OPA team is always ready to provide support

and assistance in their aquaculture journey.

The initiative reflects the province's commitment to empowering local fisherfolk and promoting sustainable aquaculture practices. **(R. Tanael)**



LEGAL NOTICES

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
NAIC CAVITE
rtc1nacocc@judiciary.gov.ph
0915-620-0438

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

-versus- **FNC 2025-008**
For: Extra-Judicial Foreclosure of
Real Estate Mortgage under Act
3135, as amended by Act 4118

ARMAN TANLOGON BONA,
Mortgagors.

X- ----- X

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-judicial foreclosure sale under Act 3135, as Amended by Act No. 4118, filed by Mortgagee, **HOME DEVELOPMENT MUTUAL FUND (PAG-IBIG FUND)**, a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679 with principal office and place of business 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 ("MORTGAGE") executed and notarized on September 4, 2017 by Mortgagor, **ARMAN TANLOGON BONA**, single, of legal age, Filipino citizen, with postal residence and postal address at PH 5 BLK 31 LOT 2 AMARANTH ST. CIUDAD NUEVO BRGY. SABANG NAIC CAVITE, in favor of the Mortgagee, over a real estate property including improvements thereon, described in and covered by **TRANSFER CERTIFICATE OF TITLE NO. 057-2018008734** of the Registry of Deeds for Province of Cavite, in order to satisfy the outstanding loan obligation of the Mortgagors in the amount of **FOUR HUNDRED NINETY-FIVE THOUSAND EIGHT HUNDRED FOUR PESOS & 68/100 (P495,804.68)**, inclusive of interest, penalties and other charges, as of January 3, 2025, the undersigned Clerk of Court & Ex-Officio Sheriff of the Regional Trial Court of Cavite thru his deputy, Leonelle E. Mendoza, will sell at public auction on **August 28, 2025 at 10:00 o'clock in the morning** or soon thereafter, at 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 in Cash or Manager's Check and in Philippine Currency, the following property with all its improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO.
057-2018008734

Registry of Deeds for Province of Cavite

IT IS HEREBY CERTIFIED that certain land situated in BARANGAY OF SABANG (FORMERLY TIMALAN) MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows:

LOT NO: 10, BLOCK NO: 19, 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 9, BLOCK 19, PCS-04-030597
2-3	SE	ROAD LOT 4, PCS-04-030597
3-4	SW	LOT 11, BLOCK 19, PCS-04-030597
4-1	NW	LOT 45, BLOCK 19, PCS-04-030597

TIE POINT: MON. NO. 17, NAIC ESTATE, PROVINCE OF CAVITE

LINE	BEARING	DISTANCE
TO CORNER 1	S.42° 48'E	2673.67 M.
1-2	S.29° 26'E	8.00 M.
2-3	S.60° 34'W	3.50 M.
3-4	N.29° 26'W	8.00 M.
4-1	N.60° 34'E	3.50 M.

AREA: TWENTY EIGHT (28) SQUARE METERS, MORE OR LESS

DESCRIPTION OF CORNERS: ALL CORNERS ARE MARKED BY P.S. CYL. CONC. MONS. 15X40 CMS

BEARINGS: TRUE

Republic of the Philippines
Fourth Judicial Region
REGIONAL TRIAL COURT
OFFICE OF THE CLERK OF COURT
City of Bacoor
Email: rtc1bcrocc@judiciary.gov.ph.
Telephone No. 09273707489

BDO UNIBANK, INC.,
Mortgagee,

-versus- **Foreclosure No. 2025-97**
For: Extra-Judicial Foreclosure of
Real Estate Mortgage

**SPS. RYAN M. PRIVADO AND
LANI D. PRIVADO,**
Mortgagors.

X- ----- X

NOTICE OF EXTRA-JUDICIAL FORECLOSURE

Upon Extra-judicial Petition for Sale under Act 3135 as Amended by Act 4118 filed by the mortgagee, **BDO UNIBANK, INC.** at 33rd Floor BDO Corporate Center Ortigas, No. 12 ADB Avenue, Mandaluyong City, and against the mortgagors, **LANI D. PRIVADO** signing in her personal capacity and as Attorney-in-Fact of **SPS. RYAN M. PRIVADO AND LANI D. PRIVADO** at Block 9 Lot 17, Camella Altea, San Nicolas, Bacoor, Cavite and Block 18 Lot 9 Area 1, Crown St., Quezon Row, Bacoor, Cavite, to satisfy the mortgagee indebtedness which as of June 23, 2025, amounts to **TWO MILLION THREE HUNDRED FIFTY NINE THOUSAND TWO HUNDRED FIFTY TWO PESOS & 07/100 (P2,359,252.07)**, Philippine Currency, inclusive of interest, and penalty charges but exclusive of other fees incident to this foreclosure, the undersigned or her duly authorized representative will sell at the public auction on **August 14,**

DECLINATION:

DATE OF ORIGINAL SURVEY: AUG. 1906- MAY 1907
DATE OF SUBD/CONS SURVEY: APRIL 1-15, 2016
DATE OF APPROVED SURVEY: DECEMBER 8, 2016
GEODETIC ENGINEER: ELMERITO C. ROBLES

In the event the public auction should not take place on the said date, it shall be held on **September 04, 2025** at same time and at the same place mentioned above without further notice.

Prospective bidders or buyers are hereby enjoined to investigate and verify for themselves the **TRANSFER CERTIFICATE OF TITLE NO. 057-2018008734**, the encumbrances thereon, if any there be.

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

Naic, Cavite, Philippines, July 14, 2025.

(Sgd.) **REUEL SANTOS JIMENEZ**
Clerk of Court & Ex-Officio Sheriff

(Sgd.) **LEONELLE E. MENDOZA**
Sheriff-In-Charge

Copy furnished:

MA. VICTORIA D. CAPIRAL
c/o ATTY. AIRISA FE ESPERANZA D. MOLAEER-NIGRO
Attorney-In-Fact, ALEXIS A. MOLAEER LAW OFFICES
Lex Citadel Bldg., No. 7 La Salle St., Silangan, Cubao, Quezon City

ARMAN TANLONGON BONA

Ph5 Blk 31 Lot 2 Amaranth St. Ciudad Nuevo, Sabang, Naic, Cavite and/or
Lot 10 Block 19 Pasinaya Homes I Subd.
Sabang (formerly Timalan), Naic, Cavite

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.

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: July 21, 28 & August 4, 2025

2025 at 10:00 o'clock in the morning or soon thereafter, at the main entrance of the Hall of Justice of Bacoor City, Cavite, to the highest bidder for CASH and In Philippine Currency, the following described property with all the improvements thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. (057-2017061617) 167-2020011321

LOT NO: 17, BLOCK NO: 9, PLAN NO: PCS-04-029086
PORTION OF: THE CONSOLIDATION OF LOTS NOS. 1 BLK. 1; 1-3, 5-10, BLK. 2; 1, 4, 6, 8, 9, 10, 12, 14, 16, BLK. 3; 3-16 BLK. 4; 1, 3, 5-16 BLK. 5; 1, 3-12 BLK. 6; 2-16 BLK. 7; 1-16, 18 BLK. 8; 1-13, 15-35, BLK. 9; 1-12, 15-18 BLK. 10; ROAD LOT 1 TO 7 (LRC) PSD-138762; 5680-A TO 5680-C, (LRA) PSD-360835; LRC RECORD NO. 8843

LOCATION: BARANGAY OF SAN NICOLAS, MUNICIPALITY OF BACORR, PROVINCE OF CAVITE, ISLAND OF LUZON. AREA: ONE HUNDRED SEVEN SQUARE METERS (107), MORE OR LESS

"All sealed bid 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 **August 21, 2025**, without further notice."

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

City of Bacoor, July 7, 2025.

(Sgd.) **MELY C. HERMOSURA-VISTA**
Clerk of Court VI

By:
(Sgd.) **REGIDOR R. VISMANOS**
Sheriff IV

Copy Furnished:

BDO UNIBANK, INC.
REMEDIAL MANAGEMENT UNIT
33rd Floor BDO Corporate Center Ortigas, #12 ADB Avenue, Mandaluyong City

SPS. RYAN M. PRIVADO AND LANI D. PRIVADO
Block 9 Lot 17, Camella Altea, San Nicolas, Bacoor, Cavite
Block 18 Lot 9 Area 1, Crown St., Quezon Row, Bacoor, Cavite

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

Publication: PMC Pulso ng Makabagong Caviteño News Publication
Dates: July 14, 21 & 28, 2025



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TICKETING



NEWS

SM City

from
page 8

The OUR HOME Mid-Year Sale brings exclusive offers on timeless pieces — elegant yet livable furniture, home accents that elevate without overwhelming, and décor that complements both the season's quietude and your home's evolving story. Whether you're updating a space or finally bringing home

that piece you've been eyeing, now is the perfect time to invest in designs that enhance your home — both functionally and beautifully. Because comfort isn't just a trend. It's a way of living well — today, and for seasons to come. Find pieces that bring comfort to every corner. Pay light with 0% inter-

est for up to 24 months on major credit cards. Visit OUR HOME Dasmariñas located at the Lower Ground Level, Mall Entrance 3 Carpark Bldg. of SM City Dasmariñas and shop now to enjoy up to 80% + 5% OFF on select items during the Mid-Year Sale this July 2025. You may also contact a contact a Personal Shopper at 0917-5167659 or shop online at www.ourhome.ph



DOST

from
page 8

brand design conceptualization, packaging and label design, intellectual property protection, food safety compliance, and legal requirements. Sessions were led by seasoned professionals, including Mr. Ronald Rommel Vitoria (Design Director, Vitoria Product Design Enterprise), Mr. Joel C. Caalamán from the Intellectual Property Satellite Office CALABARZON, Ms. Jane Agnes Olivares, and Mr. Rogelio Prospero, both private consultants and

former DOST specialists. In addition, one-on-one consultation sessions provided participants with tailored guidance in various key areas. For Product Standardization, experts included Mr. Prospero, Ms. Rosemarie Garcia, and Ms. Josephine Pamplona. Packaging Materials Compatibility was covered by Mr. Vitoria, Mr. Edsel Acuña, and Ms. Jane Agnes Olivares. Brand and Label Design consultations were conducted by artists, Ms. Ranella Tiu, Ms. Jenina

Torrano, and Ms. Jocelyn Hung. These sessions enabled participants to develop customized brand designs aligned with their business goals and target markets. The initiative demonstrates the Provincial Government of Cavite's strong commitment to supporting small businesses, cooperatives, and grassroots entrepreneurs. By providing targeted training, expert advice, and hands-on learning opportunities, PGC continues to foster local enterprise development. These efforts aim to boost income generation, improve product competitiveness, and contribute to a more inclusive and resilient province.

Sports Life

from
page 8

They are legally supported and encouraged. The 1987 Philippine Constitution clearly states that the state shall give priority to education, arts, culture, and sports to promote human development. Every game and activity at the local level is backed by this national vision. The Local Government Code of 1991 gives cities and municipalities the authority and responsibility to support programs that promote health, values, and community engagement through sports. When local leaders support sports programs, they are fulfilling their mandate.

Republic Act 6847 created the Philippine Sports Commission to oversee national sports promotion. Republic Act 5708 mandates sports development in schools. These laws emphasize the importance of sports from grassroots to elite levels.

Linked to UN Global Goals

Community sports are also part of a wider international movement. The United Nations Sustainable Development Goals include sports as a tool to reduce poverty, improve health, and build stronger communities. The Global Action Plan on Physical Activity 2018 to 2030 encourages cities to create inclusive and accessible spaces that allow people to be more physically active.

Efforts like zoning open spaces for sports, holding multi-sectoral consultations, and integrating sports into local planning are ways to align with these global goals.

More than Physical

Community sports go beyond medals and trophies. They develop discipline, teamwork, respect, and responsibility—qualities that help shape good citizens.

For seniors, sports and recreation bring health and connection. For persons with disabilities, they create opportunities to participate and be included. These programs reflect the kind of society we aim to build—one that is healthy, inclusive, and united.

The Takeaway

Barangay leagues, school-based clinics, and city-led sports events are not just local activities. They are part of a national plan and a global vision. Supporting these efforts is not only a matter of pride—it is a step toward a better and more active community.

When a community plays together, it grows together.

Join me. Support the Movement and resilient province. 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. Help me continue building this movement. Like. Share. Subscribe. Support. Let's shape the future of youth sports—together. Like and follow my Facebook Page: FB@CoachFrancisPH/ Subscribe to my YouTube Channel: YT@CoachFrancisPH Sports Life – A WordPress Blog by Coach FrancisPH [<https://buenaventurafa.wordpress.com/>]



Me (middle) and the Sports and Wellness Department of Bacoor City. second from R: Rob Saluna (Administrator), 2nd from L: Michael Ver (Director)

MAGLIBANG TAYO

KAPALARAN

ARIES (Mar. 21-Apr. 19) - Ipaubaya mo sa langit ang mga pangyayari, makakaasa ka na papabor sa mga kagustuhan mo ang ikot ng mundo. Masuwerteng kulay-green. Tips sa lotto-9-11-19-22-29-38.

TAURUS (Apr. 20-May 20) - Iyung-iyong araw na ito. Tatabi lahat ang mga taong kontrabida sa buhay mo. Masuwerteng kulay-orange. Tips sa lotto-3-14-20-26-34-41.

GEMINI (May 21-June 20) - Huwag mong pansinin ang nanghihingi sa iyo ng paliwanag. Kumilos ka ayon sa iyong paniniwala. At sa huli, mauunawaan ng lahat na ikaw pala ang tama at sila ang mali. Masuwerteng kulay-purple. Tips sa lotto-6-15-23-25-37-43.

CANCER (June 21-July 22) - Nag-aabang sa iyo ngayon ang pagbabago. Ang lahat ay magbabago, na parang tag-araw na susundan ng tag-ulan. Sa ganitong pabagu-bagong panahon at sitwasyon, magtutubuan ang mga bagong halaman. Masuwerteng kulay-pink. Tips sa lotto-2-7-13-26-39-44.

LEO (July 23-Aug. 22) - Gaganda pa ang buhay mo. Ito ang mensahe ng iyong kapalaran. Masuwerteng kulay-beige. Tips sa lotto-1-17-21-25-27-33.

VIRGO (Aug. 23-Sept. 22) - Babagsak ang kompiyansa mo sa iyong sarili, pero may biglang darating na magbabalik ng tiwala mo. Siya ay tiyak na magtatagal sa iyong kapalaran. Masuwerteng kulay-blue. Tips sa lotto-5-11-18-24-31-44.

LIBRA (Sept. 23-Oct. 22) - Nakakasingit ang ulan kahit pa tag-araw. Gayunpaman, may makakasingit pa rin na mga kontrabida kahit pa mahigpit ang pagtanggap mo sa mga gusto mo. Masuwerteng kulay-black. Tips sa lotto-7-10-14-27-34-42.

SCORPIO (Oct. 23-Nov. 21) - Hindi lahat ay nakukuha sa biglaan. Tulad ngayon, ang pagganda ng kapalaran mo ay dahan-dahan. Masuwerteng kulay-violet. Tips sa lotto-3-19-22-30-35-38.

SAGITTARIUS (Nov. 22-Dec. 21) - Nagbabalik ang dating ganda ng isang lugar 'pag pinagsikapang alisin ang dahilan ng pagpangit nito. Babalik ang dating galing at husay mo. Ang mahalaga mong gawin ngayon ay alisin ang mga pangit sa iyo. Masuwerteng kulay-peach. Tips sa lotto-9-17-20-27-36-40.

CAPRICORN (Dec. 22-Jan. 19) - Malakas ang hatak sa iyo ng hangarin mong mag-abroad. Bagama't nag-aalala ka na parang natatakot, wala ka namang magagawa dahil ikaw ay tiyak na makakapag-abroad pa rin. Masuwerteng kulay-red. Tips sa lotto-4-16-24-31-33-41.

AQUARIUS (Jan. 20-Feb. 18) - Para kang masayang hangin sa maalinsangan panahon. Marami ang gustong dumikit sa iyo, kaya mag-ingat kang mabuti, dahil marami sa kanila ang balak kang gamitin. Masuwerteng kulay-yellow. Tips sa lotto-2-15-23-25-32-34.

PISCES (Feb. 19-Mar. 20) - Iyung-iyong araw na ito, at ang marami pang mga araw na darating. Ang payo ng iyong kapalaran ay huwag mong kalimutan. Masuwerteng kulay-white. Tips sa lotto-7-11-18-29-38-41.

SUDOKU

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

SAGOT: SUDOKU VOL. 22 #20

7	5	3	9	2	6	1	8	4
6	9	4	8	1	3	2	5	7
8	1	2	4	5	7	3	9	6
2	6	8	5	9	4	7	1	3
9	4	5	7	3	1	8	6	2
1	3	7	6	8	2	9	4	5
3	8	9	2	6	5	4	7	1
4	2	6	1	7	9	5	3	8
5	7	1	3	4	8	6	2	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 THE MOST USED COMPUTER PASSWORD IS 123456?

You'd think toddlers were creating them! "Password" comes in at a rather high rate too, according to CNN.

This data comes from a list from the UK's National Cyber Security Centre that analyzed passwords worldwide.

Needless to say, these are super crackable passwords.

WORD HUNT

Hollywood

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

DIVA
BUSINESSES
ACTION
PAPARAZZI
BALDWIN HILLS
ACTORS
FAMOUS
WALK OF FAME
CALIFORNIA
MOVIES
LIMOS
RODEO DRIVE
LIGHTS
MONEY
CAMERA
STARS
AWARDS
ACTING
TALENT
ACTRESS



Caraga launches RSTW 2025 with the theme "Science, Technology, and Innovation: Keys to Sustainable Future." "The GreenWAVE project features (recycling of garbage), the use of AI in education and disaster response, and the Butuan Smart City Plan. It's open until August 1, 2025 for all—free, meaningful, and packed with exhibits that will show how innovation can guide a better tomorrow. *DOSTRegionalOperations* #OneDOST4U #PAPI2025

CREATE A HOME THAT COMFORTS WITH OUR HOME'S MID-YEAR SALE

OUR HOME'S MID-YEAR SALE INVITES YOU TO BRING HOME PIECES THAT INSPIRE REST AND RELAXATION—NOW AND BEYOND THE SEASON.



There's no better time than now to reimagine how your home feels. As the rainy season sets in, we naturally crave warmth, calm, and the quiet comfort of spaces that nurture our well-being. At OUR HOME, the Mid-Year Sale this July is more than an opportunity to bring home beautiful pieces at great prices and savings — it's about curating a home that reflects who you are, how you live, and how you want to feel.

From the living room

to the bedroom, every space becomes a sanctuary with thoughtful choices. Plush sofas made for slow mornings, functional sofa beds that transform from stylish seating to cozy sleeping spaces, and dining sets designed to invite meaningful conversations. In the bedroom, essentials like the perfect mattress for you and premium linens promote better rest, while soft throws and layered textures make staying in something to look forward to.

Add comforting layers with area rugs and carpets that soften both your floors and your daily routines. These simple additions bring warmth and character to your spaces while offering practical comfort, especially during cooler, rainy months. Complete the mood with home fragrances, scent diffusers, and candles that infuse your space with calm and balance, creating small moments of comfort in the everyday.

CREATE A HOME • 6

Sports Life

By Coach Francis A. Buenaventura



Community and Local Sports: Why It's More Than Just a Game

Having lived in Cavite—specifically in Imus City—for over 30 years, I've always appreciated the access to playgrounds, open spaces for physical activity, basketball courts, and swimming pools, whether in sports centers or subdivision clubhouses.



With Atty. Marc Taruc and Mr. Leonard Daniel M. Diaz of Carmona City's Legal Department, and Community Affairs and Youth Development Office respectively.

Looking back, this access to space was one of the biggest differences I noticed when my parents moved us to the South three decades ago. There were open fields to run around with friends, and simply more room to move. The space itself made being active possible.

When we see young kids playing basketball in the barangay court, seniors doing Zumba at the plaza, or student-athletes training for regional meets, it's easy to think of these as just recreational activities. But behind every game, every league, and every community fitness program lies something deeper—a legal, philosophical, and even global foundation for communities to move, connect, and grow through sports.

Grounded in law

Local sports and recreation are not just optional programs. **SPORTS LIFE • 6**

HANDA PILIPINAS
SA BAGONG PILIPINAS:
INNOVATIONS IN CLIMATE AND DISASTER RESILIENCE
NATIONWIDE EXPOSITION 2025

BIDA ANG HANDA: STI FOR A SMART AND RESILIENT LUZON

LUZON LEG

SIYENSYA, TEKNOLOHIYA, AT INOBASYON:
KABALIKAT SA MATATAG, MAGINHAMA, AT PANATAG NA KINABUKASAN

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